

Anthropometric Assessment of Nutritional Status of Primary School Boys (6-8 Years) From Punjab

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ABSTRACT Anthropometric assessment of nutritional status of primary school boys (6-8 years) was conducted for the state of Punjab. For the above purpose 342 boys were selected randomly from randomly selected villages located in four agroclimatic zones of Punjab. They were measured for height and weight to assess their growth profile and nutritional status. Interviewing their parents to assess their socio-economic status collected the family background information for each child. The results revealed that as per Waterlow's classification (Height for age), majority of respondents were found to be nutritionally normal when compared with both NCHS (International) as well as ICMR (Indian) standards and no significant Interzonal differences were found. As per Gomez's classification (Weight for age), majority of sample was found to be severely malnourished when compared with NCHS standards whereas according to ICMR standards they were found to be nutritionally normal. Interzonal differences were found to be non-significant for both the standards. As per Waterlow's classification (Weight for Height), 47 percent-50 percent of the subjects were found to be nutritionally normal when compared with both NCHS standards. As per ICMR standards, 88 percent-95 percent of the subjects were found to be nutritionally normal. Interzonal differences were found to be non-significant.

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