NUTRITIONAL STATUS OF CHILDREN UNDER FIVE YEARS AGE: SANAI VDC OF NAWALPARASHI

A thesis

Submitted To

Faculty of Humanities and Social Sciences Central Department
of Sociology/Anthropology in partial
Fulfillments of the Requirements
For Degree of Master of Arts in Sociology

By:

Nilkantha Bhandari

Central Department of Sociology/ Anthropology
Tribhuvan University
Kirtipur, Kathmandu
Feb,2013

TRIBHUVAN UNIVERSITY FACULTY OF HUMANITIES AND SOCIAL SCIENCES CENTRAL DEPARTMENT OF SOCIOLOGY/ ANTHROPOLOGY

RECOMMENDATION LETTER

This is to certify that Nilkantha Bhandari has completed the dissertation on "Nutritional Status of Children Under five years Age. Sanai VDC of Nawalparasi" under my guidance and supervision.

Suresh Kumar Dhakal Central Department of Sociology/Anthropology Tribhuvan University Kirtipur, Kathmandu

TRIBHUVAN UNIVERSITY FACULTY OF HUMANITIES AND SOCIAL SCIENCES CENTRAL DEPARTMENT OF SOCIOLOGY/ ANTHROPOLOGY

APPROVAL LETTER

This is to certify that this thesis entitled "Nutritional Status of Children under Five years Age: Sanai VDC of Nawalparasi" submitted by **Nilkantha Bhandari** has been evaluated and approved for partial fulfillment of the requirement for master's degree in Sociology by the dissertation committee comprised of

Pro. Dr.OM P. Gurung Head of Department
Dr. Binod Pokhrel External Adviser
Mr. Suresh Kumar Dhakal Dissertation Supervisor
Date:-

Acknowledgement

All successful research works are the result of contribution made by a wide range of co-operative hands. This study is no Exception either. During the period of field survey, I received innovative advice and encouragement from my respected supervisor (Guide) Mr. Suresh Kumar Dhakal. His invaluable guidance, feedback and suggestion were instrument in shaping this study and have greatly helped to me to improve the quality of this thesis. First of all, I would like to express my sincere and heartfelt guidance to him.

My sincere gratitude goes to all the respective teachers and staff of the central Department of Sociology/ Anthropology for their sympathy and cooperation during my association with the department. I also express my sincere thanks to all my friends specially, Mr. Dolraj Pandey who is Agricultural officer in Nawalparasi, who helped me to develop special vegetable calendar.

I would like to express my thanks that A. H.W. Mr. Man Bahadur Kohar, A.N.M.Nandakala Sharma who are directly involves to technical support of growth monitoring. It will be injustice to forget all those FCHVs of Sanai who helped me to visit and introduced me to the respondent. I would like to remember Mr. Shanker Adhikari who encourages me for completing Thesis.

I would be grate negligence to forget my father Mr. Teknarayan Bhandari, mother Mrs. Dhankala Bhandari who paid all of their life, property and concern to educate me.

This thesis would be incomplete without inspiration and cooperativeness of my wife Mrs. Parbati Bhandari who create the academic environment to complete this research.

This list would be incomplete without extending my thanks to all the respondents/informants form Sanai VDC.

Nilkantha Bhandari

Table of contents

Chapter	Page No.
CHAPTER: I	
INTRODUCTION	(1-6)
1.1 Background of the Study	(1-2)
1.2 Statement of the Problem	(2-4)
1.3 Objectives	4
1.4. Significance of the Study	4
1.5 Organization of the Study	5
1.6 Definition of the used Terms	(5-6)
CHAPTER: II	
LITERATURE REVIEW	
2.1Conceptual Reviews	(6-14)
2.2 Socio- Cultural Aspect of Nutritional Status of Children	(14-16)
2.3 Measurement Practices of Nutritional Status	(16-19)
2.4 Conceptual Frame Work	(19-21)
CHAPTER:III	
RESEARCH METHODOLOGY	22.

3.1	Rationale for Selection of Study Area	23	
3.2	Research Design	23	
3.3.	Universe and Sampling	(23-24)	
3.4	Nature and Source of Data	25	
3.5	Data Collection Techniques	25	
3.5.1	Household Survey	25	
3.5.2	Observation	25	
3.5.3	Interview	25	
3.5.4	Anthropometry Tools	26	
3.6	Data Presentation and Analysis	26	
3.7	Limitation of the Study	26	
	CHAPTER: IV		
DESC	CRIPTION OF THE STUDY AREA	(27-31)	
4.1Set	tting of Nawalaprashi district and Somani VDC	(27-31)	
CHAI	PTER: V	[32-60]	
DATA PRESENTATION AND ANALYSIS			
5.1 S	ocio Economic Characteristic of the Respondents	(32-33)	
5.1.1	Respondents by Sex	33	

5.1.2 R	espondents by Age	33
5.1.3 R	espondents by Education	(34-35)
5.1.4 R	espondents by Caste/Ethnicity	36
5.1.5 R	espondents by Religion	37
5.1.6 R	espondents by Occupation	(37-38)
5.1.7 R	espondents by annual Household income	38
5.1.8 R	espondents by treat fist time while become ill	40
5.1.9 R	espondents by Having Toilet	41
5.1.10.	Respondents by Annual food Sufficiency	42
5.1.11	Respondents by family type	43
5.2	Initiation of Breastfeeding	(44-45)
5.3	Breastfeeding Status of children by Age	(46-47)
5.4	Duration and Frequency of Breast Feeding	(48-49)
5.5	Food Consumed by Mothers	49
5.6 Mic	cronutrient Intake among Children	50
5.7	Complementary food to Children	(51-52)
5.8 Nut	tritional Status of Children	54
5.9 Nutritional Status of Children According to Gomez classification 55		
5.9.1	Age-wise Nutritional Status of Children	56
5.9.2	Nutritional Status of Children by Sex	57

5.10 Nutritional Status According to Waterlow Classification	58
5.10.1 Nutritional Status of Children by Age	59
5.10.2 Nutritional Status of Children by Sex	60
CHAPTER: VI	
SUMMARY, CONCLUSION AND RECOMMENDATION	(61-65)
6.1 Summary	61
6.2 Conclusion	(62-64)
6.3 Recommendation	65

References

Appendix

Table	Page No.
List of tables:	
Table: 1 Sample by sex	32
Table: 2 Respondents by Age	32
Table: 3 Education of Mother of Sample children	34
Table: 4 Education Status of Father of Sample children	35
Table: 5 Respondents by Caste/Ethnicity	36
Table: 6 Respondents by Religion	37
Table: 7 Respondents by Occupation	37
Table: 8 Respondents by annual Household income	38
Table 9 Respondents by level of economy	39
Table: 10 Respondents by treat fist time while become ill	40
Table: 11 Respondents by Having Toilet	41
Table: 12 Respondents by Annual food Sufficiency	42
Table 13 Respondents by family type	43
Table 14 Respondents by Types of House	44
Table 15 Initiation of Brest Feeding	
Table 15 Complementary Food Supply	46

Table 16 Respondents by Answering Extra care for male baby than female baby		
	47	
Table 17 Per day Brest feeding Episode	48	
Table: 18 Complementary Food to Children	51	
Table: 19 Nutritional Status of Children by Age according to Gomes	Classification	
	53	
Table: 20 Nutritional Status by caste/ Ethnicity	54	
Table: 21 Nutritional Status of Children by mother Education	55	
Table: 22 Nutritional Status of Children by Father Education	56	
Table: 23 Nutritional Status of Children by Occupation of Parents (S	pecially Father)	
	57	
Table: 24 Nutritional Status of Children by Family Type	58	
Table: 25 Nutritional Status of Children by Level of Economy	59	
Table: 26 Nutritional Status of Children by Sex	60	

Acronyms

ACC :- Atlantic Coast Conference
ARI :- Acute Respiratory infection

BMI :- Body Mass Index

CBS :- Central Beauro of Statistics
CDR :- Central Demographic Report

FCHC :- Female Community Health Volunteer

GON :- Government of Nepal

HH :- House Hold

IAPC :- Indian Academy of Paedriatic Classification
MUAC :- Measuring Upper Arm Circumference
NCHS :- National Central for Health Statistic
NCP :- National Commission on Population
NDHS :- National Demographic Health Survey

NNS :- National Nutritional Survey
PEM :- Protein Energy Malnutrition

SHP :- Sub Health Post

UNICEF :- United Nations Children's fund

USA :- United States of America

USAID : United Stated of America Aid VDC :- Village Development Committee

WB :- World Bank

WFP :- World Food Program

WHO :- World Health Organization