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HEALTH STATUS OF SCHOOL GOING CHILDREN 6 TO 12 YEARS

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ABSTRACT:

The school age (6 to 12 years) period has been called the latent time of growth. The rate of growth slows and body changes occur gradually. Girls usually out distance boys by the latter part of this period.

KEYWORDS: growing satisfactorily , physical mental and social development.

INTRODUCTION:

The age from 6-12 years had there fore, been called the "lull before the storm. It is important to monitor the growth of the child particularly up to 6 years of age as this is the most crucial period when nutritional deficiencies occur easily a healthy normally growing child should gain weight and height regularly. To monitor growth and determine whether the child is growing satisfactorily or not, the weight and height can be compared with these of well to do Indian children tables.

School age children are those 6-12 years of age this period is stage of continuing growth and development he will go

through many change in his physical mental and social development.

Children may grow at a different rate the following indicates the average for school aged children 6 to 12 years old.

Weight :- Average gain of about 5 to 6 pounds a year.

Height :- Average growth of about 2.5 inches per year.

Children may reach in this age group 6-7 years olds. Enjoys many activities and stays busily like to paint and draw may lose first tooth vision is as sharp as are about vision practices skills in order to become bolter jumps rope rides a bike.

8-9 years olds

More graceful with movement and civilities, jumps, skips and chases dresser and grooms self completely, can use tools.



10-12 years olds

Remainder :-

School age children range from 6 to 12 years of age during this period a child will experience a wide variety of physical development changes but not every child experience development at the same rate parents can support their child's health by staying apprised of his physical development and sharing concerns with a family physician.

GROWTH AND DEVELOPMENT DURING CHILDHOOD

Increase in body size :-

During the second year the increase height is about 10 cms. and weight gain about 2 to 2.5 Kg. Though growth is slackened during this period, important muscle development is taking place.

Changes in body composition :-

As growth proceeds during childhood there are changes in the proportion of water muscle tissue, fat deposit and the skeletal structure, the body water gradually decrease and there is addition of adipose tissue and that of minerals to the bones usually girls have a higher deposition of body fat as compared to boys to the same age but have a lesser percentage of muscle tissue during childhood, boys are taller and heavier at each age than girls except at the age of 11 to 12 years when girls are usually heavier and taller.

Psycho-Social Changes :-

During infancy, the child identifies himself all along with his mother. As he steps in to the second year of life. He starts developing a sense of individuality which is distinct from here and this is even reflected in his food behavior.

With advancing age and increase in physical mobility, there is an increasing sense of independence, initiative. Imagination and curiosity. Preschool is also a period of imitation and sex identification with little boys imitating their father and the little girls imitating their mothers.

Such behavior is most often reflected at mealtime and therefore, the examples set by parents are important in inculcating positive and healthy attitudes towards food. As the child steps into the school age period he develops an ability to work out problem and also to participate in group activities. This is a period of emotional stresses competitive behavior and day dreaming which brings in a drastic change in the previous learning and personality pattern. There is change from a dependence on parental standards towards those set by the peer group in preparation for the coming maturity during adolescence.

Weight and Height :-

At the start of the school age years, a child's height may be about 43 and one half inches weight about 43 pounds. The average a child height may reach 59 inches at age 12 years Girls are likely to weight more than boys girls may weight about 93 pound while boys may weight about 89 pounds.

Mental Changes occur during the school age years :-

- 1- Reading skills.
- 2- Thinking
- 3- Thought and ideas
- 4- Social changes occur during the school age.
 - (1) Family
 - (2) Friends
 - (3) School
- 1- Emotional Problems.
- 2- Lack of sleep
- 3- Learning difficulties

4- Poor elutriation or not enough Physical activity.

5- Social problems.

Nutritional Requirement for School going children :-

The recommended dietary allowance of various nutrient for children of 6 to 12 years as there is gradual increase in need because reserves are being laid down for the demands of the approaching adolescent period. The ICMR Committee suggested that energy should be provided on the basis of ideal weight for age.

Table No. 1.1
Recommended Energy allowance for children :-

Group	Age (Years)	Energy (Kcal)
Boys	6-9	1956
Girls	6-9	1960
Boys	10-12	2190
Girls	10-12	1970

Protein :-

The Protein requirement for children includes not only the basal losses, but in addition an allowance is also made for growth. To obtain physiological requirement, the factorial values is increased by 50% and allowance of 95% has been added to arrive at the safe level of intake.

Since the mixed dietary protein of Indian diets has an NPU of 65, the dietary protein requirements have been computed using this figure. Daily allowance of proteins per children as suggested by the Nutrition advisory committee of ICMR (1990) are given in table no. 1.2

Recommended allowances of Protein for children :-

Group	Age (Years)	Energy (Kcal)
Boys	6-9	41
Girls	6-9	41
Boys	10-12	54
Girls	10-12	57

Fat :-

A Higher fat intake has been recommended for children in view of the height energy density and thus reduced bulk of the diet. ICMR (1990) has suggested a desirable level of visible fat intake by 20gm/day for alder children.

Calcium :-

Calcium requirement of children are calculated on the basis of the amount of calcium accretion during the period of amount of calcium accretion during the period of growth. The calcium requirement of Indian children at a daily dietary intakes of 350 mg.

Iron :-

Iron requirement of 0.5 mg/day. Iron deficiency anemia is a risk factor for poor educational performance in school age children.

Vitamins :-

Vitamin a requirement of the children have been computed from the requirement figures for infants (50mg/kg.) and adults 9.3 mg/kg taking into account growth rates at different ages. The R.D.A. of vitamin A and C are some as adult R.D.A. vitamin B requirement are in proportion to calorie requirements.

Fiber :-

3 to 20 years of age in the age of the child Plus 5 g dietary fiber.

Importance of Breakfast :-

Children who skip breakfast do not make up for Nutrient and energy deficits later in the day and tend to perform more poorly on tests of cognition than those eat Breakfast.

Feeding Problems :-

School children take more fatty foods as their lives grow stressful. They eat fruits and vegetable and do not eat breakfast. Healthy foods such as milk, eggs, carrots, greens, fruits whole grams and unrefined cereals given school age children.

Under Weight :-

School children consume inadequate diet so they are malnourished and under weight.

Constipation, Dental Caries, obesity Problems appears to the children packed lunches :-

The packed lunch is a lunch that is packed in a Tiffin box to be eaten by the child while away from Home. Packed lunches Help in maintain good Health.

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