

# "ASSESSMENT OF NUTRITIONAL STATUS OF ANGANWADI CHILDREN IN CHILAKOTA, LIMKHEDA TALUKA, GUJARAT"

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

**SNEHLATA K.NINAMA**

Under the Guidance of

**Dr. Neeta Chaudhari**

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year:2020-21

---

**Abstract:** The present study was conducted in Chilakota, Limkheda Taluka, Dahod District. Chilakota has 14 anganwadies out of which 10 anganwadies were selected randomly by the Simple Random Sampling method. 10 respondents were randomly selected from each anganwadi for conducting the study. Total 100 respondents were selected by multistage random sampling for the study purpose. The nutritional and health status of anganwadi children was assessed using anthropometric measurements, clinical survey and dietary assessment. The personal and socio-economic status was also studied. The data obtained from the study was analyzed statistically by frequency, percentage, 't' test and correlation. The most of anganwadi children were Hindu (100%). Large numbers of the anganwadi children were coming from families having medium income and medium level of parental education. When anganwadi children were measured for anthropometric parameters, the mean height of boys (98.5 cm) and girls (98.9 cm) was observed significantly ( $p < 0.01$ ) lower as compared to ICMR standard height for boys (104.4 cm) and girls (104 cm) of the respective age group. Mean weight anganwadi boys (13.00 kg) and girls (13.17 kg) was also observed significantly ( $p < 0.01$ ) lower as compared to ICMR standard weight for the boys (16.40 kg) and girls (16.15 kg) of the respective age groups. Chest circumferences (boys 51.05 cm and girls 50.27 cm) and head circumferences (boys 49.15 cm and girls 48.65 cm) of the anganwadi children was recorded significantly ( $p < 0.01$ ) lower as compared to WHO standard for chest circumferences (53.80 cm for boys and girls 52.25 cm) and head circumferences (50.00 cm for boys and girls 49.52 cm) for the respective age group whereas mean mid upper arm circumferences (boys 15.60 cm and girls 15.27 cm) of the anganwadi children was recorded positive significantly ( $p < 0.01$ ) higher as compared to WHO standard mid upper arm circumferences (boys 13.93 cm and girls 13.75 cm). According to IAP classification, Jelliffe classification, and Rao index, majority of anganwadi children found having normal. From the results of the present study it was observed that only few numbers of anganwadi children were suffering from protein energy malnutrition. Various clinical signs and symptoms also indicated good nutritional status of the anganwadi children. It was indicated that anganwadi children were taking average five meals in a day. The meals taken were sufficient which meet RDA of different nutrients. Mother's education showed significant ( $p < 0.005$ ) positive correlation with weight of child. Father's education and monthly income of family showed highly positively significant ( $p < 0.001$ ) relationship with height, weight and head circumference of the anganwadi children.

Key words: using anthropometric measurements, clinical survey and dietary assessment