

A comparative study on nutritional status of ICDS pre-school children in urban and rural zone of Jammu

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Received: 12.09.2013; Revised: 09.10.2013; Accepted: 01.11.2013

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■ **ABSTRACT** : The present research is an attempt to study the nutritional status of preschool children (3-6 yrs) in urban and rural zone of Jammu district under ICDS project. A sample of 300 children was selected. The tool consisted of an anthropometric measurement (weight and height). Data of 300 children were analyzed with the help of WHO Anthropometric software. Z scores of malnutrition were calculated by this software. Further, the Z-score data of children obtained were systematically coded and tabulated according to exhaustive categories. Analysis of the data was done qualitatively and quantitatively using simple numbers and percentage and Chi square with the help of statistical software SPSS. The study indicated towards poor child feeding and caring practices for young children existing among families in Jammu district. The study also revealed towards the gender bias malnutrition in Jammu district as the girls were found to be more malnourished than boys. The study concluded for the fact that feeding practices have to be evaluated on larger scale for younger age group within the state and component of nutrition education for mother regarding unbiased child care and feeding practices has to be strongly analysed and implemented.

■ **KEY WORDS** : Pre-school children, ICDS, Nutritional status, Malnutrition

■ **HOW TO CITE THIS PAPER** : Manhas, Shashi and Dogra, Annpurna (2013). A comparative study on nutritional status of ICDS pre-school children in urban and rural zone of Jammu. *Asian J. Home Sci.*, 8 (2): 645-649.