

A STUDY OF THE NUTRITIONAL STATUS OF OBESITY IN PRE- PRIMARY SCHOOL CHILDREN

Dissertation for the Degree of Master of Science
Foods and Nutrition

By

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Year:2023-24

Abstract:Obesity in pre-primary school children is a growing concern worldwide, posing significant health risks and implications for child development. This study aims to explore the prevalence, contributing factors, and potential interventions for obesity among children aged 3-5 years. Employing a cross-sectional study design, we examined a diverse sample of 500 children from various pre-primary institutions through body mass index (BMI) assessments, dietary surveys, and physical activity questionnaires. The findings reveal a concerning prevalence rate of 15% for obesity within the sample, with sedentary lifestyle, high caloric intake, and lack of awareness among parents and caregivers identified as significant contributors. Analysis of dietary patterns indicated a high consumption of processed and sugary foods, whereas physical activity levels were markedly low, falling well below the recommended guidelines for this age group. Intervention strategies focusing on educational programs for parents, incorporation of physical activity in school curricula, and healthier school meal planning showed potential for mitigating obesity rates. This study underscores the need for comprehensive approaches involving parents, educators, and policymakers to address and prevent obesity in pre-primary school children, emphasizing early intervention and education as critical components. Remember, this abstract is a general template and should be customized to reflect the specifics and findings of the actual study.

Key words: Obesity, children, physical activity