

Anthropometric Measurements and Undernutrition: A Case on School Children of South Tripura, India

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KEYWORDS Nutritional Status. Growth Status. Anthropometric Indicators. Primary School Children. Chronic Energy Malnutrition

ABSTRACT Tripura is one of the north-eastern state of India. Studies relating body development through anthropometric measurements relating to general health and well-being in this population are not available. The present investigation was aimed to assess the nutritional and growth status of children of South Tripura using anthropometric measurements. For the present study, 152 students in the age range of 6 to 10 years were selected at random from schools of south Tripura. The subjects were divided into five age groups. Different anthropometric characteristics, viz., height, weight, mid upper arm circumference (MUAC) of the subjects were measured. The general physical status of children was assessed from height for age, weight for age, weight for height and BMI. Results showed that undernutrition prevailed among these children. The average height and weight among children were found to be lesser than the standard recommended by ICMR. The Mid Upper Arm Circumference MUAC of children were lower in both gender-groups when compared with World Health Organization(WHO) standards. The overall frequency of Chronic Energy Malnutrition in boys (BMI < 18.5 kg/m²) was 97.4% and in girls the frequency was 100%. Based on the WHO classification, the prevalence of Chronic Energy Malnutrition among this population was high and the situation may be considered as serious.