

PREVALENCE OF ANAEMIA IN COLLEGE GOING ADOLESCENTS

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ABSTRACT

A study was undertaken to assess the prevalence of anaemia in college going adolescents. A total sample of 63 adolescents from College of Rural Home Science was randomly selected. Nutritional status of the selected adolescents was assessed by anthropometry and to know the prevalence of anaemia, haemoglobin level was determined. The findings of the study showed that maximum subjects (68.25 %) were from the age group of 17-18 years and the majority of them were females (84.13 %). Only 39.68 percent of the adolescents had ideal BMI. Percent prevalence of mild, moderate and severe anaemia among the adolescent girls was 24.53, 47.17 and 9.43 percent respectively. Only one boy had normal haemoglobin level (> 13 g/dl). Study concludes that nutritional status of the adolescents was poor with 44.44 percent underweight subjects and higher percent (83.13) prevalence of anaemia in girls.

KEYWORDS: Adolescents, Anaemia, Anthropometry, Nutritional Status