Correlative Provide Exercise And Its Alimental Condition Of Under Three Year Old Kid In Civil Areas Of The Lalitpur, Nepal

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Abstract

Magnitude of the malnutrition is extremely high in Nepal. Child nutrition problem thanks to faulty child provide practice in widely observed in many parts of the country including Lalitpur valley. Correlative provide practice among the young kid has been found very critical in civil areas of Lalitpur valley.

Keywords - Nutrition status, Provide practices, Children, Civil areas, Nepal.

Introduction

Hunger and malnutrition is that the one among the guts broken hurdles within the growth and development of the youngsters. Regarding hunger and malnutrition problem it had been reported that over 780 million people of the planet are undernourished and about 13 million under the age of 5 die annually thanks to malnutrition and other disease within the world. Additionally about 100 million kid sleep hungry in the dark.

The problems are more serious in developing countries, annually 120 million infants were born, the good majority of whom (85%) sleep in developing countries. One-tenth of those kid died before their first birthday and another 4 percent died before they were five. Nepal is extremely pathetic and malnutrition is aggravating it.
Magnitude of the malnutrition problems is extremely high in Nepal. Child nutrition problem is widely observed in many parts of the country. Faulty provide practice among the young kid was the one among the main explanation for malnutrition in Nepal. Correlative provide exercise among the young kid even have been found very critical within the civil cities of the country. Nutritionally unbalanced correlative food may cause nutrition disease. Timely initiation of correlative provide exercise among young kid helps to market their Nutritional condition minimizing the probabilities of nutrition disease.

General objectives of the study were to spot the prevailing situation of “correlative provide exercise and its alimental on nutritional condition of but 2 years old kid in civil areas of the Lalitpur valley”. Specific objective were to seek out existing provide exercise in various ethnic groups also on determine nutritive values of exercise correlative foods, 24 hours recall and anthropometric assessment to seek out the alimental of correlative provide exercise on nutritional condition of young children.

Methodology

The study was administered that specialize in Three stage representative sampling method. Interview on provide exercise and anthropometric assessment also as 24 hours dietary recall was conducted to seek out the nutritional condition of the youngsters. Nutrients of local correlative foods were analyzed in food lab to seek out the nutritive value of the normal complimentary foods. Focus conference and market survey were conducted to gather data for the study. Mothers of the correlative food fed babies aged 0-24 months were the respondents. The research was supported primary data collected by interview of 150 households of 30 wards.

Result

Income had found positive contribution to the expending behaviour. Mother’s employment condition was found to possess little alimental on frequency of provide traditional correlative food. Monthly family income showed a crucial alimental on nutritional condition of youngsters.

Twenty-four hour's dietary recall showed that an outsized numbers of youngsters aged 6-12 months were found underfed. Gender discrimination was also found clearly in provide of
economic correlative foods. Baby boys found more enjoyed commercial correlative foods compare to the baby girls.

About 84 percent kid aged 0-12 months were found affected by mild to moderate sort of malnutrition. Among correlative food fed kid 63 percent were found affected by mild to moderate sort of the malnutrition whereas it had been 41 percent among commercial food fed. Thirty three percent of the youngsters belonging to the household of employees were affected by severe sort of malnutrition. Kid from Newar ethnicity of Lalitpur district were found severe sort of malnutrition as compared with other district. Surprisingly baby boys were found more affected by severe sort of malnutrition (55%) as compared to baby girls (44%).

Discussion

Systemic efforts had been made to scale back nutrition problems within the country since 1975 by various sectors in Nepal. Few studies are also conducted to spot nutritional situation in Nepal but studies on child provide exercise especially in correlative provide were felt lacking since an extended time of the country. This study indicated that the majority of the youngsters of the study area were affected by mild to severe sort of malnutrition. Although commercial correlative food fed kid were found slightly better in nutritional status, but this wasn't affordable for majority of the households.

Conclusion

Nutritional condition of the youngsters from Lalitpur district found better as compared to Lalitpur district where more severely malnourished kid were found. Surprisingly, baby boys were severely malnourished as compared to baby girls. Traditional food fed kid was found severely malnourished in compared to commercial food fed ones. Findings indicated that kid those taking traditional foods were the foremost under fed, most malnourished and mostly susceptible to severe sort of malnutrition, infectious diseases and even death. Findings clearly indicated that loved one specially parents must be provided knowledge and skill on child provide exercise in order that they might adopt correct provide exercise to beat of possible casualties of child's death by controlling malnutrition problems.
References

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