Proceedings

of

Jaffna Science Association

Abstracts of Research Papers

Volume: 26   **No: 01**

Twenty-Sixth Annual Sessions
31 July and 1-2 August 2019

Jaffna, Sri Lanka

C03

NUTRITIONAL STATUS OF PRESCHOOL CHILDREN IN VADAMARADCHY ZONE OF JAFFNA DISTRICT

K.Sivasuthan, B.Kirishanthy, S.Balakumar, K.Kandeepan and V.Arasaratnam
Department of Biochemistry, Faculty of Medicine, University of Jaffna, Sri Lanka.

Preschool children of aged 3-5 years, are vulnerable to nutrient deficiencies leading to improper brain development, growth retardation. They have risk of infections due to lack of immunological development. Despite the health sector of Sri Lanka is better compared to South Asian region, the under nutrition is remaining at 18.7% of stunting and 15.2% of wasting in children (DHS, 2006). Hence, they need more nutritional attention and care because their education commences during this period. To assess the nutritional status of preschool children in Vadamaradchy educational zone of Jaffna District and influencing factors such as demographic factors and dietary pattern.

A descriptive cross sectional study was carried out in among 380 children from 38 pre-schools. The anthropometric measurements such as height and weight were obtained to detect malnutrition. Haemoglobin level was estimated by hemocue (201+). The information about demographic factors and dietary pattern were collected from parents by using interviewer administered questionnaire at school with prior information. Among 334 children 156 (46.7%) were boys. The mean age of the children is 4.045 years (SD 0.82). The results showed that 26(7.8%) children belonged to urban area. The mean family composition was four. The mean height and weight of the children were 98.12cm and 13.78kg respectively. Main source of energy was rice based foods. Among total population 152 children (45.5%) consumed satisfaction amount of iron. This was calculated based on the food frequency questionnaire. Among them 94(51.3%) children were anaemic. Undernutrition in terms of stunting, wasting, underweight was 21.1, 18.0, and 22.3% respectively. On the other hand, over weight and obesity were 0.9 and 2.5% respectively. Among total number of wasted, stunted, underweight, obese and overweight children 33(21.6%),30(19.6%), 38(24.8%), 3(2.0%),(2.0%) were boys respectively. Prevalence of Anemia was 54.5% (n=182). Female children were significantly affected with anemia [101 (55.5%)] than the male children (p<0.05).Prevalence of anaemia among urban children [18 (9.85%)] was lower than the children from rural area (p<0.05). Even though 10(2.9%) children consumed iron supplementation 5(5%) were anaemic. Among total

population 152 children (45.5%) were satisfied their dietary iron requirement. Among them 94(51.3%) children were anaemic.

This study concluded that the prevalence of undernutrition among preschool children was observed to be high (22.3%) in children of Vadamaradchy zone. Furthermore, more than 50% of children were affected with anaemia and more females were affected. Factors such as gender, living sector, etc influenced the nutritional status of the children.

Keywords: Undernutrition, Anaemia, Preschool Children and Anthoropomentric
Measurements