Abstract

Title: Evaluate the impact of nutritional profile of the meals and the physical enviournment on overall growth and development of the children (2-15 years) of sex workers at Kamathipura: Mumbai

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I. Abstract Body (up to 250 words)

The meals plans made by the in house personal on a quarterly basis was analysed for its nutritional breakup, basic meal planning principles, hygiene and the overall meal experience at the center. The meals need to be improved on its calories and proteins, where as the fat and the carbohydrate content was satisfactory. For the overall growth and development evaluation a sample size of 101 {88 girls and 13 boys} with a mean age of 7.86 years residing in Kamathipura, enrolled in the program Umang and Udaan run by the NGO Apne App were included. After analyzing the data it showed that 92.3% of boys and 32.1% of girls were found to be stunted /short for age; 76.9% boys and 35.7% girls were found to be underweight. 74.9% of girls have lower BMI and are undernourished. The prevalence of malnutrition among children living in center of Kamathipura and falkum road is more in comparison to national standard. Inadequate amounts and diversity of foods served to the center children and low basic hygiene are important malnutrition predictors. Although the world's children appear to follow a similar growth pattern, still there are variations due to ethnic, geographical, and regional factors giving different rates of maturation and adult stature. The results imply the need for long-term and socio-culturally appropriate intervention and routine screening of growth and development along with medical care to improve overall health in the children.

II. Image:



Study Location-Kamathipura Area in Mumbai

III. Reference:

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IV. Biography:

Ashwini S.Kanade has completed her Master in Dietetics and Food Service Management, P.G Diploma in dietetics, Registered Dietician 07/04, Certified Diabetes Educator and P.G.Diploma in clinico regulatory patents from India. She has a work experience of 18 years in the field of nutrition and dietetics and has authored multiple short articles in news papers and health magazines. She owns a private practice and is associated with various community based projects of health and Nutrition.

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