



A Cross-Sectional Study On Assessment Of Nutritional Anaemia Among Pre-Adolescent School Girls In Telangana Social Welfare And Residential School And Junior College(Girls)

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Abstract: This study has been undertaken for the assessment of nutritional anaemia among pre-adolescent school girls in Telangana Social Welfare and Residential School and Junior College (Girls).

I. PREFACE:

Anemia is a condition caused from a lack of red blood cells in the body. This causes reduced oxygen situations in the body. Symptoms fatigue, skin reddishness, briefness of breath, flightiness, dizziness or a fast twinkle. The end and objects of this study is to study about the frequency of nutritional anemia in pre-adolescent academy children of Mulugu

II. EXPLANATION OF THE STUDY:

Anaemia has negative impact on the health of academy children which includes poor educational performance and cognitive impairment. Iron insufficiency has also been linked to numerous literacy and behavioral problems. It has been demonstrated to affect aerobic fitness and effectiveness of work. Adolescents especially girls are generally ignored in countries like India, and this leads to poor nutrition which in turn leads to a variety of nutritive problems similar as anemia and growth deceleration. Anemia is therefore most common nutritive problems among adolescent girls. Piecemeal from nutritive neglect, helminthic infections and heavy blood loss during period contribute to inflexibility of anemia and its consequences among the pre-adolescent girls. Direct goods of anaemia are on growth and circular goods are like bloodied attention, lack of alertness, poor memory, imperfect performance in the academics, and dropped attendance in the seminaries. Menarche is delayed, vulnerable system is affected which leads to further occurrences of infections. Increased fetal morbidity and mortality, low birth weight, perinatal threat, increased child mortality, and motherly mortality are some of the unborn consequences of anemia among the adolescent girls. Although this study has been planned to punctuate the burden of anemia and to know the mindfulness of anemia among pastoral pre-adolescent group, it'll also be helpful in drawing recommendations and rendering suggestions to estimate and enhance the being Anemia Control Program. Since it's the most current complaint in India, it got the significance to be studied and understood about. It's necessary to make people apprehensive of the causes, the preventative measures, and the significance of nutritive supplements, proper diet needed to help anemia.

III. IDEAL OF THE STUDY:

The ideal of the study was to estimate the frequency of Anaemia in academy going girls. To estimate the knowledge and threat factors of anemia among academy- going adolescent girls.

IV. METHODOLOGY:

Locale of the study: In Siddipet quarter Mulugu Govt. academy girls will be named as a locale of the study. It was named intentionally for the present study as it'll be accessible, so regular visit could be made authentic for data selection.

Sample unit- Children aged 9- 12 years.

Sample size - 100 academy children

Study design - Cross sectional study system

Sampling Method- Random system will be employed to carry out the exploration work.

Inclusions - children of age group 9 to 12 years studying in Government residential school and willingly shared in study.

Exclusions - We barred children who entered blood transfusion within last 2 months- Telephonic/ web check system canvassing

V. TOOLS AND DATA COLLECTION:

A) **DEMOGRAPHIC PROFILE:** The study subjects were canvassed using a preformed and pretested, semi-structured questionnaire. It included questions on introductory demographic details and knowledge on colourful aspects of anaemia.

B) **ASSESSMENT OF nutritive Anaemia in children:** Weight was measured using a movable importing machine by instructing the subjects to stand erect over the machine without any bottom wears and facing the wall.

Height is measured using a stadiometer by instructing the subjects to stand erect with heel, buttocks, scapula, and crown in a straight line.

To unravel the salutary pattern in relation to anemia, Food frequency Questionnaire (FFQ) was considered a great tool for the assessment of salutary habits for this study. There are different types of FFQs, developed for a specific purpose for specific studies. Standard FFQs developed for one epidemiological study cannot be considered for intervention evaluation. Thus, careful emendations were made after deciding on which FFQ is most suitable with our study subjects to minimize response burden and increase response rates.

Thus, for the present study, a predesigned FFQ was formalized and modified according to the diet of original people with variations of the original food stuffs. Especially, available grains, cereals, and fruits were included in order to record the input of nutrients by the children of the academy. Actors were asked to fill the FFQ grounded on the consumption pattern of their diets, frequency of consumption of colourful food particulars which included Cereals, beats, vegetables, fruits, milk and milk products, meat, fish and flesh, cooking oil painting, ghee, sweets, nuts, and dry fruits, fruit juice, and junk food stuffs. Sharing individualities were asked how frequently they consumed the food particulars and potables during the once month. The frequency of input included daily, 1 – 2 times a week, 3 – 5 times a week, formerly in a fortnight (1/15 days), formerly in a month (1/30 days), sometimes (carnivals, special functions, etc.), infrequently or no way. In order to estimate the portion size of food consumed, different types of serving vessels (Katoris) were shown and the volume of the food consumed was attained by this system. 15 days' recall system was used for the assessment of haemoglobin of academy children. Hemoglobin situations was measured using haemoglobinometer among pre-adolescent girls. The overall status of anaemic individualities in the pre-adolescent girls in Siddipet quarter Mulugu mandal is of vital concern and should be paid due attention for the enhancement of nutritive conditions to reduce the frequency of anaemia in this region. The effective measures include mindfulness about the essential nutrients to be included in diet along with the knowledge of anaemia.

Males	
Age 12-18 years	13.0 to 16.0 (mean 14.5)
Age > 18 years	13.6 to 17.7 (mean 15.5)
Females	
Age 12-18 years	12.0 to 16.0 (mean 14.0)
Age > 18 years	12.1 to 15.1 (mean 14.0)
Children	
Birth	13.5 to 24.0 (mean 16.5)
Age < 1 month	10.0 to 20.0 (mean 13.9)
1 - 2 months	10.0 to 18.0 (mean 11.2)
2 - 6 months	9.5 to 14.0 (mean 12.6)
6 months - 2 years	10.5 to 13.5 (mean 12.0)
2 - 6 years	11.5 to 13.5 (mean 12.5)
6 - 12 years	11.5 to 15.5 (mean 13.5)

VI. CONCLUSION:

On assessing 100 pre-adolescent school girls in Telangana Social Welfare Residential School and Junior College (Girls), 40 were diagnosed with nutritional anaemia.

Nutritional Anaemia is more prevalent in pre-adolescent school girls.

We advised balanced diet and regimen.

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