

Nutritional Profile of Preschool Children: A Review

Subal Das* and Kaushik Bose

*Department of Anthropology, Vidyasagar University,
Midnapore 721 102, West Bengal, India*

KEYWORDS Underweight. Stunting. Wasting. Z-score. Global Scenario

ABSTRACT This paper reviews the prevalence of undernutrition among preschool children. The current review uses the z-score system to estimate the magnitude of undernutrition among preschool children because it reflects both previous and current nutritional status of the children. Hitherto, the research results from India revealed that the prevalence of underweight (93.3%), stunting (86.6%) and wasting (85.3%) was the highest among the Kinnaura of Kinnaur in Himachal Pradesh; the lowest observed prevalence of underweight (15.0%), stunting (11.4%) and wasting (10.8%) was among the Punjabi preschool children (Punjab). Studies beyond India revealed that the highest and lowest prevalence of underweight, stunting and wasting was observed from Dhaka (Bangladesh) and Salvador (Central America). Thus, the present review revealed that the nutritional status of preschool children, particularly of tribal and rural areas, was in critical situation. Urgent nutritional attention is required.