

## Assessment of nutritional status of rural children (2-5 years) in Udaipur district

Jaishree Dadhich and Shashi Jain

The nutritional status of 80 children (2-5years) in udaipur district was studied. Personal interviews consisting, 24 hour dietary recall of children was used. Amount of nutrients obtained per day from food consumed was calculated and compared with RDA for Indian children. Anthropometric measurements including weight and height were used to identify the physical condition of children. Waterlow's, Gomez's classification BMI-for-age determined the extent of mal-nutrition in children and were compared with IAP standards. The height, weight and BMI of all respondents were significantly ( $p \leq 0.05$ ) lower than the reference value. As per Waterlow's and Gomez's classification, only 11.25 per cent of the children were normal. 87.5 per cent of the children were wasted and 41.25 per cent severely malnourished. Food consumption patterns indicated that except fat, diet consumed lacked all major and minor nutrients required for growth of children. Nutritional inadequacies, poverty, lack of infrastructure and poor education of mother resulted in severe mal-nutrition in children. This condition needs careful consideration. Steps like nutritional interventions and women education programmes organized along with governmental and non-governmental groups can help in improving this condition.

**Key Words :** Anthropometric assessment, Malnutrition, Nutritional status, Dietary intake

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