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Socio-economic condition, dietary pattern and nutritional status of pre-school children among settlers and ethnic communities in Bandarban district of Bangladesh

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Abstract

Nutrition is foundation to ensure good health. The geographic and demographic factors affect food and nutrition. Life of the tribal people is diverse and distinct. This study focuses socio-economic condition, dietary pattern and nutritional profile of preschool children among ethnic minorities and settlers at a single point in a specified time. This area was conveniently selected to collect sample because both settlers and ethnic groups reside here concurrently. Each union/ward was one cluster and from each cluster sample was collected by visiting door to door. The dietary energy intake was determined by 24 hour recall method. Nutritional status was determined by ENA for SMART - Software. Mean age of the children was 4.07 ± 0.87 (ethnic) and 4.09 ± 0.84 (settler). Average weight and height of ethnic and settler children was 14.94 kg and 96.38 cm as well as 13.91 kg weight and 94.37 cm. Normal and underweight ethnic children were 73.80% and 26.20% whereas 67% and 33% among settler. Distribution of normal and stunted ethnic children were 67.30% and 32.70% and among settler it was 54.50% and 45.50%. About 11.30% and 15% children were wasted among ethnic and settler. Significant association was found between condition of latrine and source of drinking water with ethnic children nutritional status (WAZ). Average calorie intake of ethnic and settler children was 1066.88 and 981.48 per day. Mean protein and carbohydrate intake of ethnic children was higher than settler which was statistically significant. Nutritional status of ethnic children was comparatively better than settlers.

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