

OP 5 Nutritional status and dietary habits of adolescent school children in Kalutara

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Introduction

The nutritional status determines the overall health of the people. The recent decade has experienced marked changes in nutrition and dietary habits among the adolescents in the developing countries. Thus it is important to assess the nutritional status and dietary pattern of adolescents in Sri Lanka.

Objectives

To describe the nutritional status and dietary pattern among grade eleven school children.

Methodology

A descriptive cross sectional study was carried out among the grade eleven school children in the Type 1AB and Type 1C public schools in the Kalutara MOH area during September 2006. Eighteen classes from a total of 14 schools were studied. Cluster sampling with probability proportionate to size was used to select the sample. The heights and weights were recorded and the Body Mass Index (BMI) was calculated. The age and sex specific BMI charts developed by the Centre for Disease Control and Health Promotion were used as standards. A food frequency questionnaire with a 7 day recall and a self-administered questionnaire were used to collect information on dietary habits.

Results

The prevalence of thinness (< 5th percentile) was 35.4% (n=226) and those at risk of overweight (\geq 85th percentile) was 6.7% (n=43). The prevalence of thinness among males was 43.8% (n=124) while for females it was 28.7% (n=102). Relatively higher prevalence of thinness was observed with mothers' education less than O/L (37.6% n=129), monthly income less than 10,000 rupees (40.4%, n=107), and mother not living with the

child (42.9%, n=15). Students living in the urban areas (10.3%) were more at risk of overweight than the rural (6.3%) students.

Nearly 11% had missed breakfast, while only 4.4 % and 5.9 % had missed lunch and dinner respectively. Parental characteristics did not show any marked associations with missing meals. More than 93% of the children usually have their lunch and dinner prepared at home while 52 % had breakfast outside home. Four hundred and sixty (72%) of the students consumed at least one snack a day, the common snacks being confectionaries. The trend of taking snacks increased with social class and the family income. Those avoiding meat, fish or eggs were 22%, 12.5%, 12.7% respectively.

Conclusions

Under nutrition and the risk of being overweight are problems among grade eleven school children in the Kalutara MOH area. Focused intervention to improve nutritional status through improvement of dietary habits is a timely requirement.

This study has been presented and published partly in the Journal of the College of Community Physicians of Sri Lanka

OP6 Diabetes in pregnancy among Lankan women: gestational or pre-gestational?

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Introduction

There is an exponential rise in the occurrence of diabetes during pregnancy in South Asia. But data is sparse on the actual pre-gestation diabetes (PGDM) *versus* gestational diabetes (GDM) case-mix. The applicability of the WHO gold standard diagnostic tool (75g Oral glucose tolerance test [OGTT]) to be performed in South Asians at the recommended 24-28 weeks gestation is unknown.