

NUTRITIONAL ASSESSMENT OF SCHOOL-AGE CHILDREN ATTENDING CONVENTIONAL PRIMARY AND INTEGRATED QUR'ANIC SCHOOLS IN KADUNA

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Abstract:

Under nutrition among school-age children have serious consequence on individual and national growth and development. The purpose of this study was to assess the nutritional status of 394 school-age children (7-11 years) attending Conventional Primary Schools (CPS) and Integrated Qur'anic Schools (IQS) in Kaduna. A pre-structured questionnaire was used to generate information on their socio-economic, food intake pattern and anthropometric measurements. The mean energy (1861 ± 547.53 kcal), protein (32.16 ± 8.93 g), Vitamin A (795.48 ± 183.48 RE), iron (11.6 ± 3.2 mg), iodine (122.65 ± 130.35 mg), calcium (625.38 ± 212.57 mg) and Vitamin C (28.09 ± 29.12 mg) intakes were lower in those in CPS compared to their counterparts in IQS facilities. Results showed that about 41.2% of the children were stunted, which was slightly higher in children attending IQS (9%) than those in CPS but the difference was not significant ($p > 0.05$). Underweight was also generally high (48.7%). There were more (24.6%) cases of overweight among CPS than IQS (22.0%) children and only 1% level of obesity was recorded. Malaria and helminthes infection were significantly different ($p > 0.05$) among subjects attending CPS and IQS. Correlation between malnutrition and school, level of energy intake rate and mother's educational level showed no relationship ($p = 0.05$). Data on the prevalence and degree of malnutrition among school-age children attending both CPS and IQS sectors of education in Nigeria is limited.