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ASSESSMENT OF NUTRITIONAL STATUS OF CHILDREN BETWEEN 6 MONTHS – 5 YEARS OF AGE IN A TERTIARY CARE HOSPITAL

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Abstract

Good nutrition in infancy and childhood is essential for normal growth and development¹. Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats, vitamins, and minerals in a diet². According to WHO, malnutrition is defined as a "pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients"³ Evaluation of nutritional status in this vulnerable age group can provide significant information, some of which will be applicable to the entire community. Findings can provide suggestions for measures that can be instituted to alleviate the problems observed and to improve nutritional status.[1]

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