# Study on Nutrition Situation of Children and Mother in Mid Western Region of Nepal

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**Background**

Malnutrition is a major public health problem in Nepal. No integrated survey had ever been undertaken to review the overall nutrition and micro nutrient status, food safety and availability of food in household level and anti nutritional factors found in food consumed by the population. Therefore, this study aimed to investigate the current nutritional status of representative population like pre-school children, school-aged children and pregnant/lactating mothers.

**Methods**

A total of 1200 households of Mid-western region of Nepal were surveyed. The study is conducted among the women of reproductive age, pre-school children and school aged children residing in Banke district during 2002. The household were selected by the means of systematic sampling. Structured questionnaire, clinical examination of goiter, Vitamin A deficiency and estimation of iodine in salt constituted the data collection tools.

**Results**

Nutritional status of pre-school children was observed as malnourished (50.94%), chronic malnourished (41.78%) and severe malnourished (7.75%). Similarly higher percentage (31.68%) of malnourished was found in 14.1-16.0 years school age children and adolescence. Likewise prevalence of goiter was higher in 14.1-16.0 years school age children and adolescence. Prevalence of Vitamin A deficiency in school aged children and adolescence was found to be 4.81% (6.0-8.0 years), 2.32% (8.1-10.0 years), 4.04% (10.1-12.0 years), 1.67% (12.1-14.0 years) and 4.35% (14.1-16.0 years).Prevalence of Vitamin A deficiency in lactating and pregnant mother was 8.95% and 7.56% whereas prevalence of goiter was 41.28% and 37.84% respectively.

**Conclusions**

Health education program should be emphasized to prevent malnutrition among the pre-school children, school children and pregnant and lactating mothers.

**Keywords:** adolescence; goiter; lactating mother; malnourished; nutritional status; pregnant mother; prevalence; pre-school children; school children; vitamin A deficiency.