

# **NUTRITION STATUS OF PRIMARY LEVEL STUDENTS**

**Submitted by:**

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581300

# Janta Multiple Campus

Itahari, Sunsari, Koshi, Nepal

Estd: 2045

(Science, Humanities, Management & Education)

(Accredited by UGC Nepal)

Date: 2076/03/30

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## RECOMMENDATION LETTER

This thesis is entitled "**NUTRITION STATUS OF PRIMARY LEVEL STUDENTS**" submitted by **Ramesh Rai** in partial fulfillment of requirement for the Master's degree in Health Education under my supervision. Therefore, it is recommended for viva voice.

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## APPROVAL SHEET

This thesis entitled "**NUTRITION STATUS OF PRIMARY LEVEL STUDENTS**" submitted by **Ramesh Rai** in partial fulfillment of requirement for the Master's degree in Health Education has been approved.

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## **DECLARATION**

I hereby declare that this thesis has not been submitted for candidature for any other degree.

**Ramesh Rai**

August, 2019

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This thesis on "**Nutrition Status of Primary Level Students**" has been carried out efficiently and completed with enrichment of objective of the study with the great deal of support and guidance from many people and institution such as my Teachers, Supervisor, Head of Department, Primary Level students, Teachers and Principals of five different schools located in village area of Baraha Chhetra Municipality, Sunsari.

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**Ramesh Rai**

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## ABSTRACT

"Nutrition Status of Primary Level Students" is completely field based study which helps to analyze Nutrition condition of Primary Level students of different five schools located in village area of Baraha Chhetra Municipality, Sunsari. The objectives of the study are to identify the Nutrition Status of Primary Level students of study area, to find out the level of knowledge about Nutrition in the study area population, to find out the condition of malnutrition diseases in Primary Level students of study area, to provide the knowledge of importance of nutrition in their bodies, right sources of nutrition and nutrients along with micro-nutrients which are necessary for Primary Level students of study area.

This study had been carried out from of sample of 125 primary level students means that students from class 1 to class 5 only with the help of school administration. This study had been done with the help of primary data which are directly collected from my presence and observation. The sample data or students had been selected according to simple random sampling method. The data collected from the study area had been concisely analyzed and interpreted with the help of table, line graph, column graph, pie-chart diagram so that it can be self presented.

In terms of study population, the sex ratio of population is accounted 86.56. 76% of study population has been found Hindu where as Christian population 20%, Buddhist population 2.4% and Muslim population 1.6%. In the case to ethnicity composition, 21.6% study population is Brahmin, Chhetri 16.8%, Bishkarma 8.8%, Majhi 7.2%, Rai 6.4% and lowest percentage of study population is Khan 0.8%. About the educational attainment of parents of study population, the highest percentage of educational attainment is SLC 23.2%, Intermediate (+2) 13.6%, Bachelor 7.2%, Lower Secondary Level 20.8%, Primary Level 16.8%. Literate 11.2% and Illiterate population is 7.2%.

It had been found that the family structure of study area was 86.4% living in joint family where as 13.6% living in nuclear family. In the matter of occupation followed by the parents of study area children was Agriculture by 43.2%, Business by 10.4%, and Service by 10.4%. During the research conducted in the primary students of study area in the comparative of preference of the dish or food by them, it had been noticed that the primary students of the study area were preferring to use or have Junk food or Packed food was 76.8% where as only the 23.2% of primary students of study were preferring to have or use Home-made food. It clearly shows that impartment of knowledge of Importance and positive of impact of Home-made food and Negative impact of Junk or Packed food on their healthy is very necessary in the study area.

In the same way, 100% students of study area have already vaccinated or immunized. It is also found during observation that 80% students of primary level are in Normal Nutrition, 16% study population are in Mild mal nutrition and 4% study population are found moderate mal nutrition. The administration and teachers of three schools

had been found concerned about important of nutrition and they are conducting nutrition awareness program in school some time. But two schools of study area are not much concerned about nutrition program in their schools. However 86.4% study population had their lunch for tiffin 13.6% study population had not brought lunch for tiffin which shows that parents of them are not much concerned about their children nutrition. It shows that Nutrition knowledge to the parents and students of the study area is very necessary.

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## ABBREVIATION

BMI	:	Body Mass Index
CB-IMCI	:	Community-Based Integrated Management of Childhood Illness
CBS	:	Central Bureau of Statistics
DHS	:	Demographic Health Survey
EPI	:	Expanded Program on Immunization
INGO	:	International Non- Government Organization
MUAC	:	Mid Upper Arm Circumference
NDHS	:	Nepal Demographic and Health Survey
NGO	:	Non-Government Organization
NPCS	:	Nutrition Promotion and Consulting Services
PEM	:	Protein Energy Malnutrition
RBC	:	Red Blood Cell
UNICEF	:	United Nation International Children Education Fund
WHO	:	World Health Organization