



Asian Research Consortium

Asian Journal of Research in Marketing
Vol. 10, No. 1, February 2021, pp. 1-14.

ISSN 2277-6621

A Journal Indexed in Indian Citation Index

DOI NUMBER: 10.5958/2277-6621.2021.00001.3

SJIF(2013)-SCIENTIFIC JOURNAL IMPACT FACTOR : 7.506(2020)

Assessing Nutritional Status Index of Anganwadi Children Attending ICDS (Integrated Child Development Services) Centres: A Study in Trivandrum District, Kerala

Abhina. B*; Anitha Chandran, C**

*Department of Community Science,

College of Agriculture, Vellayani, Trivandrum,

Kerala Agriculture University,

Kerala, India.

abhiramam1950@gmail.com

**Assistant Professor,

Department of Community Science (Food Science and Nutrition),

College of Agriculture, Vellayani, Trivandrum,

Kerala Agriculture University,

Kerala, India.

Abstract

Introduction: In pursuance to the national policy of children in 2nd Oct 1975 GOI initiated a National Programme: Integrated Child Development Services (ICDS) to improve the health, nutrition and overall development of children among the deprived population of 33 blocks (including 4 rural, 18 urban and 11 tribal blocks) through network of AWC in India.

Objective: To formulate and analyse the nutrition status index of anganwadi children attending ICDS centres in Trivandrum district.

Methodology: The present study was conducted in Trivandrum Urban Project II, (sector I and IV) selected randomly in Thiruvananthapuram district, Kerala, India. 90 anganwadi children (in the age group of 2-6 years) were selected randomly from the two sectors. Weight, height, skin fold thickness, head circumference, chest circumference, and waist circumference were taken. Nutritional status of each child was calculated using selected anthropometric measurements by formulating a specific formula. Scoring was given for each variable according to the standard values considering both age and gender of the children.



Results: Majority of children (50%) were included under normal range with NSI values above 400. Children with less than minimum weight and height requirement need attention.

Conclusion: Present study reveals that there is a need to improve the nutritional status of children attending anganwadi. Mothers and anganwadi workers should be made aware of the significance of nutrition among children

Keywords: ICDS, Anganwadi children, Nutrition status, Weight, Height, SFT, Head, Chest, Waist, and mid upper arm circumference.

6. Reference

- Kalitha, A., and Deshpande, S. (2011). Child Development in India. ICICI Centre for Child Health and Nutrition. 2p.
- Emiku. (2012). A person's childhood years are the most important years of a person's life. Available in tsetbig.com essays free online writing.
- Sreelakshmi, B. (2019). Dietetics. New Age International Limited, Publishers, New Delhi; 84p.
- Bamji, M.S., Krishnaswamy, K., and Brahmam, G. N. V. (2013). Textbook of Human Nutrition. Oxford and IBH publishers, NewDelhi. 486 p.
- Tandon, B.N., Sahai, A., and Vardhan, A. (1984). Impact of integrated child development services on infant mortality rate in India. *Lancet*. 21 (2); 157- 160
- Mani, M. (2002). The impact of ICDS with regard to the intellectual, social and physical development of pre-schoolers. Phd(Hsc) thesis, Mahatma Gandhi University, Ernakulam, 5-25.
- WCD [Women and Child Development]. (2009). Ministry of Women and Child Development Home page [Sep 2009]
- WHO [World Health Organisation]. (2005). Malnutrition. Available from: http://www.who.int/maternal_child_adolescent/topics/child/malnutrition/en/
- Ogden, C. L., Flegal, K. M., Carroll, M. D., and Johnson, C. L. (2004). Prevalence and trends in overweight among U.S. children and adolescents. *JAMA*. 288(14):1728-32.
- NIPCC [National Institute of Public Cooperation and Child Development]. (2008). Research on ICDS an Overview. Volume 3. 23-56.
- Sreelakshmi, B. (2018). Nutrition Science. New Age International Limited, Publishers, New Delhi; 448 p
- Mother, infant and young child nutrition and malnutrition. (2020). The Mother and Child Health and Education Trust. Non-profit organization A U.S. 501 (3).



Alim, F. and Jahan, F. (2012). Assessment of Nutritional Status of Rural Anganwadi Children of Aligarh under the ICDS (Integrated Child Development Services) and Rural Health. *Studies on Home and Community Science*. 6(2); 95-98.