

REPORT OF PROJECT WORK DONE ON ASSESSMENT OF NUTRITIONAL STATUS IN CHILDREN ATTENDING ANGANWADIS UNDER HEALTH CENTRE, PANGAPPARA

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Abstract

A descriptive study was conducted to assess the nutritional status of pre-school children (3-6 years of age) attending Anganwadis under Health Centre, Pangappara, Trivandrum. The secondary objective was to assess the awareness of mothers regarding the services provided by these Anganwadis. The study was done among 102 children attending 11 Anganwadis.

Nutritional status was assessed by various anthropometric measurements namely weight, height, weight for height, mid-arm circumference, head circumference & chest circumference.

The awareness among mothers were assessed, using questionnaires, regarding the acceptance of antenatal services, immunization, family planning, infant care etc.

Findings:

In the study population:

- 3.92% have grade III PEM
- 1 child has grade IV PEM and grade III stunting.
- 4.9% have grade III wasting.
- 15.7% have chest circumference less than head circumference, below the expected normal for their age & sex.