



Nutritional Deficiencies of Adolescent Boys and Girls of Kashmir Valley (J&K, India)

By Nilofar Khan Roshina Bashir

GRIN Verlag Sep 2014, 2014. Taschenbuch. Book Condition: Neu. 211x141x6 mm. Neuware - Scientific Study from the year 2014 in the subject Nutritional Science, grade: A, The University of Kashmir, language: English, abstract: The present study focused on nutrition deficiencies of adolescent boys and girls. The field sample for the present study was undertaken in six districts of Kashmir valley J&K (viz, Srinagar, Budgam, Anantnag, Kupwara, Pulwama and Baramulla), covering a sample of 1500 adolescents i.e. 750 boys and equal number of girls in the age group of 10-19 years, study in Government Schools. The findings of the study suggests that lifestyle including nutritional habits track from adolescent into adulthood, thereby lead to increased incidence of chronic disease e.g. cardiovascular diseases, diabetes and cancer. Exposure in childhood and adolescence to adverse life style and faulty food habits such as poor food intake, special meal preferences and patterns and above all sedentary life style may exacerbate this, thus worsening the prognosis. Hence promotion of healthy nutrition habits and physically active life style during adolescent period is a critical public health strategy. 28 pp. Englisch.



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