

# **"ASSESSMENT OF NUTRITIONAL STATUS OF ANGANWADI CHILDRENS."**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

**By**

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Year 2022-2023

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## **Abstract:**

**Background & Objectives:** A cross-sectional study was conducted with the objectives to assess the nutritional status of Anganwadi children (3-6 years) of Anganwadi, borij to determine effect of parental education, socio-economic status, lifestyle characteristics and to compare the nutritional status of boys and girls.

**Methods:** The study period was from December 2022 to March 2023. A total of 100 students from anganwadi comprise the study population. Probability proportional to size sampling method was used. Data entry and statistical analysis was performed with the help of percentage, arithmetic mean standard deviation, and t-test.

**Results:** The prevalence of boy was underweight, stunting and wasting are 15.8%, 9.9% and 7.6% respectively. This study found more growth in girls than boys. The mean height of boys was significantly higher as compared to the girls. The health status of girls was lower than boys. Majority of the children were consuming cereals and milk in daily, fruits and vegetables two to four days in a month.

**Interpretation & Conclusion:** The present study showed prevalence of underweight is 19%. In the present study, nutritional status was found highly related to the personal hygiene (especially brushing technique to prevent dental caries) and socio-economic status. Thus to reduce both form of malnutrition it is essential to improve knowledge and awareness about personal hygiene.

**Keywords:** Anganwadi, education, Nutritional status, Children