


SUMMARY
&
CONCLUSION



SUMMARY AND CONCLUSION

If one looks into the near by poor men's colony from balcony of a tall residential building in any major city of India and continues to look for some time, panorama of life becomes clear in which men live in conditions comparable only with animals. The number of slum dwellers is enormous and their lives is quite lamentable and living conditions absolutely paralysed when along with other problems there is 'NO FOOD'. The vicious cycle of poverty encircles them in such a way that they are not able to feed themselves and their children. Their unsatisfactory diet reflects wide prevalence of signs of malnutrition.

Therefore, an effort to investigate the monthly food consumption of families and the nutritional status of the preschool children was considered worth while so that a general idea could be drawn regarding the deficiency in the food intake (qualitative and quantitative both). The present study entitled, "Dietary profile of preschool children of slum dwellers of Shillong city in Meghalaya state" was conducted in different slums of Shillong. The study was conducted with the following objectives.

1. To study the monthly food consumption of families living in the slum.
2. To compare the food consumption of slum dwellers with the recommended food allowances.
3. To study the dietary intake of pre-school children in the above families.
4. To analyse the dietary intake of above pre-school children in terms of nutrients intake.
5. To assess the nutritional status of the above pre-school children.

6. To find the relationship between the nutrients intake and nutritional status of above children.
7. To give them nutrition education to improve the nutritional status of the families living in the slum.

200 families from the slum and 200 preschool children from the selected families were selected by three stage random sampling technique. Thus, general information was taken along with the specific information about the family from the head of the family. Information about the preschool children was taken from mothers. Tools adopted for the study were schedule and interview method. A proforma was filled up which consisted of general information, specific information, dietary survey, anthropometric measurement and clinical examination of the children. At last nutrition education was given to mothers in the slum.

Data thus obtained was analysed and statistically tested. The results of the present study are :

Maximum 54 per cent of the respondents belonged to 2-4 years age group and 57.5 per cent of the respondent's mothers were of business class. 46.50 per cent respondent's mothers were educated up to secondary level and 72.50 per cent respondents belonged to monthly family income of Rs. 3500 and above. 71.94 per cent respondents belonged to schedule caste Christian community and their monthly earning was Rs. 3500 and above.

It was observed that 83.00 per cent of respondents resided in mixed type of house and 17.00 per cent in Kachcha houses.

In relation to surroundings and ventilation, 130 per cent of the people of the slum have fair surroundings and 100 per cent had satisfactory ventilation. 120 per cent were bath daily and 117 per cent were wash clothes daily. 140 per

cent of them clean the house once a day and 110 per cent cut their nails twice in a month and 145 per cent clean their hands before having meals.

Average protein intake was 25.06 g of the respondents in the age-group of 2-4 years. Maximum deficiency of protein was observed as 18.6 per cent for the infants of the age-group 4 to 6 years while for the same age-group respondents showed average energy intake of 1472.15 KCal. In the age group of 2-4 years maximum deficit per cent of energy was 17.9 per cent. Correlation efficient was significant at 5 per cent between energy and age group of the respondents. Fat content of 39.16 g was in the age-group of 2-4 years. While maximum deficit of fat content was 57 per cent for the respondents of the same age-group.

Average height was 100.17 cm for the respondents of the age-group 2-4 years. The correlation coefficient 0.5357 was significant between the height and age of the respondents. Maximum 16.91 kg weight was for the respondents of 4-6 years. Mid upper arm circumference of 18.94 cm was for the age-group of 4-6 years. Correlation coefficient was significant (0.2787*) at 5 per cent probability level between mid upper arms circumference and age group of the respondents.

Average weight 16.40 kg of the respondents mothers were sweeper occupation and 15.59 kg average weight of the respondent's mothers were labour occupation. 16.50 cm average mid upper arms circumference of the respondent's mothers was sweeper occupation. 1341.92 KCal average energy intake of the respondent's mothers was labour class. 25.75 g average protein intake of the respondent's mothers was sweeper class. 40.72 g average fat content of the respondent's mothers was housewife. 100.44 cm average height of the respondent's mothers was occupation labour class. Maximum average 1341.42 KCal energy intake of the respondents family size 3 members. Correlation coefficient was negatively correlated. 25.15 g average protein intake of the respondents was belonged to 7 members family size followed by 5

members of the family having 24.98 g average protein intake. 41.59 g average fat intake of the respondents was belonged to 7 members family size. Average 99.92 cm height of the respondents was having 3 members family size. 18.53 kg average weight of the respondents was belonged to 3 members family size and the value of correlation coefficient between mid upper arms circumference and family size was negatively significant correlated. 19.83 cm mid upper arms circumference of the respondents were belonged to 3 members family size. Average protein intake (24.95 g) of the respondents was mother's education up to secondary level. Average protein intake of the respondents depends upon the mother's education. 40.64 g average fat content of the respondent's mothers was uneducated. Average height (96.96 cm) of the respondents mothers education were high school and above. Average weight (15.14 g) of the respondents mother's education up to primary level. Average mid upper arms circumference 16.41 cm of the respondents mothers education up to primary level. Average energy intake (1339.12 KCal) of the respondents mothers education were up to high school and above. The correlation coefficient between nutrients intake and height, weight and mid upper arms circumference was found to be significant at 5 per cent level of significance.

In relation to nutrition education 59 per cent of the mothers had poor knowledge. Only 15 per cent of them had very good knowledge regarding nutrition.

At last but not the least, it can be concluded that the intake of protein, energy and fat were more than the RDA. Their height and weight was of optimum level. The nutrient intake was more or less adequate than the RDA. So the prevalence of malnutrition in this state is not so severe especially among the preschool children.
