

Vulnerability for Life Style Disorders among Affluent Primary School Children of Srinagar, Jammu and Kashmir, India

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KEYWORDS Rich Children. Middle Childhood. Lifestyle. Physical Activities. Dietary Habits

ABSTRACT This study explored the health status of children belonging to affluent families and aimed to gain insight into their dietary habits and activity pattern. The sample comprised of 128 school children (79 boys and 49 girls). Entire sample was drawn from 5 reputed schools of Srinagar district using random sampling techniques. The results from anthropometric measurements by sex and age gave a clear cut indication of obesity which was more profound among girls, while majority of boys were in overweight category. Mild anaemia was observed in 50% of the sample children with a statistically significant difference ($\chi^2 = 10.84$) between girls and boys. In addition, dental problems such as caries, and discolorations accounted for the highest prevalence. The data on dietary and activity pattern showed high favoritism for fast food and other junk food with T.V. watching, and computer/video games as major leisure time activities. Comparatively increased food frequency and decreased exercise was more evident among girls. To conclude, many health disorders including obesity, hypertension, anemia, dental caries were found among affluent school children though problems were at asymptomatic stage due to decreased physical activities, sedentary lifestyle, altered eating patterns, and increased fat content of the diet which were the identified significant underlying factors. The results suggest immediate intervention measures for the health of school going affluent children since the reported health concerns can even lead to cognitive delay and other serious ailments in future.