

NUTRITIONAL STATUS OF ADOLESCENT GIRLS FROM A COMMUNITY IN MAHARASHTRA – A CROSS SECTIONAL STUDY

Lata R Kollur¹, AK Pratinidhi², SV Kakade²

¹ Department of Community Medicine, SDM College of Medical Sciences & Hospital, Dharwad, Maharashtra, India

² Department of Community Medicine, Krishna Institute of Medical Sciences University (KIMSU), Karad, Maharashtra, India

Correspondence to: Lata R Kollur (kollurl@yahoo.com)

DOI: 10.5455/ijmsph.2014.290420141

Received Date: 28.04.2014

Accepted Date: 19.05.2014

ABSTRACT

Background: Adolescent girls are future mothers. Nutritional status is important determinant of their physical growth and development, which in turn determines the reproductive outcome. Health education and nutritional supplementation is important in this regard. Action is required to improve the same.

Aims & Objective: To assess the nutritional status of adolescent girls from the community adopted under Urban Health Training Centre.

Materials and Methods: This was cross sectional survey conducted in community adopted under Urban Health Training Centre, Department of Community Medicine, KIMSU, Karad. Out of total 254 adolescent girls between the ages of 10 and 19 years, 200 adolescent girls were interviewed during the study period.

Results: Anthropometric measurements from 200 adolescent girls were collected. Age wise 50th percentile of height and weight of these adolescent girls, for each completed year was compared with 50th percentile of height and weight of ICMR study. It was observed that height of adolescent girls between 10 and 15 years of age and weight of the girls between 10 and 12 years was more when compared with ICMR study.

Conclusion: In the present study, nutritional status of adolescent girls appeared to be better than that of ICMR study; this may be because of overall development that has occurred over the decade. Although there was no significantly higher nutritional status in Karad, the trend appears to be higher.

Key Words: Nutritional Status; Adolescent Girls; Community; ICMR Study