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## **An Analytical Study on the Nutritional Status Among Children of Goa**

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### **Introduction**

As everyone know that when children go to school they are busy with their studies and some physical activity. As most time they eat food given by their parents. Their eating habits change as they see regular food advertisement on television and on mass media. Children always like soft drinks, biscuits, chocolates etc.

A balance diet given to children for overall development of healthy growth.

Nutrition status signifies growth reproduction and health maintenance of the individual is essential for the above all three importance of human growth.

Nutritional status is the balance between the intake of nutrition by an organism and the expenditure of these in the process of growth, reproduction and healthy maintenance.

### **Objective of Study**

The propose of the study is to know the nutritional status of the school children. Remedial measures maybe identified to plug the loop holes in health status of children by suitable program at school. Some times proper nutrition is essential. Sometimes proper physical education program is essential and sometimes both diet and exercise essential to bring desirable changes in the healthy status of the students.

### **Methodology**

As research study to aimed to conduct the nutritional status of school children. The children selected from the school age group of 9 to 12 age. Students has taken for study with the help of physical education teacher. Educate regarding study propose. As they are the main backbone of study during collection of data.

The measurement of nutritional status of the subject was measured by an elaborate procedure as describe in reference book. Hand circumference was measure nearest  $1/10^{\text{th}}$  of centimeter. Two hand circumference was measured both at the highest biceps points at around the hand, one while feeling normally and another while flexing and touching one finger at one shoulder and this two measurements total was considered as hand measurement. The chest depth was measured through one chest depth calipers to the nearest  $1/10^{\text{th}}$  centimeter. The depth of the chest was measured from immediately below one below nipple point to the inferior angle of one scapula. This measurement was considered as the chest depth measurement. Then the difference between hand measurement and the chest depth measurement was obtain and this value was compare to standard value available in the American child health index. ACH indices for the nutritional status are comparison to the hip measurement. The hip measurement was taken by bi-trenchanterof the femur at the highest point of the hip point. If the in difference between the difference the hand measurement and chest measurement is less than one ACH nutritional index for the recorded hip measurement than one subject is negative side of the nutritional status and wise versa. Numerical value of the deviation of the difference between the hand measurement and chest from the hip nutritional index was taken into

consideration as the nutritional index score of the subject taking into consideration. The plus and minus sign of the value. These raw score was directly analyzed to understand if there is any difference in the nutritional status.

### Result

The school children were measured of their nutritional status by measuring different anthropometric measures as explained in methodology section. The deviation value which are considered as the nutritional status value of the children were only taken from comparison and analysis. The children are significantly different among themselves on the nutritional indices. Some children value of nutritional indices are significantly higher compare to others. Some children show significantly higher nutritional status.

### Finding

The research was aimed to nutritional status of school children. Nutritional status of the children was measured through the ACH index procedure as there was no other India procedure developing this regard. Flexed biceps and chest depth measurement were taken and the difference of these two was compare with the hip measurement standard index points as shown in ACH index. If the score was equal to or less than the standard score as per table. The nutritional status of the child was negative or need consideration.

### Conclusion

Some children show significantly higher nutritional status but some children no significantly difference in nutritional status. But some children show very poor nutritional status and this points need high consideration.

### Recommendations

Nutritional status of the school children happen to be positive but the present body of the some school children seem to be very alarming high since the children adiposity may lead to adult obesity. This tendency of being obese during the children among, children should be properly taken care of with suitable physical education program and regular health fitness program. This point of child obesity must be tackled with serious through giving nutritional priority to the health related physical fitness like many foreign country like Canada, United States etc.

Nutritional status of some children seem to be very low and suitable nutritional programs like mid-day meal program should be implemented with more coverage and with utmost sincerity to save children from mal-nutritional.

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