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Nutritional Status Survey
7-10 Years aged school children in Ella provincial council
of
Badulla district

By

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Thesis submitted to the University of Sri Jayewardenepura as the partial fulfillment requirement for the award of the degree of Masters of Food Science and Technology.

Declaration

The work describe in this thesis was carried out by me under the supervision of Prof. Auther Bamunuarachchi and Dr. K.K.D.S. Ranaweera and a report on this thesis has not been submitted in whole or in part of any University or any institute for another degree.

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We certify that the above statement made by the candidate is true and this thesis is suitable for submission to the University for the purpose of evaluation.

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Dedication

To my Loving

Farther and Mother ……..

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ABSTRACT

This survey was amid to find out the Nutritional status of 7-10 years aged school children. To achieve that we selected three schools in two Grama Niladari Regions in Ella provincial council of Badulla district and the questionnaires were prepared in a well-structured manner to collect data on the socio economic and nutritional status. The survey was continued for three days in March 2008 and the standard food composition table prepared for Sri Lanka was used to calculate the individual nutrient intake.

About two hundred and thirty school children were selected to find the socio-economic status of their families and fifty were selected to access their individual daily food intake.

According to the results obtained here about 20.87% of school children in 7-10 years age group were wasting, and 78.26% were normal in the selected population and mainly socio-economic factors were affected to their nutritional status. The monthly income of the family was not affected to the nutritional status of the family, while lack of good sound of nutritional knowledge of mothers is contributed to the poor nutritional status among the children.

CHAPTER 01

Introduction

1.1 Introduction

Child health and nutritional status is very important when considering development of a country, because some researches have argues that the poor childhood health leads to low academic outcomes and poor adult health, both of which subsequently reduce adult wages and labor productivity.

The Nutritional requirements are varies according to number of factors viz. Age, weight, Body activity, Climate, etc. and it also varies according to sociological, psychological, physiological, cultural and economic factors.

There is a total dynamic reaction between food nutrition and humans. Therefore the nutritional status can be determined by the results of these reactions. Nutrition status of young children is an indicator of poor food security. It can compare the proportion of children who are undernourished in different places and in the same place at different time. This tells planners and administrators when and where there are food security problems. If malnutrition increases, it suggests severe food shortage in and area.

Sri Lanka is a country that has made a progress in reducing both child mortality and undernourishment, although, some kind of nutrient deficiencies still cause negative impact to the society. Those nutrient deficiencies are;

- Protein-Energy malnutrition
- Iron Deficiency
- Iodine Deficiency
- Vitamin A Deficiency

Protein Energy Malnutrition (PEM) is one of the nutrition deficiencies of public health significance in many developing countries including Sri Lanka .Over the past few decades there has been a steady decline of the prevalence in Sri Lanka as a result of many interventions employed. Nevertheless, it continues to affects the vulnerable populations and is of considerable magnitude, especially in case of acute under nutrition (Piyasena . and Mahamithawa, 2001).

Food security is associated with food intake at the individual level and food availability at other levels. That is house hold, sub national, national and global level and the food security was affected by many factors; world population and growth rate, poverty, loss of land, physical access, war and political strife, grain and cereal production, nutritional quality of the diet, export crops and stored foods.

In this present research we are going to find the nutritional status of school children among 7-10 years group by Anthropometric measurement of weight-for-Height (wasting) and the nutritional quality of their diets.