

**ASSESSMENT OF NUTRITIONAL STATUS OF NURSING STUDENT IN
AHMEDABAD CITY**

**Dissertation for the Degree of Master of Science
Foods and Nutrition**

By

Jigna Amit Patel

Under the Guidance of

Ms. Krishna D. Thakkar

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year 2020-21

Abstract:

The present study was undertaken to find out the assessment of nutritional status of nursing students in Ahmedabad city. One hundred nursing students were included in the present investigation.

The findings of the study revealed that the majority of the nursing students were between 20-23 years of age; belong to nuclear families and have small family sizes.

Majority of students were girls studying in the third year and belongs to middle income groups. Anthropometric measurements revealed that the height of the majority of students were found between 145-150 cm and weight between 35-45 kg and most of the subjects were observed 19.6 to 26 BMI.

Dietary information of the study subjects shows that a majority of nursing students were vegetarian and they consumed fast foods. The food consumption pattern of the nursing students showed that the consumption of various healthy foods except cereals was irregular and infrequent.

Wheat was the staple cereal consumed throughout the year by all the nursing students. The consumption pattern of pulses, roots and tubers, other vegetables, and milk products was very low among nursing students, while green leafy vegetables were not included in their daily diet as consumption of these vegetables largely depends upon the availability during different seasons. Similarly, fruits were not included in their daily diet. They consumed mango, banana and guava as the main fruits, because these were seasonal fruits and were available at a cheaper rate. The fruits like apples were consumed by a very few nursing students. The consumption of animal foods except milk, meat, egg, fish or poultry was noticed only in few nursing students.

A highly significant correlation of dietary habits and anthropometric measurement in nursing students was found. It was found that age, family type of the nursing students did not have any relationship with among nursing students and highly significant relationships were observed between their diet habits and anthropometric measurements. Thus, it can be concluded from the above findings that poor nutritional status is the most widespread nutritional problem in the nursing

students. This problem arises from the eating habits of the nursing students which is responsible for many GI problems due to poor quality and quantity of diets. This is the predominant factor and cumulative effects of other non-nutritional factors like socio-economic

The result of the present study revealed that nursing students of Ahmedabad city are still living under poor nutritional status. Therefore, such students shall be aware about the nutrition and its importance. Similarly, they should be taught about to develop their eating habits and improve their health and nutritional status.

Keywords: school, age, Food, students, eating habits, nutritional