

Nutritional status of pre-school children residing in urban areas of Bikaner city

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Nutritional status of 150 pre-school children (3-5years), studying in primary schools of Bikaner district (Rajasthan) was assessed by studying their anthropometric measurements, clinical and dietary status. Height and weight of the subjects were found to be 99.5 to 104.8 per cent and 86.0-107.5 per cent of the NCHS standards, respectively. The mean MUAC and chest/head circumference ratio (3-4 years) values of majority of the subjects were found as per the reference values. Prevalence of undernutrition and over-nutrition was noted to be 37.3 and 9.4 per cent, respectively. As per clinical examination majority of the subjects had normal status (77.3-97.3%). The per cent adequacy of food intake was ranging from 3.78-105.2 per cent. The per cent adequacy of nutrient intake ranged from 15.2-204.7 per cent. Findings of the present study indicate a scope of an intervention programme for betterment in food habits and lifestyle practices of pre-school children.

Key Words : Pre-school children, Nutritional status

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