

A Study of Nutritional Status of Preschool Children (3-5 Years) in Jhagaradanga Village, West Bengal

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ABSTRACT

Rural areas face a significant problem with child health. The study was conducted in the Jhagaradanga village in the Jangal Mahal area of Paschim Midnapore, West Bengal. This study assessed the nutritional status of preschool children in this village. These studies used a random sampling method. Randomly selected 36 preschool children aged between 3 to 5 years. Data were obtained from sampled children and parents through interviews and anthropometric measurements, including parent education, family type, and height and weight of sampled children. The study reveals that 92% of families are nuclear, with 8% being joint. Here, the mother education status showed that 19% have higher education, and the rest, 81% of mothers, have secondary education. The findings of the present study showed that 22% of preschool children were Grade I malnutrition based on weight for age, and 17% of children were stunted based on height for age out of 36 children.

Keywords: Malnutrition, Preschool Children, Height for Age, Weight for Age.

INTRODUCTION:

According to the World Health Organisation (WHO), 150-200 million children who are in preschool in underdeveloped countries suffer from underweight and stunted growth.¹ Every year, malnutrition causes 5 million deaths among children globally, either directly or indirectly. The WHO later determined that the most destructive type of malnutrition affects children.² Nutritional status is the balancing act between the intake of nutrients and the expenditure of these in growth, reproduction, and health maintenance³. Undernutrition can cause severe issues with both mental and physical development, particularly in young children. Children who are malnourished may also be at risk for many diseases due to dietary inadequacies. Diet significantly influences the entire growth pattern, along with the physiological aspect. Children might suffer from inadequate nutrition due to dietary habits, health and nutrition education, and socioeconomic circumstances. In addition to their low incomes, female head porters might be unable to nourish and care for their children properly.⁴ Undernutrition is a serious public health



ESTD 2005
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