

Protein Energy Malnutrition Among School - Going Children: A Comparative Study

Mrs. Sapna Thakur

Lecturer, Government College Of Nursing Raipur (C.G), e-mail: svthakur2605@gmail.com

Guide: Prof. Achamma Varghese, Vice Principal, Choithram college of Nursing.

Abstract:

A comparative study to assess the Protein Energy Malnutrition among school going children at rural community and urban slums of Indore in the year 2007. The objective was to compare the prevalence & the grades of PEM among school going children at rural and urban slums. The population comprised of all malnourished children whose weights were less than 80% of ideal body weight and their parents. Quota sampling technique was used to select the samples. 50 school going children from urban slums and 50 from rural area were assessed for weight, and 30 malnourished children from urban slums and 30 from rural area were selected along with their parents. The study revealed 38 [76%] of PEM cases in urban slums, and 31 [62%] in rural area. In clinical assessment of symptoms in malnourished children the study revealed 80% of urban slums children were having lack of luster in hairs, but in rural it was 23.33%, the incidence of dyspigmentation of hair found in urban slums 53.3% but in rural 3.3%, pale conjunctiva 86.66% in urban slums but in rural 70%.

KEYWORD: PEM, Urban Slums, Rural Areas, Malnutrition grades.

Background

“Let food be thy medicine, and Medicine thy food.”

-Hippocrates; 431 BC

According to Suraj Gupta, the term Protein Energy Malnutrition refers to a class, of clinical condition that may result from varying degrees of protein lack and energy (calorie) inadequacy. It is estimated that about 170 million children under 5 years of age i.e. 30% of the world's children are malnourished in terms of being underweight.

Need of the Study

In Madhya Pradesh 63% of children are malnourished, among them 47.13% (in 2003) were found at Indore. “Healthy well nourished children develop better mentally, and benefit more from education ultimately they will serve more to society and help in formation of healthy nation.

Statement

A comparative study to assess the Protein Energy

Malnutrition among school going children at rural community and urban slums of Indore in the year 2007.

Objectives

To compare the prevalence of PEM among school going children at rural and urban slums.

To compare the grades of PEM among school going children at rural and urban slums.

To find out the association between selected demographic variables and grades of PEM of urban slums and rural area.

Hypotheses

RH1- There is significant association between demographic variables and PEM at $p \leq 0.05$.

RH2- There is a significant association between selected demographic variables and grades of PEM at $p \leq 0.05$.

RH3- There is a significant difference in prevalence of PEM between urban and rural community at the level of $p \leq 0.05$.