

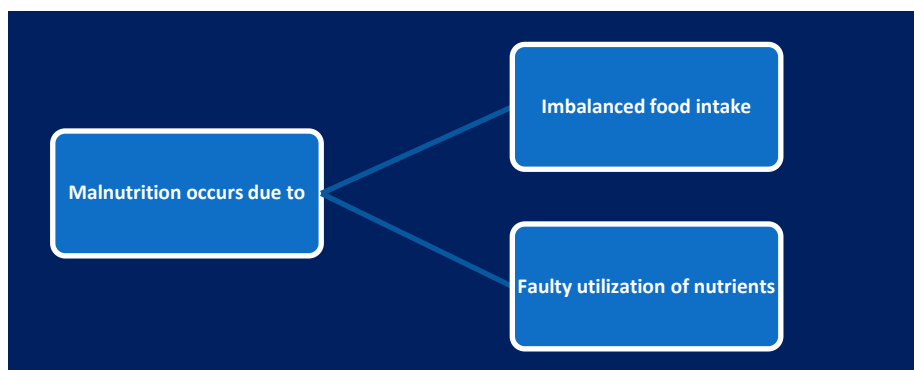
Lesson Number	Title of the Lesson	Skills	Activity
6	Nutritional Status	Creative thinking Decision Making	Prepare a presentation on Protein Energy Malnutrition to benefit young mothers of rural areas
		Problem solving Critical Thinking	

Summary:

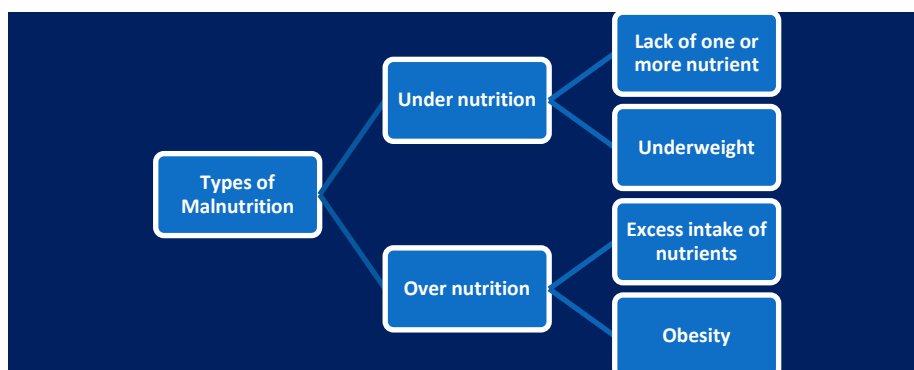
Good nutrition is the basic component of good health. Balanced diet is of utmost importance in achieving normal growth and development. It is also important for maintaining good health throughout life. Lack or excess of one or more nutrient or a faulty utilization of nutrients in our body leads to imbalance. This imbalance is known as **Malnutrition**. The condition of health influenced by the nutrient intake and utilization is known as **Nutritional Status**. Youngchildren, pregnant and lactating mothers generally suffer health issues due to malnutrition. To solve this issue and promote maternal and child health several nutritional programs have been initiated by the Government. These programs have reduced issues of malnutrition in this vulnerable group to an extent.

Principal Points

1. Malnutrition occurs due to:



2. Types of Malnutrition



3. Causes of Malnutrition and its influencing factors

Causes	Influencing Factors
<ul style="list-style-type: none"> Decreased availability of food 	<ul style="list-style-type: none"> Due to poverty, drought, flood
<ul style="list-style-type: none"> Ignorance 	<ul style="list-style-type: none"> Wrong food habits
<ul style="list-style-type: none"> Economic conditions 	<ul style="list-style-type: none"> Lower purchasing power
<ul style="list-style-type: none"> Stress conditions 	<ul style="list-style-type: none"> Inability to meet the needs during growth, pregnancy & lactation
<ul style="list-style-type: none"> Poor personal hygiene and sanitation 	<ul style="list-style-type: none"> Increased chances of infections causing illness

Build your understanding

Measurement of Nutritional Status

- Measuring and recording physical growth
- Determining dietary intakes
- Recognizing nutritional deficiency disease

What is Important to Know

1. Protein Energy Malnutrition (PEM)

- Target Group: children under 3 years of age usually in the weaning stage
- Nutrient deficient: Carbohydrates and Proteins
- Types: Marasmus, kwashiorkor

2. Causes & symptoms of PEM

Marasmus	Kwashiorkor
<ul style="list-style-type: none"> Deficiency of both carbohydrates & proteins 	<ul style="list-style-type: none"> Deficiency of proteins
<ul style="list-style-type: none"> Affects children below 12 months 	<ul style="list-style-type: none"> Affects children between 1 to 3 years
<ul style="list-style-type: none"> Loose and wrinkled skin 	<ul style="list-style-type: none"> Oedema on face, arms and legs
<ul style="list-style-type: none"> Shrunken abdomen 	<ul style="list-style-type: none"> Pot belly
<ul style="list-style-type: none"> Repeated diarrhea 	<ul style="list-style-type: none"> Loss of appetite
<ul style="list-style-type: none"> Dry & dull hair 	<ul style="list-style-type: none"> Peeling of skin
<ul style="list-style-type: none"> Hunger 	<ul style="list-style-type: none"> Light color hair
<ul style="list-style-type: none"> Depressed and indifferent behaviour 	<ul style="list-style-type: none"> Enlarged liver
	<ul style="list-style-type: none"> Irritable behaviour

Did you know

1. Some deficiency diseases at a glance

Nutrient	Deficiency Disease	Symptoms
Vit-A	Night Blindness	<ul style="list-style-type: none"> Inability to see in dim light Drying of the white portion of the eye
Iron	Anaemia	<ul style="list-style-type: none"> General body weakness Loss of appetite

		<ul style="list-style-type: none"> • Paleness of nails, eyes & skin • Brittle Nails
Iodine	Goiter	<ul style="list-style-type: none"> • Neck becomes swollen • Tiredness • Growth retardation in children • Mental retardation • Muscular weakness

Extend your Horizon

National Nutritional Programmes

1. Integrated Child Development Scheme:

Beneficiaries:

- Children below 6 years of age
- Adolescent girls between 11 to 18
- Pregnant and lactating women
- All women between 15 to 45 years

Package:

- Immunization
- Health checkups
- Referral service
- Treatment of minor illness
- Supplementary feeding
- Growth monitoring and promotion
- Nutrition and health education

Centres:

- Anganwadis
- Child Health Centres

2. Mid-Day Meal Program

Beneficiaries:

- Primary School Children aged 6 – 11 years

Package:

- Supplementary Meals to ensure good nutritional status
- Promote school attendance

Centres:

- Primary Schools

3. National Control Program for Prevention of Nutritional Blindness due to Vitamin A Deficiency

Beneficiaries:

- Children between 6 months to 5 years
- Pregnant and lactating mothers
- All women between 15 -45 years

Package:

- Promoting consumption of Vit A rich foods.
- Providing massive doses of oral Vit A

4. National Nutritional Anemia Control Program**Beneficiaries:**

- Children between 6 months to 5 years
- Pregnant and lactating mothers
- All women between 15- 45 years

Package:

- Providing foods rich in Iron
- Providing Iron and Folic Acid supplements
- Treatment of severe cases of Anemia

5. National Iodine Deficiency Disorder Control Program**Beneficiaries:**

- All People

Package:

- Decrease the prevalence of Iodine deficiency disorders
- Assess the extent of the problem
- Arrange production / supply of Iodized salt
- Ensure supply of standard quality of iodized salt to the consumer

Evaluate yourself:

- How will you assess the nutritional status of primary school children?
- Give the benefits of the intake of Iodized Salt.

Maximize your marks:

- Attempt all the exercises given in the lesson
- The children of construction site workers do not go to school and suffer from various deficiency diseases.Which Govt.program according to you will benefit them. Give reasons why?