Anthropometric and Dietary Assessment of Children Aged 6–12 Years in Selected Slum Areas of Kanpur Nagar

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Abstract

Diet and nutritional status during 6-12 years have significant impacts on future health outcome that is why it's regarded as crucial for long-term well-being and growth. Dietary nutritional status of young children is crucial because they are the future citizens of the country who contribute to the significant human potential. They need more nutrition than adults do per unit of body weight.

The study was conducted with the cooperation of Samrat Ashok Human Welfare and Educational Society which is a non-profit, non-governmental organization in Kanpur. Two slums areas Param Purwa and Tota Purwa of Kanpur were chosen for the study. Pre-tested questionnaire was used to interview 100 children and their mothers. Data on anthropometric measurements of subjects was determined and compared with reference Centre for Disease Control and Prevention charts. Degree of malnutrition was examined according to Gomez and Waterlow classification. Nutritional intake of the selected children was documented using the 24-hour dietary recall method and compared with Recommended Dietary Allowances (2020).

According to the findings of Gomez classification, 85% of the study's respondents had first-degree malnutrition, 15% had second-degree malnutrition, and none had third-degree malnutrition. Whereas as per Waterlow classification, 1% of the population was classified as normal, while 62% of the children under study were mildly malnourished, 33% were moderately malnourished, and 4% were severely malnourished. 46% of the children assessed had stunting or first-degree malnutrition, while 54% of them were normal. Nutritional consumption fell short of RDA (2020) for calories, protein, carbohydrates, and fat. The most significant deficiency in both boys and girls was less energy intake especially among the younger age groups (6–9 years).

Keywords: nutritional status, children, Gomez classification, Waterlow classification, RDA