

NUTRITIONAL STATUS OF ADOLESCENT GIRLS RESIDING IN HOSTEL OF GANDHINAGAR CITY

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

Soni Nidhi

Under the Guidance of

Ms. Krishna Thakkar

HOD PG Program & Asst. Professor

Department of PG Program

Children's Research University, Gandhinagar.

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Abstract:

Adolescent girls residing in hostels face unique challenges that can impact their nutritional status. This review aims to synthesize current literature on the nutritional status of adolescent girls in hostel settings, focusing on dietary patterns, micronutrient intake, and prevalence of nutritional deficiencies. Studies indicate that adolescent girls in hostels often exhibit suboptimal dietary habits characterized by irregular meal patterns, low consumption of fruits and vegetables, and reliance on processed and convenience foods. Factors such as limited food choices, busy schedules, and peer influences contribute to these dietary patterns. Micronutrient intake among hostel-dwelling adolescent girls is frequently inadequate, with deficiencies observed in key nutrients such as iron, calcium, vitamin D, and vitamin B12. These deficiencies can have significant implications for growth, cognitive function, and immune health. Several factors contribute to the nutritional status of adolescent girls in hostel environments, including socioeconomic status, access to nutritious foods, cultural preferences, and educational interventions. Interventions targeting dietary diversity, nutrition education, and access to fortified foods have shown promise in improving nutritional outcomes among this population. Addressing the nutritional needs of adolescent girls in hostels requires a multifaceted approach involving collaboration between hostel authorities, healthcare professionals, educators, and policymakers. Strategies to promote healthy eating habits, improve food access, and enhance nutritional knowledge are essential for optimizing the health and well-being of hostel-residing adolescent girls. In conclusion, the nutritional status of adolescent girls residing in hostels warrants attention due to its implications for their health and development. Efforts to improve dietary quality, micronutrient intake, and nutritional literacy among this population are essential for promoting long-term health outcomes and reducing the burden of nutrition-related diseases.

METHOD: The Present Study Was a Questionnaire Survey Of Nutritional Status Of Adolescent girls residing in hostel of Gandhinagar City. The population of the study was the all the adolescent girls residing in hostel of Aadi Jati Kanya Chtryalay's Gandhinagar city. The data was taken from the Aadi Jati Kanya Chtryalay's 9th or 11th Standard Adolescent Girls. data will be collected by using of questionnaire method. And anthropometric measurements like height, weight and BMI.

RESULT: Nutritional Status: The high prevalence of individuals classified as underweight (69.1%) is concerning and suggests potential issues with inadequate nutrition or health conditions contributing to low body weight. This highlights the need for interventions to address nutritional deficiencies and promote healthy weight gain strategies.

KEYWORD : 1.Adolescent Girl, 2.Nutritional Status, 3.Dietary Intake, 4. Anthropometric Measurements, 5. Food Habit, 6. Health Outcome