Association of Socio-economic Variables with Nutritional Status of Mid-Day Meal Beneficiaries

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ABSTRACT The present study was planned to assess and analyse the association of socioeconomic variables and nutritional status of the mid-day meal beneficiaries. An analytical cross-sectional study was carried out in a government primary and middle school in south Delhi. A total of 600 students were selected randomly. A questionnaire cum interview schedule was used to collect information. Age was recorded from the classroom register. Modified Kuppuswamy scale was used to analyse socio-economic class. Height and weight were measured with standard techniques. Body mass index was calculated and a WHO criterion was used to categorise nutritional status. The result found was that majority of the subjects lived in a nuclear set up (73.23%) and most of the parents of MDM beneficiaries were not even qualified till higher secondary (76%). Most of the children belonged to upper lower (52%) and lower middle (41.47%) class. As per weight for age, 84.8 percent children were normal and 15.13 percent were underweight (8.76% moderately and 6.37% severely underweight). As per height for age, 41.30 percent were found to be stunted (11.37% moderately and 29.93% severely). For BMI for age, 67.16 percent subjects were normal, and 19.33 percent were overweight. Prevalence of underweight and stunting significantly (p d" 0.0001) increased with age. Result revealed non-significant higher prevalence of severely underweight (16.66%) in upper middle class. Stunted children were found more in upper middle class (31.25% moderately and 43.75% severely). As per BMI for age, higher prevalence of underweight (71.42%) was in lower class. The conclusion was that results revealed association of age of mid-day meal beneficiaries with nutritional status