

**NUTRITIONAL STATUS OF PRIMARY SCHOOL
CHILDREN WITH AND WITHOUT SCHOOL
MILK PROGRAM**

ZAR ZAR SOE

M.B.,B.S

Dip.Med.Sc (Paediatrics)

**Master of Public Health (MPH)
University of Public Health, Yangon
2017**

ABSTRACT

This study was a school-based, cross sectional comparative study to investigate the nutritional status of primary school children with and without school milk program North Okkalapa Township, Yangon Region. A total of 295 students from No (18) and No (43) Basic Education Primary Schools participated in this study. The equal numbers of boy and girl students from Grade 3 and 4 were selected randomly from both schools. The background information, socio-demographic characteristics and nutritional knowledge were collected by pre-tested questionnaires form. The dietary consumption pattern of students during previous month was interviewed by food frequency questionnaire. The dairy consumption pattern of students during one month was collected by semi quantitative food frequency. Height for age was calculated by z score according to WHO 2007 new standard growth chart. Height for age was categorized into two groups. They were normal and stunting. Body mass index was calculated by weight in kilogram divided by height in meter square. BMI for age was categorized into five groups. They were severe wasting/thinness, wasting/thinness, normal, overweight and obesity. The mean (SD) of height of boy and girl from SMP and NSMP were 129.2 (6.2) cm and 127.9 (5.8) cm vs 129.9 (6.1) cm and 128.4 (6.7) cm. The mean (SD) of weight of boy and girl from SMP and NSMP were 26.55 (7.1) kg and 24.72 (5.0) kg vs 28.21 (9.7) kg and 25.03 (4.57) kg. The prevalence of stunting from SMP and NSMP were 10 (6.9%) and 11 (7.3%). The prevalence of wasting and over weight of SMP and NSMP were 27 (18.6%) vs 28 (18.6%) and 19 (13.1%) vs 22 (14.7%). Finding from the study, it indicates that the increased nutritional intake associated with school milk consumption was not related to any differences in height, weight, height for age and BMI for age.