GS-II: Education of mothers directly linked to better nutrition for children.

News

The Comprehensive National Nutrition Survey studied 1.2 lakh children between 2016 and 2018 and measured food consumption, anthropometric data, micronutrient levels, anaemia, iron deficiency and markers of non-communicable diseases.

Core Indicators:

Diet diversity meal frequency an minimum acceptable diet are the three core indicators of nutrition deficiency among infants and young children.

Higher schooling in another, children received better diets. Only 11.45 of the children of mothers with no schooling received adequately diverse meals, while 31.8% whose mothers finished class 12th received diverse meals.

Children in the age group of 10-19 showed a higher prevalence of pre-diabetes if their mother had finished schooling.

The prevalence of high cholesterol levels was at 6.2% in these children (age group of 10-19) as opposed to 4.8% among those whose mothers never attended school.

The proportion of children aged two to four consuming dairy products, eggs and other fruits and vegetables increased with the mothers while 80.5% of the children of mothers who completed their schooling.

Flip Side:

Higher level of education among mothers meant that their children received meals less frequently because chances of the women being employed and travelling long distances to work went up-50.4% of children in the age of 6-23 months born to illiterate mothers versus 36.2% among those who had finished schooling.

Conclusion:

Such children were also at a higher risk of cholesterol as relative prosperity could lead to higher consumption of sugary drinks and foods high in cholesterol. The prevalence of high cholesterol levels was 6.2% in these children as opposed to 4.8% among those whose mothers attended school.