NUTRITIONAL STATUS OF CHILDREN & ASSOCIATED FACTORS

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INTRODUCTION :

- The Integrated Child Development Services (ICDS) Scheme is one of the flagship programs of Government of India which is world's largest & most unique programs for early childhood care & development. This Scheme helps in holistic development (health, nutrition & education) of children under 6. It aims at reducing malnutrition, infant mortality, morbidity & school dropout.
- Beneficiaries under the Scheme are children under 6, pregnant women & lactating mothers. They have access to services like supplementary nutrition, immunization, health check-ups and referral services that can be availed from a Anganwadi Centre through AWW, AWH & ANM.
- The goal of Khushi project is to strengthen the efficiency of Integrated Child Development Services (ICDS) Scheme to improve health and well-being status of children in the 0 to 6 years of age group.

RATIONALE :

ICDS is one of the largest promotional nutrition program in India even after which 40% of children under the age of 5 are underweight in Rajsamand district.

OBJECTIVES :

- To Assess the nutritional status of the child.
- To study about the factors affecting nutrition status of the child and find the association between them.
- To assess the knowledge of mothers regarding nutritional status of their child.

METHODOLOGY

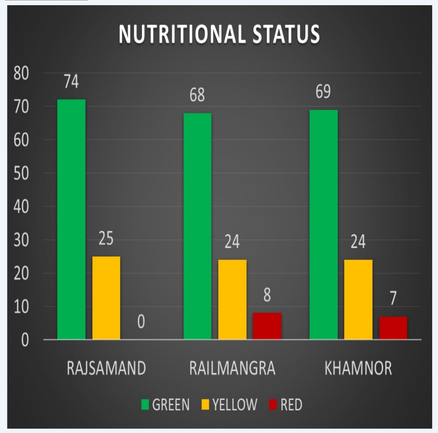
Study Design : Analytical cross-sectional
Study Approach : Quantitative (questionnaire)
: Qualitative (focus group discussions)

Sampling method : Convenience sampling (anganwadi selection)
: Systemic random sampling (selection of children)

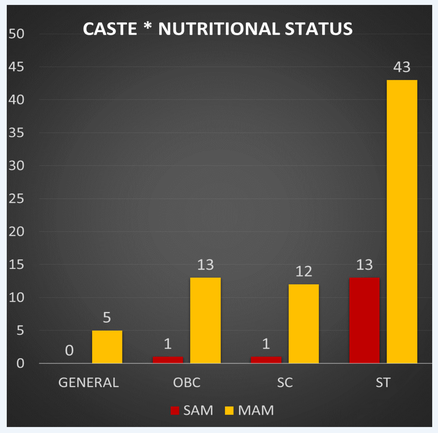
Sample Area : 31 AWCs— Rajsamand
Relmangra
Khamnor

Sample size : 299 families
Duration : 60 days
Respondents : Mothers (of children in age group 0-6 yrs)
Analysis : SPSS

FINDINGS:



Number of children in :
Red : 15
Yellow : 73
Green : 211



Maximum number of SAM (13) & MAM (43) children are in ST community.

CROSSTABULATIONS

NULL HYPOTHESIS	TEST USED	P-value	RESULT	INTERPRETATION	PLACE		NUTRITIONAL STATUS GREEN	NUTRITIONAL STATUS YELLOW	NUTRITIONAL STATUS RED
There is no relation between nutritional status of child & weight at birth.	CHI-SQUARED TEST	0.000	H_0 rejected	Low birth weight hampers the nutritional status of child.	Relmangra	**WEIGHT AT BIRTH**			
						< 2.5 kg	38.5%	38.5%	23.1%
						≥ 2.5 kg	78.4%	18.9%	2.7%
There is no relation between nutritional status of child & child fed with colostrum.	CHI-SQUARED TEST	0.023	H_0 rejected	Feeding of colostrum is beneficial to the child.	Khamnor Rajsamand	**COLOSTRUM GIVEN**			
						YES	76.9%	15.4%	7.7%
						NO	54.3%	40.0%	5.7%
There is no relation between nutritional status of child & pre-lacteals given.	CHI-SQUARED TEST	0.003	H_0 rejected	Pre-lacteals affects the nutritional status of the child.	Relmangra	**PRE-LACTEALS**			
						YES	25.0%	58.3%	16.7%
						NO	73.9%	19.3%	6.8%
There is no relation between nutritional status of child & number of children.	CHI-SQUARED TEST	0.000	H_0 rejected	More number of children to parents affects the nutritional status of their child.	Rajsamand	**NUMBER OF CHILDREN**			
						1	90.0%	10.0%	0.0%
						2	89.1%	10.9%	0.0%
						3	52.6%	47.4%	0.0%
						4	37.5%	62.5%	0.0%
						>5	20.0%	10.0%	0.0%
There is no relation between nutritional status of child & interval between last two births.	ONE-WAY ANOVA TEST	0.043 0.006 0.035 (block-wise)	H_0 rejected	Less than 2 years of interval between births affects the nutritional status of child.	Rajsamand Relmangra Khamnor				

CASE STUDY :

Name : MAINA (name changed) Sex : Female
Caste : ST
DOB : 15/02/2017 (1 year 3 months)

- Nutritional Status : RED in growth chart (SAM)
- Physical appearance : Brown hairs
: unable to stand by herself.
- Family belongs to BPL category (annual income Rs.45000).
- There are 11 members in the family.
- Has 7 daughters (1 died), in hope of a male child.
- Delivered 3 daughters within a span of 5 years.
- Eldest daughter takes care of the younger ones.
- BREAST FED only for 3 months as the mother conceived again.
- Mother's weight during pregnancy-46 kg and Hb level-7.4 gms.
- Maina was born with low birth weight (<2.5 kg)
- She suffered from cough & fever last month for which traditional medication was adopted.
- Eating habits : 1 roti, biscuit, milk.

FAMILY DETAILS :

	SEX	RELATION	DOB/AGE	OCCUPATION	HABITS
TOSHI	F	Mother	32	Labour	Tobacco-chewing
LADU	M	Father	40	Labour	Tobacco chewing & smoking, Quit drinking 4 years back
KESA	F	Sister	8/12/2003		
HEMA	F	Sister	19/02/2006		
NARBDA	F	Sister	01/01/2009		
NARYI	F	Sister	05/12/2011		
ARI	F	Sister	30/11/2012		
MAARI (DIED)	F	Sister	23/11/2014		
MAINA	F	Reference child	15/02/2017		
UDAL	M	Brother	21/04/2018		

CONCLUSION : This case study justifies the relation between nutritional grade of child &
- Weight at birth
- Annual income
- Interval between births

FOCUS GROUP DISCUSSION :

Topics covered during focus group discussion :

- Awareness about anganwadi services.
- Breastfeeding
- Immunization
- Interval between last two births
- Initiation of complementary feeding

KEY FINDINGS :

- Huge number of respondents were unaware about the services provided by the anganwadis.
- Even the use of take home rations and the immunization were unknown to maximum number of respondents.
- Many respondents were unaware of the ideal time for the complementary feeding.

CONCLUSIONS

- Number of children along with interval between births affects the nutritional status of child.
- Weight at birth, colostrum & pre-lacteals are factors directly related to the nutritional status of the child.

RECOMMENDATIONS

- Maximum number of SAM children fall in the ST category hence, children belonging to this category must be monitored regularly.
- Aware communities about the ideal interval time between two births.
- Mothers should be given adequate knowledge about benefits of colostrum & ill-effects of pre-lacteals .
- Aware people about the benefits of anganwadi services.

REFERENCES : http://www.icds-wcd.nic.in/
https://csrrajasthangov.in