

Nutritional Status of Scheduled Caste Pre-School Children: A Case Study in district Kangra of Himachal Pradesh

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ABSTRACT The present study was undertaken among 45 Scheduled Caste families having 75 pre-school children (upto 5 years age) in district Kangra of Himachal Pradesh. In majority of these families the per capita income was much below the per capita income of the state and sixty to eighty percent of their total annual income was spent on food. The calorie and protein intake in pre-school children were less than recommended allowances. The male children were getting more protein and calories as compared to female children. Mother's education, type of family and family occupation have some influence on calorie intake of these children. Children suffering from diarrhea were maximum in the age group of 0-1 year. Among the rearing practices, faulty practices like feeding the child on 3rd day after removing the colostrum, starting solid food at an age of one year were commonly seen.