

Feeding Practices of Preschool Children in Western Orissa

IV. Nutritional Anthropometry

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ABSTRACT The paper reports on the anthropometric measurements and nutritional status of preschool children of Western Orissa through various body-mass indices. There was closeness in the measurements of height, weight, mid-arm circumference and chest circumference between industrial and urban communities whereas the measure were lower by ten-fifteen percent in case of rural communities compared to the above two. In general the mean height, weight and mid-arm circumference were higher among the male in all the age-groups than the female children. The ratio index (height/weight) increased with increase in age in all the communities and in both sexes. Around sixty-eight percent, fifty-seven percent and forty-eight percent of children belonged to normal class of Body-mass index (weight/height²) in industrial, urban and rural communities, respectively whereas seventy-two percent, sixty-seven percent and fifty-seven percent belongs to normal class of mid-arm circumference (>13.5cm). On the basis of Dugdale's index, twenty-three percent in industrial, twenty-five percent in urban and 44.5 percent in rural communities belonged to malnourished class (<88). Means height, weight, Dugdale's index, weight for age (% of Harvard standard) and body-mass index were higher in case of colostrum-fed babies. Analysis revealed that exclusive breast-feeding six months of age resulted in a higher percentage of malnourished children.