

To assess the knowledge about health and nutrition among late adolescent college girls in Varanasi district of U.P.

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■ **ABSTRACT :** Study was conducted to assess knowledge about health and Nutrition among late adolescent girls in Varanasi district, Uttar Pradesh, India. A cross-sectional descriptive study was carried out in urban colleges of Varanasi district from October 2010 to September 2011. Random sampling was used to select the requisite number of girls. A total no. of 100 college going late adolescent girls between 17 to 19 years of age were interviewed and anthropometric measurements were recorded for assessing the nutritional status. Nutrition and food intake were closely related to nutritional status and health of an Individual. The mean weight in all age groups showed significant difference with the ICMR mean weight for respective ages except in ages 18 and 19 years girls. The mean height showed significant difference with the ICMR means height 154.75cm, S.D:1.80 for respective ages 17, 18, and 19 years in college girls. Overall prevalence of thinness was found. Body Mass Index of selected college going late adolescent girls (28%) were under weight 54 per cent were normal and 18 per cent were overweight. Prevalence of deficiency disorder was also found like vitamin A, vitamin C, vitamin D and lack of awareness about health and nutrition was also found among them. The nutritional status of an individual is often the results of many interrelated factors. It is influenced by the adequacy of food both in terms of quality and quantity. A large majority of the population of adolescents girls suffer from malnutrition, under nutrition. A survey was done on 100 subjects and data were analyzed. Analysis showed result that there was less knowledge about health and nutrition so they suffered from under nutrition. It can be said that proper knowledge of health and nutrition helps in promoting good nutritional status.

■ **KEY WORDS :** Adolescents girls, Nutritional assessment, Knowledge, Health, Nutrition

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