

Dietary intake of pre-school children under ICDS and non-ICDS programme

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Abstract

The ICDS is the only Government programme in the country that caters to the nutrition requirements and other health, immunization and early education needs of the most vulnerable groups of population namely children under six years of age, pregnant and lactating mothers and adolescent girls. The present study was conducted in Kanpur Nagar. Kanpur Nagar is divided into 10 blocks one block Kalyanpur was selected randomly and 40 ICDS and 40 non-ICDS pre-school children age group 0-6 were selected for the present study. 17.5 per cent of ICDS and 12.5 per cent of non-ICDS respondents were belonged to height of age group 3 years. 57.5 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to the weight of 2 to 3 years.

Keywords : Height, Weight, Calorie, Protein

Introduction

The importance of nutrition and health education for improving the nutritional and health status of children and mothers, for adopting optimal infant and young child feeding practices, promoting consumption of micro-nutrient rich foods and also to increase compliance under vitamin A and IFA supplementation programmes and use of iodized salt cannot be overstated. Nutrition and Health Education (NHE) is not merely a process of transferring facts or information about nutritive value of foods, the role of food in preventing nutritional deficiency

diseases or methods of food preparation. The fundamental objective of Education in Nutrition is to help individual to establish food habits and practices that are consistent with nutritional needs of the body and adapted to the cultural pattern and food resources of the area in which they live. Keeping in view the above, the NHE component under the project would be redesigned with a particular emphasis on Mahila Mandals to a more comprehensive parenting support initiative. This would cover both mothers and fathers and not mothers alone, for improved health and nutrition of children.

According to Swaminathan (1992), the food contains about 12.5 per cent proteins. A daily supplement of 80 g of the above food (providing 300 K calories and 10 g of proteins) has been found to bring about significant improvement in the growth rate and of under nutritional status of preschool children.

Methodology

The study was conducted in Kanpur Nagar. Multistage random sampling technique was adopted for the study. Kanpur Nagar is divided into 10 blocks, one block Kalyanpur is selected randomly after that one village namely Barasirohi was selected from the block Kalyanpur. Total 80 respondents, 40 ICDS and 40 non-ICDS pre-school children age group (0-6 years) were selected randomly. The data were calculated and tabulated according to statistically.

Objective

To assess the dietary intake of pre-school children under ICDS and Non-ICDS programme.

According to Nirojine (2004), the result showed the height, weight chest and head circumferences of the sample were higher than ICMR standards for all age groups, while mid arm circumference was lower. Heights and weight were marginally lower than the 50th percentile of NCHS standard weight for age and mid arm circumference for age appeared normal.

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Results and Discussion

Height

Its reveals from the above Table 1 that 57.5 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to height of age 2 to 3 years with mean age 88.9 ± 29.0 and 88.8 ± 20.5 respectively, whereas, 25.0 per cent of ICDS and 40.0 per cent of non-ICDS respondents were belonged to height of age group up to 2 years with mean age 89.7 ± 28.8 and 105.2 ± 15.9 respectively followed by 17.5 per cent of ICDS and 12.5 per cent of non-ICDS respondents were belonged to height of age group 3 years and above with mean age 91.6 ± 27.6 and 72.2 ± 28.5 respectively.

Weight

It is evident from the Table 2 that 57.5 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to the weight of 2 to 3 years age group with mean age 30.1 ± 2.2 ICDS and 12.9 ± 1.5 non-ICDS, whereas, 25.0 per cent of ICDS and 40.0 per cent of non-ICDS respondents were belonged to the weight of age group up to 2 years with mean age 11.4 ± 0.8 ICDS and 13.4 ± 1.3 non-ICDS. While 17.5 per cent of ICDS and 15.5 per cent of non-ICDS respondents were belonged to weight of 3 years and above age group with mean age 11.7 ± 1.2 ICDS and 12.6 ± 1.9 non-ICDS.

Table 1: Distribution of respondents according to mean height

S. No.	Age	ICDS			Non-ICDS		
		Frequency	Per cent	Mean \pm SD	Frequency	Per cent	Mean \pm SD
1.	Up to 2 years	10	25.0	89.7 ± 28.8	16	40.0	105.2 ± 15.9
2.	2 to 3 years	23	57.5	88.9 ± 29.0	19	47.5	88.8 ± 20.5
3.	3 years & above	7	17.5	91.6 ± 27.6	5	12.5	75.2 ± 28.5
	Total	40	100.0	89.6 ± 28.0	40	100.0	93.6 ± 22.0
	r		0.0256			0.4303*	

Table 2: Distribution of respondents according to mean weight

S. No.	Age	ICDS			Non-ICDS		
		Frequency	Per cent	Mean \pm SD	Frequency	Per cent	Mean \pm SD
1.	Up to 2 years	10	25.0	11.4 ± 0.8	16	40.0	13.4 ± 1.3
2.	2 to 3 years	23	57.5	13.1 ± 2.2	19	47.5	12.9 ± 1.5
3.	3 years & above	7	17.5	11.7 ± 1.2	5	12.5	12.6 ± 1.9
	Total	40	100.0	12.5 ± 1.9	40	100.0	13.0 ± 1.5
	r		0.1007			-0.2329	

Table 3: Distribution of respondents according to mean calorie sample of children

S. No.	Age	ICDS			Non-ICDS		
		Frequency	Per cent	Mean \pm SD	Frequency	Per cent	Mean \pm SD
1.	Up to 2 years	10	25.0	1211.1 ± 293.3	16	40.0	1029.2 ± 425.4
2.	2 to 3 years	23	57.5	1010.6 ± 347.7	19	47.5	926.6 ± 422.5
3.	3 years & above	7	17.5	1127.2 ± 239.6	5	12.5	851.3
	Total	40	100.0	1081.1 ± 324.2	40	100.0	958.2 ± 432.3
	r		-0.1171			-0.2080	

Table 4: Distribution of respondents according to mean protein sample children

S. No.	Age	ICDS			Non-ICDS		
		Frequency	Per cent	Mean±SD	Frequency	Per cent	Mean±SD
1.	Up to 2 years	10	25.0	56.5±60.5	16	40.0	122.2±202.8
2.	2 to 3 years	23	57.5	77.2±107.7	19	47.5	234.2±402.1
3.	3 years & above	7	17.5	104.0±82.2	5	12.5	232.0±425.2
	Total	40	100.0	76.7±94.0	40	100.0	189.1±334.7
r			0.1317			0.2152	

Calorie

Table 3 reveals that 57.5 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to the calorie of 2 to 3 years age group with mean age 1010.6±347.7 ICDS and 926.6±422.5 non-ICDS, whereas 25.0 per cent of ICDS and 40.0 per cent of non-ICDS were belonged to calorie of up to 2 years age group with mean age 1211.1±297.3 of ICDS and 1029.2±425.4 of non-ICDS while 17.5 per cent of ICDS and 12.5 per cent of non-ICDS respondents were belonged to the calorie of age group of 3 years and above with mean age 1127.2±239.6 of ICDS and 851.6 of non-ICDS.

Protein

It is clear from the above Table 4 that 57.0 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to the protein of 2 to 3 years of age group with mean age 77.2±107.7 of ICDS and 234.2±402.1 of non-ICDS, whereas, 25.0 per cent of ICDS and 40.0 per cent of non-ICDS were belonged to protein of up to 2 years of age group with mean age of 56.5±60.5 ICDS 122.2±202.89 of non-ICDS while 17.5 per cent of ICDS and 12.5 per cent

of non-ICDS respondents were belong to the protein 2 years and above age group with mean age 4.0±82.2 ICDS and 232.0±425.2 non-ICDS.

Conclusion

On the basis of the present study, it can be concluded that pre-school children under ICDS programme, 25.0 per cent of ICDS and 40.0 per cent of non-ICDS respondents were belonged to height of age group up to 2 years. 17.5 per cent of ICDS and 15.5 per cent of non-ICDS respondents were belonged to weight of 3 years. 57.0 per cent of ICDS and 47.5 per cent of non-ICDS respondents were belonged to the protein of 2 to 3 years of age group. 17.5 per cent of ICDS and 12.5 per cent of non-ICDS respondents were belonged to the calorie of age group of 3 years and above.

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