

Impact of socio-economic status (SES) and nutrition health education on nutritional status of adolescent girls

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The present status of nutrition disparities in Asia is considered to vary by economic level of the country. For developing countries in Asia, India and Vietnam, SES associates with BMI positively in women. For relatively developed countries in Asia, Korea and Japan, SES associates with BMI negatively in women. Low SES groups consume more carbohydrate, and less protein and fat, so not only micronutrient but also macronutrient intake is affected by SES both in developing and in developed Asian countries. There are some studies on the pathway from SES to diet/nutrition. **Objective:** To assess the impact of socio-economic status (SES) and nutrition health education (NHED) on their Nutritional status of non-school going and school going AGLs. **Method:** A pre test post test experimental design questionnaire was employed and the study was a cross sectional study. From 4ICDS Project areas of Banka district, total 600 Adolescents girl selected for this research study in which 300 school going and 300 non-school going girls were randomly selected. **Result:** AGLs clearly shows the declining trend of malnutrition with the increasing education of mothers, *i.e.* Highest per cent of undernourished AGLs were the daughters of Illiterates mothers (98%) and lowest per cent of undernourished AGLs were the daughters of intermediate mothers and graduate mothers. The per cent of normal AGLs was highest with the highly educated fathers lower with poorly educated and lowest with illiterate fathers. The prevalence of normal AGLs was higher with better income though their number is less. But even the little increase of income has shown the better performance. However, the data confirms, the effect of income on nutritional status of AGLs.

Key Words : Socio economic status, Nutrition education, Adolescent girls, Undernutrition

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