

Assessment of the nutritional status among rural (6 -12 year) school going children

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Present study has been undertaken with the objective to assess the nutritional status of school going children 6 to 12 year of rural area (Paldi), Bhilwara district of Rajasthan. The sample size has taken 75 samples. Girls and boys both were included in sample. An interview schedule was developed to collect the information on general profile, health habits and dietary intake (24 hours recall method) etc. Results showed that in the present study is children were rural area school. out of 75 children 12 per cent children were belonging to 7th age group, 13.33 per cent children were belonging to 8th age group, 18.66 per cent were belonging to 9th age group, 17.33 per cent were belonging to 10th age group, 13.33 per cent, were belonging to 11th age group, 13.33 per cent were belonging to 12th age group. Out of total 75 children in rural area 48 per cent were boys and 52 per cent were girls. The number of girls was more than the number of boys. The area of the study was Hindu dominated and schools were Hindi medium so Hindi preference rural school children revealed that out of the total 75 children in the study 30.66 per cent children were general, 6.66 per cent children were OBC, 60 per cent children were SC and 2.66 per cent children were ST. In this study the rural area revealed that from the selected subjects 38.66 per cent children were belonging to nuclear family, 61.33 per cent children were belonging to joint family. Eating habits of the Indian families is determined by their socio-economic status and religion, 100 per cent children found vegetarian in rural area. Food intake of rural area subject's higher consumption food was 68 per cent fruits, less consumption food was green leafy vegetable 15.9 per cent. In the present study result calculated based on nutrients intake, anthropometric measurement and body mass index (BMI). 9.33 per cent of male were in underweight and 6.66 per cent female were in underweight, 13.33 per cent of male were in stunting and 9.33 per cent female comes in stunting, 24 per cent male were in thinness and 16 per cent female comes in thinness, 25.33 per cent children were dull and dry hair, 5.33 per cent children were flag sign hair, 53.33 per cent children were normal hair, 5.33 per cent children were thin hair, 4 per cent were bitot's spot and 96 per cent children were normal eyes, 42.33 per cent children were enamel teeth, 26.66 per cent children were mottled teeth, 30.66 per cent children were normal teeth, 16 per cent children were crackle nails, 84 per cent children were normal nails. In this study can conclude that many deficiency seen in rural area children or found low intake of nutrients.

Key Words : Rural area, Malnutrition, Anthropometric measurements, Dietary intake, Nutrition

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