C7.

Impact of Socio-Economic and Socio-Demographic Factors on Nutritional Status among G.C.E.(A/L) Students in Jaffna Zonal Schools

Bright, B.P.[1], Balakumar, S.[1], Kandeepan. K.[1], Arasaratnam, V.[1],

Kumanan, K.[2] and Sutharshan, M.[1]

[1] *Department of Biochemistry Faculty of Medicine, University of Jaffna, Sri Lanka*

[2] *Department of Medicine, Faculty of Medicine, University of Jaffna, Sri Lanka*

High rate of poverty and low socio-economic levels prevail in most developing countries, taking their toll on diet and nutritional status. This study assessed the nutritional status and the impact of socio-economic and socio-demographic factors of G.C.E (A/L) adolescent students in Jaffna zonal schools. A cross sectional study was used and 193 male (47.1%) and 217 female (52.9%) students aged from 15 to 19 years from twenty schools (four National schools) out of twenty seven schools in Jaffna educational zone were interviewed and examined. Anthropometric measurements such as weight and height were measured and blood was obtained for biochemical analysis of serum total protein, serum albumin and hemoglobin. The prevalence of thinness and overweight were 14.9% (3.4% students were severely thinned) and 8.3% (1.2% students were obese and 0.2% were severely obese) respectively. Thinness was more in males than in females (19.7% in males and 10.6% in females, $p < 0.05$). The prevalence of stunting was 8.8% (8.8% in males and 7.4% in females); out of which 0.7% (1.6% in males and 0% in females) was severely stunted. The prevalence of anemia was 32.6% and anemia was more pronounced in female students than in males (20.4% in males and 43.9% in females, $p < 0.001$). The prevalence of protein deficiency was 1%. Household size, Type of school (National and other), urban and rural sector, Father's Job category and Mother's educational were significantly associated with height for age z-score ($p < 0.05$).Household size, Gender, Distance from the school, Father's Job category, Mother's Job category, Mother's educational level, Father's educational level, income class and wealth index were significantly associated with BMI for age z-score ($p < 0.05$).Household size and Gender were significantly associated with Hemoglobin level ($p < 0.05$). Comparatively male students were more malnourished than female students in Jaffna zone.

Keywords: Nutritional Status, Thinness, Stunting, Adolescent, Malnutrition, Anemia