

A Study on Health and Nutrition Status of Children

OPEN ACCESS

Manuscript ID:
ECO-2022-10024666

Volume: 10

Issue: 2

Month: March

Year: 2022

P-ISSN: 2319-961X

E-ISSN: 2582-0192

Received: 15.12.2021

Accepted: 31.01.2021

Published: 01.03.2022

Citation:

Jansi Rani, T., and
R. Seenivasan. "A Study on
Health and Nutrition Status
of Children." *Shanlax
International Journal of
Economics*, vol. 10, no. 2,
2022, pp. 90–94.

DOI:

[https://doi.org/10.34293/
economics.v10i2.4666](https://doi.org/10.34293/economics.v10i2.4666)



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Abstract

Today food habits are totally changed among the people in India. The food consumption also differs from one person to another person. Recently many diseases are affected our home country especially, children are affected by many health problems. This is only come only by the consumption patterns followed by children. The important objectives of this study are to assess the high level calories of food intake by children and to know how much amount of calorie intake child per day. This study is based on secondary data. The BMI help to estimate or know about how many years' children have how much weight and height. Not enough nutrition is called malnutrition or malnourishment. The symptom of malnutrition is short height, thin body, poor energy and abdomen. The main recommendations of this study are parents are teach to their children intake fresh vegetables and fruits If a child dislike any nutrient food, parents are must teach to the children how these food is important to our health. They are immediately understood.

Keywords: Children, BMI, Malnutrition, Calories, Symptoms, Fresh Vegetables, Nutrition etc.

Introduction

Today food habits are totally changed among the people in India. The food consumption also differs from one person to another person. Variety of food items are introduced in the market and also people wanted a new thing for our consumption pattern. But they does not know worry about the health. This causes very seriously.

Recently many diseases are affected our home country especially, children are affected by many health problems. This is only come only by the consumption patterns followed by children. Many of the parents are wants our child eat well and get a good health. But they do not give healthy food to their youngster. These cause health problems of the ward. The health problems are stomach pain, vomiting, head ache, throat infection and so on.

Olden days, people are eat healthy foods like wheat, solam, raggi, corn, nuts dhal, green vegetables, green leaves, sometimes they eat raw food items. In recent time the food habit of the people goes on Chinese, Japanese, and adoption of foreign culture consumption.

One side human beings are want live more years but the pattern of intake of food reducing our life period. On the other side children are very like to a junk food, fast food, snacks items like kurkure, lays chocolates and so on. Without this they are not spent the day very happily.

Today's children are the tomorrow leaders for our Indian economy. So take care of children plays a very vital role and alarming cause the development of our Nation.

The important thing noted here is by taking of unhealthy food, the children are not meet out with nutrition they need. So, automatically, they come under the category of malnourished children. So, it is the good and correct time to focus our full attention for the development of healthy, unhealthy, active children for Nation’s growth.

Review of Literature

Naotunna et al., (2017), have made a study on “Nutritional Status among Primary School Children in Rural Sri Lanka; a Public Health Challenge for a Country with High Child Health Standards”. This study is based on both primary and secondary data. The reason of this study was to determine the nutritional status among pre-adolescent school children in a rural province of Sri Lanka. This study concluded that, malnutrition is a major problem in north central province, Sri Lanka.

Maria FlorenciaCesani et al., (2013), have conduct the study on “A Comparative Study On Nutritional Status And Body Composition Of Urban And Rural School Children From Brandsen District (Argentina)”. The main objectives of this study is to analyse whether nutritional status and body composition varies according to the environment of residence. This study concluded that, the increment of central adiposity and, in some cases of muscle deficit in rural children, suggests a consumption of unbalanced diet.

Importence of The Study

In our country more children food habits are changed. Parents are also not teaching the important of food taken and healthy foods to their children. It is a very big problem of our country. More parents are not taking care of children food. So, future generation children do not know the real healthy foods important. Year by year more newly foods are

introducing the market. So, our traditional or healthy foods are shattered. Often some years our regular food items are Chinese foods or fast food. This situation is created more problems to our children. Hence, firstly parents are identify the high level caloric food and to instruct their children. They followed coming years. But now, we not to instruct our children, our future generation will affected many diseases and their life expectancy also being low.

Need for The Study

India should wake-up and increase the performance of reducing malnourishment among children. Health status and nutritional status of children is very poor in our country compared with other countries. Malnutrition puts children at greater risk of dying from common infections, increase the frequently and severity of such infections and delay recovery. Economics Nobel prize winner Angus Deaton told India’s Global Hunger Index India ranking of 67 the 80 nations. Forty four per cent of children are under-weight and 72 per cent have anemia. World Health Organization given a report 43 per cent of Indian children is under-weight. In 2015 year report gives a statement of 40 per cent of children are undernourished in India. So, this type of study will usefully to coming generations.

Objectives of The Study

1. To assess the high level calories of food intake by children
2. To know how much amount of calorie intake child per day

Methodology

This study is based on secondary data. That data is collected from journals, websites, and articles and so on.

Table 1: Body Mass Index of The Children

Age	Male			Female		
	Weight	Height	BMI	Weight	Height	BMI
1 year	10.2	76.1	17.7	9.5	75.0	16.9
2 years	12.3	85.6	16.6	11.8	84.5	16.3
3 years	14.6	94.9	17.0	14.1	93.9	16.0
4 years	16.7	102.9	15.7	16.0	101.6	15.4

5 years	18.7	109.9	15.7	17.7	108.6	15.2
6 years	20.7	116.1	15.6	19.5	114.6	15.4
7 years	22.9	121.7	15.5	21.8	120.6	15.0
8 years	25.3	127.0	15.7	24.8	126.6	15.5
9 years	28.1	132.2	16.1	28.5	132.2	16.6
10 years	31.4	137.5	16.3	32.5	138.3	17.3
11 years	32.2	140.0	16.3	33.7	142.0	16.7
12 years	37.0	147.0	17.1	38.7	148.0	17.8
13 Years	40.4	150.0	18.0	40.90	151.0	18.0
14 Years	44.2	154.5	18.3	45.1	156.0	18.5

Source: Body Mass Index

Body mass index is one of the ways to calculate or measured tool of health condition of children. The children age increases the height and weight also increased. Age, height, weight are depend upon one to another. Height and weight of children increased day by day minutely. The BMI help to estimate or know about how many years' children have how much weight and height. BMI is given a brief idea about healthy weight for the height. The healthy weight for height of BMI changed for male children and female children. BMI value 30 and above is obese overweight value is 25-29.9, normal BMI value is 18.5-24.9 and underweight value is 0-18.4. But, we calculate it many children are malnourished in Tamil Nadu.

Table 2: Nutrition Oriented Food

S.No.	Food Items	Average	Calories
1	Oats	13 gram	303
2	Chicken breast	53 gram	284
3	Cheese	25 gram	194
4	Beef	85 gram	184
5	Fish	85 gram	175
6	Peanuts	28 gram	159
7	Milk	1 cup	149
8	Almonds	28 gram	161
9	Chickpeas	100 gram	164
10	Coconut milk	1 cup	445

Sources: www.healthline.com

These food items are have a highly nutrition food. Children are must taken this type of food regularly. These have a high nutrition and calories. Every day child consuming these food. Milk have a calcium, almond have a highly protein. Coconut milk have a high level of calories.

Table 3: Percentage of Malnutrition Among Children in Rural and Urban in India

S.No.	Malnutrition	Rural	Urban
1	Stunted	50.7	39.6
2	Wasted	20.7	16.9
3	Under-weight	45.6	32.7

Sources: Central Statistical Office

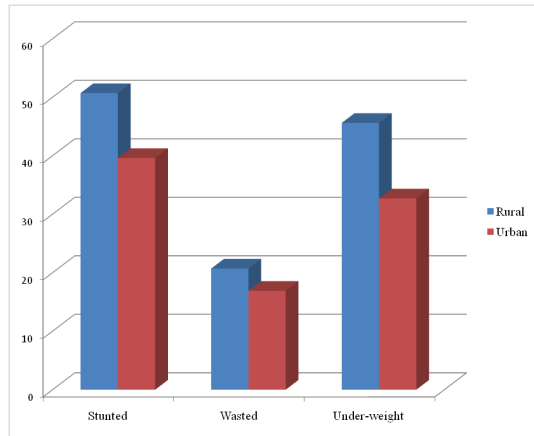
Not enough nutrition is called malnutrition or malnourishment. The symptom of malnutrition is short height, thin body, poor energy and abdomen. All the deficiencies was considered the evaluated by looking compared the rural and urban children under malnutrition. Central Statistical Office given a information 39.60 per cent of urban children and 50.70 per cent of rural children are stunted. Highly affected in wasted children in rural area there is 20.70 per cent and in urban 16.90 per cent. After that, under-weight children in rural 32.70 per cent and in urban 45.60 per cent are higher than urban.

Noted:

Stunted - Height for Age

Wasted - Weight for Height

Under-weight – Weight for Age



Percentage of Malnutrition among Children in Rural and Urban in India

Calories are the basic unit of energy. The amount of calories are need to a person depends upon their age. To take too much amount of calories it may cause of over-weight. So, heart diseases, cancer are also affected earlier that type of person. At the same time to take small amount of calories it cause of anemic. So, a child to intake a particular amount of calories per day on the basis of their age is must followed by every child.

Table 4: Calories Intake of Children (Per Day)
Calories Intake of Children (Per Day)

S.No.	Age	Calories
1	One - Two	1000
2	Three – Five	1400
3	Six - Eight	1600
4	Nine - Ten	1800
5	Eleven	2000
6	Twelve - Thirteen	2200
7	Fourteen	2400

Source: <https://www.myfooddata.com>

Table 4 explained that, one to two years of children take 1000 amounts of calories per day. Three to five years children had taken calorie amount 1400 a day. Then six to eight years children was intake 1600 calorie, nine to ten years old children intake 1800 calories. Eleven, twelve, thirteen and fourteen year’s children taken 2000, 2200, and 2400 calories respectively.

Age-Wise Colories Intaken and Weight

Correlations			
		Calories	Weight
Calories	Pearson Correlation	1	.978**
	Sig. (2-tailed)		.000
	N	14	14
Weight	Pearson Correlation	.978**	1
	Sig. (2-tailed)	.000	
		14	14

** Correlation is significant at the 0.01 level (2-tailed).

Colories and weight of the children are high level of positive correlated. Therefore 0.05 percent level of significant.

Recommendations

1. Children are eat healthiest food
2. Parents should watch out the children health status and food habits also
3. Parents are must avoided the junk and fast food
4. Mother prepare different flavor of food in our traditional ingredients
5. Parents are teach to their children intake fresh vegetables and fruits
6. If a child dislike any nutrient food, parents are must teach to the children how these food is important to our health. They are immediately understood.

Conclusion

The nutritional status of the children is an most important indicator of the quality of life. This study provides new indication of the nutritional status of children and their height and weight also. High level calories food is understood parents. The assessment of body mass index is important to evaluate nutrition and health status of the children.

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