

Abstract

Development of Education material to educate the Adolescent girls on the importance of nutrition with special reference to minerals – Iron and Calcium in the diet and overall health

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Adolescence is a period of transition when the individual changes physically and psychologically from a child into adult. Adolescence in contrast to puberty is not a single stage but a range of 13-18 years. The girl begins her adolescent growth spurt at an average of about 10 years and grows at peak velocity at about 12 years. Minerals play a crucial role in adolescent nutrition. Adolescents, at the peak of their growth velocity, require large quantities of nutrients. The role of iron, calcium, iodine and zinc in the growth and nutrition of adolescents is remarkable. A need was felt to educate the girls in this age group, educating the girls; on the nutrition knowledge with special reference to two important minerals (Iron & Calcium) along with the supplementation (Government is giving iron and foic acid tablets) is more beneficial than just the supplementation. Both iron and calcium are very important during the reproductive ages and thereafter to maintain and prevent degenerative diseases. The objectives of the present study was to develop the Nutrition Educational material with special reference to Iron and Calcium and assess the impact of educational material on the knowledge acquired. The study was conducted in two schools in Bengaluru. A total of 100 students (volunteers) in the age group 12 – 15 years were recruited for the study from two schools. A structured questionnaire was used to collect the data. The educational material like, pamphlet, booklet, brochure, poster, flash card, flip chart and PPT were prepared and used to impart the knowledge. The majority (56%) of the participants were 13 years followed by 14years (26%). 10% and 8% of the participants were 12 years and 15years respectively. Maximum numbers (80%) of the study participants have attained menarche and 20% did not attain menarche. The weight of the study subjects was 54 ± 11.4 kgs, height 155 ± 6.6 cms and BMI 19.7 ± 4.5 . The haemoglobin value of the participants was 11.8 ± 1.1 which is slightly below the normal value. Educational classes were conducted for 4 weeks. The pre and post test was carried out with the help of a short written quiz of objective type(40 questions) gave an insight to the impact of the educational material on the knowledge of the study participants. There was a marked increase in the knowledge of the participants on the topic

taken with respect to nutrition, iron, calcium and menstrual hygiene. In conclusion Educational intervention plays a vital role. This kind of educational material should reach the students at large to reap the benefit.

Key words: Nutrition, Educational material, Iron, calcium

Acknowledgement:

The principal Investigator Dr. A. Sundaravalli places her gratitude to UGC for funding the Minor project letter no. vide MRP (S)/13 – 14/KABA028/UGC – SWRO dated 15.02.14.