

Anthology : The Research

Assessment of Nutritional status and Iron Deficiency of school going children in Kanpur District

Abstract

The school going children are the most important segment of the society. Good nutrition to children is an indispensable component of healthy life. It is also determinant of healthy growth of mind and body. A diet inadequate in quantity and quality is a relevant factor affecting their growth and development. Their nutritional status is of great importance.

Key words:- Nutritional status, Nutrients, Assessment, Deficiency



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Introduction:

Iron deficiency disorder is undoubtedly biggest child health problem in our country. According to Mohammad (1999) iron deficiency i.e. anemia is one of the common nutritional problem affecting millions of people in both developing and developed countries. There is substantial evidence that anemia in children is associated with decreased physical and mental development, impaired immune function and reduced capacity of leucocytes to kill micro-organism. Iron is essential for Myelination- the process by which the brain produces a fatty insulation around the nerves. Iron has clear effects on the function of Dopamine and probably Serotonin, two brain chemicals that help send and receive signals (neurotransmitters) and have many roles in the brain. Children who suffered Iron deficiency anemia as infants have evidence of brain differences 10 years later. The deficiency of disorders the motor-development, social-emotional function and cognitive skills. In terms of social-emotional functioning, in early adolescence they are rated as showing significant symptoms of anxiety, depression, less engaged, less positive and inattention. The cognitive gap was also worse for those children from the most disadvantaged families who also had chronic, severe iron deficiency in infancy. School years are characterized by improvement of functioning of most tissues and organ system. Considerable growth and development of both muscles and bones take place. Child growth and development can be seen as a series of steps, each one of which requires adequate amount of all nutrients. The child must have food for growth, maintenance and repair of body tissues. Malnutrition continues to be a public health problem in India even after 50 years of independence (Raghavan, 1999). India in the world has a highest level of child malnutrition i.e. 63% (UNICEF, 1995).

In view of the above mentioned facts the present study was taken up with those objectives:-

Assess the socio-economic status of families of primary school children and assess the dietary intake of primary school children and assess the impact of Iron deficiency and its long term effect on mental, social-emotional functioning, motor-development and cognitive skills.

Methodology

The study was conducted in Kanpur district. One locality Azad Nagar was selected. One Hindi and one English medium school were selected in this locality. Thus 112 students were selected in class III, IV, V, and VI. Dependent and independent variables are used. Education, income, age, Anthropometric measurement, and clinical survey are used in the study. The statistical tools were used SD, correlation.

Table: 1 Distribution of Parents According to Education

S. No.	Education level	Father		Mother	
		N	N%	M	M%
1	Illiterate	28	235.00	40	35.71
2	Up to class IX	26	23.21	22	19.64
3	Metric	23	20.54	24	21.43

4	Higher	35	31.25	26	23.22
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