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Assessment of dietary habits and level of knowledge about principles of nutrition among parents of children attending primary schools in the area of Silesian and Opole Voivodeship (Europe, Poland)

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Proper rules of dietary habits should be present in most of households and known by every adult people, particularly among parents raising their children and educating them how to eat healthy. Regular nutritional habits are an elementary factor to achieve good growth and human health. Our main assumption of this research was to determinate through anonymous questionnaire the level of knowledge of proper nutritional habits among parents of children attending some primary Schools in Poland (Silesian and Opole Voivodeship). This research is a follow-up of our previous study, which were focused on the assessment of dietary habits among children going to Primary Schools (in the age OD 6-13 years old). Our last study consisted of nearly 1000 respondents living in rural and urban areas. The results were alarming – approximately 20% of all studied children have overweight and the same percent revealed obesity. Proper body mass was shown only among 40% of populated study group. These findings persuaded us to go ahead and broaden these results. We want to know, which factors determine this disturbances most. Thanks to our present research we would have a possibility of a wider analysis of the theme connected with diet. We could analyze the results looking at the nutritional principles having at family home – the most important factor in creating children dietary habits. Our results of present study are still in progress. We already have about 1000 questionnaires sent to the parents and now we are preparing the results. We truly hope that the research will be interesting and could improve the knowledge of society orientation about nutrition.

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Growth status of adolescent boys of shin tribe living at high altitude in Tulail valley of Jammu and Kashmir

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The Shin people are a group of people predominantly found in northern Pakistan's Gilgit-Baltistan and Khyber Pakhtunkhwa, northern India's state of Jammu and Kashmir and eastern Afghanistan. The present study aims to ascertain the growth pattern and nutritional status of adolescent boys (10 to 19 years) of Shin tribe of Tulail valley. The cross-sectional sample of 300 adolescent boys was collected from various government schools located in Tulail (middle zone) of Tehsil Gurez. Anthropometric and physiological measurements of every subject were recorded using standardized techniques. Body mass index was computed from these measurements. The nutritional status was assessed on the basis of BMI classification given by 'WHO' for Asian Indians. Information on socioeconomic status, dietary habits and physical activity was obtained using interview based schedule. Height, weight and BMI of adolescent boys showed an increase in the mean values with the advancing age. The maximum annual gain in height, weight and body mass index was witnessed between 13 and 14 years. One way ANOVA reveals significant differences in height, weight and BMI between various adolescent age groups. According to BMI classification for Asian Indians, 72.67% sampled boys were found to be underweight, 26.67% were under normal category 0.67% were found to fall under overweight whereas no individual was obese. The study clearly indicates that nutritional stresses due to poor socioeconomic status especially during childhood and adolescence are more important than high altitude hypoxia for higher rate of under-nutrition in the present sample. When compared with affluent Indians, rural adolescent boys of present study were found to be lighter and shorter at all ages. However, when compared with adolescent boys of Ladakh and Spiti, the sample boys stood taller and heavier than them at all ages.

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