

**NUTRITIONAL ASSESSMENT OF  
PRE - SCHOOL CHILDREN IN PADDIPALAI  
DIVISIONAL SECRETARIAT AREA IN  
BATTICALOA DISTRICT**



*By*

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## ABSTRACT

In Sri Lanka, state of malnutrition among children is unfavorable. The situation may worse in Batticaloa District where civil war exists. Therefore, this study was conducted to assess nutritional assessment of pre-school children in Paddipalai Divisional Secretariat area in Batticaloa District. A sample of 150 subjects was selected from pre-schools through multi stage sampling techniques. Anthropometric measurements were performed using standardized procedure on the preschool children, Weight, Height, Mid Upper Arm Circumference, Hip and Waist were measured. Anthropometric indices such as Height-for-age, Weight-for-height, and Weight-for-age were generated. Information on socio-economic characteristic of household and dietary pattern of children was gathered by an interview schedule, which includes food frequency questionnaire.

Children showed a considerable risk for being stunted (65%), wasting (61%) and under weight (80%). Girls had higher risk than that of boys. Prevalence of malnutrition is higher in all inter displaced people.

Among the tested individuals all families had been displaced due to severe civil war. Among the tested subjects, 70% of children's families receive food aids or food stamps from government. Most of their parent's income level was under the poverty level of Rs.3000 per month. About 72.2% of the parent's education level is below the G.C.E (O/L) and rate of literacy of them around 27%. The student's frequency of intake of meat is monthly basis and they consume egg, milk and fruit at fortnightly basis. Nutritional status of pre-school children in the Paddipalai Divisional Secretariat in Batticaloa district is very poor and civil unrest, unfavorable climatic changes also to be associated with malnutrition of children.

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