

L6 -Nutritional Status

Key words

lactating	Overnutrition	retarded	women's empowerment	supplementary meal
pregnant women	obese	food pyramid	adult literacy	folic acid
undernutrition	Exhaustion of stocks	Immunization	Child Health Centres	susceptibility
nutritional assessment	purchasing power	Referral services	Referral services	

In-text Questions

In-text Questions 6.1

1. What is 'Nutritional Status'?

Answer: The condition of health of a person that is influenced by the intake and utilisation of nutrients is called nutritional status.

2. Fill in the blanks in each of the following statements by choosing the appropriate word from those given in the brackets :

(deficiency, overnutrition , obese, undernutrition, normal)

- i. Malnutrition refers to both overnutrition and undernutrition.
- ii. Undernutrition results due to deficiency of one or more nutrients.
- iii. If you eat too much of energy rich foods, you may become obese.
- iv. Eating balanced food and having normal utilisation of nutrients leads to normal nutritional status.

In-text Questions 6.2

1. Enlist the most important causes of malnutrition (undernutrition).

Answer: The most important causes of malnutrition (undernutrition) are:

- i. Decreased availability Lowered food intake of food
- ii. Ignorance
- iii. Economic conditions
- iv. Stress conditions
- v. Poor personal hygiene and environmental sanitation

2. Malnutrition may even lead to death of many people.

3. The consequences of malnutrition are:

Answer: The people affected by malnutrition:

- Suffer from deficiencies of different nutrients
- Have infections.
- Have poor physical as well as mental growth and development
- Have handicaps.
- Experience decreased work capacity
- May also die early.

In-text Questions 6.3

Fill in the crossword puzzle using the clues given below –

- i. Physical growth can be determined by measuring Height and Weight.
(1, 2 across).
- ii. IDD is seen in the form of Cretinism in young children. (3 down)
- iii. Two forms of PEM are Marasmus and Kwashiorkor (4, 5 across).

- iv. Night Blindness is a symptom of vitamin A deficiency. (6 down).
- v. Low level of haemoglobin means Anaemia(7 across).

In-text Questions 6.4

1. Indicate whether the following statements are true or false. Justify your answer.

- i. The only beneficiaries of the ICDS programme are children below 5 years of age. False

Answer: Because all the following are beneficiaries are:

- Children below 6 years of age
- Adolescent girls between 11 and 18 years
- Pregnant women and lactating mothers
- All women between 15 and 45 years

- ii. National IDD control programme aims to decrease the prevalence of night blindness in our country. False

Answer: Because the aim of this programme is to decrease the prevalence of Iodine deficiency disorder (IDD) in our country by providing iodine in the common salt (iodized salt).

- iii. Massive doses of vitamin A are given orally to children below 6 months of age. False

Answer: Because under **National Control Programme for Prevention of Nutritional Blindness Due to Vitamin A deficiency**, massive doses of vitamin A are orally given to children between 6 months to 5 years of age.

- iv. Iron and folic acid supplements are given to prevent anaemia. True

Answer: Because, under **National Nutritional Anaemia Control Programme (NNACP)**, iron and folic acid supplements are given to:

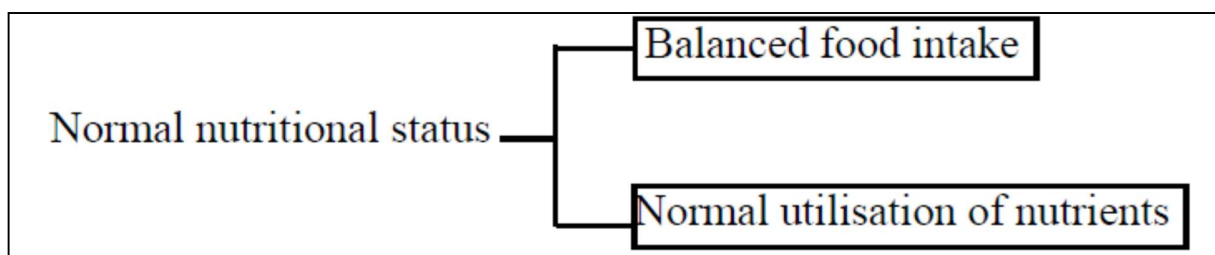
- Children between 6 months to 5 years of age
 - Pregnant women and lactating mothers
 - All women between 15 and 45 years
2. Rearrange the jumbled words to find out the names of ongoing major nutrition programmes of our country.
- v. D C S I -- ICDS
- vi. P M D M -- MDMP
- vii. P C N D I D -- NIDDCP
- viii. P N A N C -- NNACP

Terminal Questions

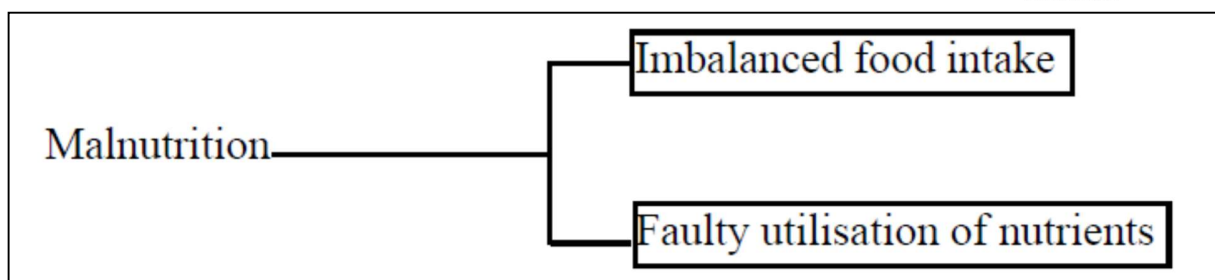
1. What do you mean by nutritional status? Discuss.

Answer: The condition of health of a person that is influenced by the intake and utilisation of nutrients is called nutritional status.

- When our body receives all the nutrients in appropriate amounts to meet the needs of the body, we are in the state of good nutrition.



- When there is a lack or excess intake of one or more nutrients and/or faulty utilization of nutrients in our body, it leads to the state of imbalance in the body. This condition is known as malnutrition.



2. Describe the various methods of assessing nutritional status of a person.

Answer: The various methods of assessing nutritional status of a person are:

i. By measuring physical growth:

The height and weight must be proportional to age.

ii. By determining dietary intake:

All the macro and micro nutrients must be consumed as per the age and requirement.

iii. By recognising nutritional deficiency diseases.

Nutrient deficiencies must be avoided by taking balanced diet and taking professional advice.

3. Make a list some of the common nutritional deficiency diseases. State signs and symptoms of each.

Answer: Some of the common nutritional deficiency diseases, their signs and symptoms are:

SI No.	Nutritional Deficiency Diseases	Signs and Symptoms
1.	Marasmus	<ul style="list-style-type: none"> • Loose and wrinkled skin due to loss of fat beneath the skin • Shrunken abdomen • Hunger

SI No.	Nutritional Deficiency Diseases	Signs and Symptoms
		<ul style="list-style-type: none"> • Diarrhea (often)
2.	Kwashiorkor	<ul style="list-style-type: none"> • Oedema/swelling due to water accumulation in the body especially on face, arms and legs • Pot belly • Loss of appetite • Skin rash which tends to peel off • Light coloured hair which are easy to pull • Liver enlargement
3.	Night Blindness	<ul style="list-style-type: none"> • inability to see when it is dark. If it is not treated, it leads to complete blindness
4.	Anaemia	<ul style="list-style-type: none"> • General body weakness. The person complains of tiredness and breathlessness. • Loss of appetite. • Paleness of tongue, white portion of eye and nail beds. • Brittle and spoon shaped nails.
5.	Goitre	<ul style="list-style-type: none"> • The neck becomes swollen. • The person feels tired and is unable to work properly.
6.	Cretinism	<ul style="list-style-type: none"> • Disorders of nerves and muscles causing inability to control movements of limbs

4. Explain the importance of National Nutrition Programmes. Give the services and beneficiaries of five important National Nutrition Programmes in our country.

Answer: several National Nutrition Programmes have been launched in our country to control nutritional deficiency diseases:

SI No.	National Nutrition Programme	Services	Beneficiaries
1.	Integrated Child Development Services (ICDS) Scheme	Health <ul style="list-style-type: none"> • Immunization • Health check-ups • Referral services • Treatment of minor illnesses Nutrition <ul style="list-style-type: none"> • Supplementary feeding • Growth monitoring and promotion • Nutrition and Health Education (NHE) Early Childhood Care Pre-School Education To children in the age group of 3-6 years	<ul style="list-style-type: none"> • Children below 6 years of age • Adolescent girls between 11 and 18 years • Pregnant women and lactating mothers • All women between 15 and 45 years
2.	Mid day Meal Programme (MDMP)	provide supplementary meal to primary school children	primary school children between 6 and 11 years of age
3.	National Control Programme for Prevention of Nutritional Blindness Due to Vitamin A deficiency	<ul style="list-style-type: none"> • Promoting consumption of vitamin A rich foods • Providing massive doses of vitamin A orally to children 	<ul style="list-style-type: none"> • Children between 6 months to 5 years of age • Pregnant women and lactating

SI No.	National Nutrition Programme	Services	Beneficiaries
		between 6 months to 5 years of age.	mothers <ul style="list-style-type: none"> All women between 15 and 45 years
4.	National Nutritional Anaemia Control Programme (NNACP)	<ul style="list-style-type: none"> Promotion of regular consumption of foods rich in iron Providing iron and folic acid supplements Treatment of severe anaemic cases. 	<ul style="list-style-type: none"> Children between 6 months to 5 years of age Pregnant women and lactating mothers All women between 15 and 45 years
5.	National Iodine Deficiency Disorder Control Programme (NIDDCP)	<ul style="list-style-type: none"> To assess the extent of the problem To arrange for production/supply of iodized salt To take quality control measures in iodized salt supply 	All the citizens of India

Previous Year Questions

1. Enlist the signs and symptoms of iodine deficiency in adults and young children. 4

Answer: The signs and symptoms of iodine deficiency in adults and young children are:

Adults	Young Children
<ul style="list-style-type: none"> • The neck becomes swollen. This is called goitre. • The person may become fat. • The person feels tired and is unable to work properly. • Skin changes may also occur. 	<ul style="list-style-type: none"> • Mental retardation • Speech and hearing defects • Disorders of nerves and muscles causing inability to control movements of limbs. • Growth retardation

2.

13 What are the possible causes for malnutrition ?	4
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Answer: The most important causes of malnutrition (undernutrition) are:

- i. Decreased availability Lowered food intake of food
- ii. Ignorance
- iii. Economic conditions
- iv. Stress conditions
- v. Poor personal hygiene and environmental sanitation

3.

12 Give one major difference between the following :	4
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(b) goitre and cretinism.

Answer: The difference between Goitre and Cretinism are:

Goitre	Cretinism
<ul style="list-style-type: none"> • Occurs in adults • The neck becomes swollen. 	<ul style="list-style-type: none"> • Occurs in young children • Disorders of nerves and muscles causing inability to control movements of limbs.

4. **14** Identify any four causes of malnutrition in our country. What are their four ill effects on health ? **4**

Answer: Causes and ill effects of Malnutrition on our country are:

Causes Malnutrition	Ill effects of Malnutrition Cretinism
<ul style="list-style-type: none"> • Decreased availability • Lowered food intake of food • Ignorance • Economic conditions • Stress conditions • Poor personal hygiene and environmental sanitation 	<p>The people affected by malnutrition:</p> <ul style="list-style-type: none"> • Suffer from deficiencies of different nutrients • Have infections. • Have poor physical as well as mental growth and development • Have handicaps. • Experience decreased work capacity • May also die early.

5. **22** Convince the villagers with six reasons to regularly send their children to ICDS centre. **6**

Answer: Children should go to ICDS centre for:

- Getting Immunization on time
- Regular Health check-ups
- Supplementary feeding
- Growth monitoring and promotion
- Safe drinking water
- Non-formal preschool education

6. Explain the causes of frequent occurrence of malnutrition among slum dwellers. 4

Answer: The causes of frequent occurrence of malnutrition among slum dwellers are:

- Poverty
- Many members in the family to feed
- Ignorance about balanced diet and nutrition concepts
- Poor personal hygiene
- Poor environmental sanitation

7. Why is it important to provide additional proteins and calcium to a pregnant woman?

Answer: Additional proteins and calcium are required to a pregnant woman because:

- Protein is critical for ensuring the proper growth of baby's tissues and organs, including the brain.
- Protein plays a role in increasing blood supply, allowing more blood to be sent to baby.
- Developing baby needs calcium **to build strong bones and teeth.**
- Calcium also helps the baby grow a healthy heart, nerves, and muscles.
- Also calcium helps to develop a normal heart rhythm and blood-clotting abilities.