
A STUDY ON THE NUTRITIONAL STATUS OF PRE PRIMARY OF CHILDREN COMING TO ANGANWADI IN RURAL AREA OF MUZAFFARPUR DISTRICT

ABHA KUMARI

Research Scholar

Department of Home Science

B.R.A. Bihar University,

Muzaffarpur

Abstract

India is home to 42% of the world's underweight children and 31% of the world's stunted children (UNICEF 2009). Over half (54%) of all childhood deaths in India are related to malnutrition. Nearly 30% of the global childhood deaths attributed to stunting, severe wasting, and intrauterine growth restriction low birth weight occur in India. Nearly 40% of all low birth weight babies in the world are born in India (UNICEF 2006). To combat this situation The Integrated Child Development Service (ICDS) Scheme was introduced in 33 Blocks (Projects) in 1975 in India which is one of the largest child care programs in the world aiming at child health, hunger, malnutrition and its related issues. Currently the Scheme is operational in 336 Blocks in Gujarat. As on May 2016, 52649 Anganwadi centers are operational in 336 blocks. In total 51.79 Lakhs beneficiaries are covered in supplementary nutrition program out of them 32.30 Lakhs children are 6 months to 6 years (as per wcd.gujarat.gov.in.). Though government is spending lot of money on ICDS program me, impact is very ineffective. The result of various researches in India has pointed that even now, after a long span of implementation of ICDS in Gujarat State, the scheme is not able to fully resolve the problem of poor nutritional status of the preprimary school children. Consequently the research was undertaken to study the Nutritional Status of preprimary (0-6 year) children coming to Anganwadi in rural area of Muzaffarpur District. The present study was conducted to assess supplementary nutrition (SN) activities and its impact on the Nutritional Status on preprimary children. Simple random sampling was used for selection of preprimary children (n-200) and their parents (n-200) coming to 46 Anganwadi Centers (AWCs) in rural area of Muzaffarpur District. The investigator used Self-structured questionnaire, Interview schedules, check list, the parameters of Anthropometric measurements and 24 dietary recall method to collect the data. The results revealed that all the ICDS centres were providing supplementary nutrition to pre-primary children who enrolled in the Anganwadi. Most of the mothers had the knowledge about the nutritional status of children and got information from the Anganwadi workers. Moreover the Nutritional impact of ICDS on pre-primary children according to the parameters of Anthropometric measurements found very satisfactory as well as ICDS children's food habit is good and they eat all types of foods like beans, fruit, vegetables etc. Thus it can be concluded that though some health problems were seen, the overall Nutritional Status of preprimary (0-6 year) children coming to Anganwadi in rural area of Gandhinagar District found satisfactory.

Keywords: *Integrated child development services/schemes, health, nutritional status, Anganwadi Centres*

Introduction

Today's children are tomorrow's world or tomorrow's father" this slogan is riding a massive wave of concern throughout the world. But children, all over the world are deprived of many facilities. Hunger and malnutrition make them worst sufferers and these pose potential threats to mankind as a whole or to the civilization itself. Nutrition is the

cornerstone of socioeconomic development. The nutritional problems are multi-factorial with roots in the sectors of education, demography, agriculture and development. Poor and inadequate nutrition leads to malnutrition, morbidity and mortality among children in India.

To overcome the mortality and morbidity and to upgrade the nutritional status of children, Government of India, providing health, nutrition and educational services launched a multifaceted program named as Integrated Child Development Services/Schemes (ICDS). ICDS scheme 1 is running for the last 25 years all over India with the main objective of improving the nutritional status of the children under 5 years of age.

The network of ICDS consists of 3,907 projects and reaches out to 17.8 million children of disadvantaged group.

Objectives of the Study

- To assess the Nutritional Status of preprimary children in rural area of Muzaffarpur district.
- To compare the level of Nutritional status of the ICDS & ICDS children in with context of selected variable such as area-rural & parents education, & sex

Review of Literature

India has the highest occurrence of childhood malnutrition in the world. According to IAP, for children to be well nourished they need energy from variety of nutrients to lead a healthy and happy life. While adequate food is important throughout childhood, it is crucial during the first five years of child's life.

Children are one of the most vulnerable populations who face unusually high threats as they grow. This is seen more clearly in children less than 5 years old. Most brain development occurs before a child reaches 3 years old. In the first three years period of life children develop their abilities to think and speak, learn and reason and lay the foundation for their values and social behavior as adults. At birth a child has got 100 billion brain cells. Most of them cannot connect to each other. These connections are wonders of the human body, depending partly on genes and on the events of early life. Many kinds of experiences affect how young brain develops, but nothing is more important than early care and nutrition.

Early childhood malnutrition can have lasting effects on growth and functional status. The inadequate energy and protein intake leads to malnutrition in the form of wasting, stunting and underweight.

Method A study was conducted to compare the nutritional status of ICDS children of preschool children in Muzaffarpur District. Purposive sampling technique was used. Interview schedules, check list and recall dietary method was used to collect the data. The results revealed that all the ICDS centres were providing supplementary nutrition to children, pregnant women and nursing mothers who enrolled in the Anganwadi. Most of the mothers had the knowledge about the nutritional status of children and got information from the Anganwadi workers. Data shows that all the Anganwadi workers were assessing the nutritional status of children by taking height and weight in Anganwadi. The results also indicated that majority of the mothers whose children did not attend any ICDS centres told that it was not necessary for the children to attend any ICDS centres and did not have any knowledge regarding supplementary foods and nutritional needs of the children

More than 28% of the world's children under the age of 5 years are underweight for their age ranging from 2.9% in the developed countries to 31% in the developing countries. Because of the size of the population, almost most of the world's malnourished children are to be found in just 3 countries – India, Pakistan and Bangladesh.

Universalization of ICDS, with quality improvement, can help to break the vicious cycle of malnutrition and poverty. It is an essential step towards the realization of children's fundamental right to nutrition, health and education. Welfare policy makers designed the ICDS scheme with the aim of reaching all the needy children in the age group of 0-6 year's expectant and nursing mothers and women in the age group 15-44 years with basic child welfare services. The ICDS package includes welfare services of supplementary nutrition immunization, health checkup, health referral, nutrition and health education for both children and mothers and nonformal preschool education for children. Nutrition status of ICDS Children's in rural area of Muzaffarpur District.

Keeping in view the above said, the present study will carried out to assess the nutritional status of fewer than five ICDS and children particularly of rural district of Muzaffarpur as no research was found in this area.

Scope is the area or items under study. All the items in a field of enquiry constitute a "Universe" or "Population" sometimes it is not possible to examine each item in a population and then a sample of population is taken for study. However when the universe is small one, it is no use resorting to sample survey and the entire population is studied.

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