

Nutritional Status of ICDS and Non-ICDS Children

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ABSTRACT The present study was dividing into two groups' i.e 15 preschool children who receiving supplement diet in the ICDS Centres and their mother and preschool children not receiving supplement diet in the ICDS centers and their mothers of Resham Ghar Colony of Jammu city (Jammu and Kashmir State). Purposive sampling technique was used. Interview schedules, check list and recall dietary method was used to collect the data. Result reveals that all the ICDS centres were providing supplementary nutrition to children, pregnant women and nursing mothers who enrolled in the Anganwadi. Most of the mothers had the knowledge about the nutritional status of children and got information from the Anganwadi workers. Data shows that all the Anganwadi workers were assessing the nutritional status of children by taking height and weight in Anganwadi. Majority of the respondents were not aware regarding the maintenance of records in the Anganwadi centres but they had very positive attitude towards ICDS Centres and all the mothers observed some changes in the children after enrolled in the ICDS centres. Result indicates that majority of the mothers whose children did not attend any ICDS centres told that it was not necessary for the children to attend any ICDS centres and did not have any knowledge regarding supplementary foods and nutritional needs of the children. Majority of the mothers were immunized their children from the Primary Health Centres. All the respondents observed some changes in the children. It was found that children who attended Anganwadi centres had good health or appearance as compared to their counterparts. It was also observed that ICDS children had good dietary intake as compared to the children who did not attend ICDS centres.