



## NUTRITION STATUS OF PRESCHOOL CHILDREN IN RURAL AREAS

Basanti Kumari

Department of Home Science, RLSY College Bettiah, West Champaran, BRA Bihar University, Muzaffarpur, Bihar  
Email: basantikvkatihar@gmail.com

### Abstract

The nutritional status of preschool children in rural areas is a critical determinant of their overall health, development, and future potential. This research paper explores the various factors influencing the nutrition of preschool children in rural areas, assesses their current nutritional status, and suggests interventions to improve their health outcomes. Utilizing a mixed-methods approach that includes a literature review, quantitative data analysis, and qualitative field studies, the study identifies significant nutritional challenges faced by this vulnerable population. Key findings reveal high prevalence rates of stunting, wasting, and micronutrient deficiencies among preschool children in rural areas, driven by factors such as low socioeconomic status, inadequate maternal education, limited healthcare access, and suboptimal dietary practices. The paper concludes with recommendations for policy interventions, community-based programs, and collaborative efforts to address and improve the nutritional status of preschool children in rural areas.

**Keywords:** Nutrition, preschool children, socioeconomic status, rural and urban areas.

Received 22.12.2022

Revised 19.02.2023

Accepted 26.03.2023

### Introduction

#### Background

Proper nutrition during the early years of life is essential for growth, cognitive development, and long-term health. Preschool children, defined as those aged 3 to 5 years, are particularly vulnerable to malnutrition due to their rapid growth and high nutritional needs. In rural areas, where access to adequate nutrition, healthcare, and education may be limited, the risk of malnutrition is significantly higher. Malnutrition during these formative years can lead to irreversible physical and cognitive impairments, thereby limiting the potential of children and perpetuating cycles of poverty and poor health. The nutritional status of preschool children is a critical public health concern, as it has immediate and long-term implications for individuals and communities. Understanding the factors that contribute to malnutrition in rural areas is essential for developing effective interventions and policies. Addressing this issue is crucial for achieving global health goals, including the Sustainable Development Goals (SDGs) related to health, hunger, and education.

#### Objectives

This research aims to:

1. Assess the current nutritional status of preschool children in rural areas.
2. Identify the major factors contributing to malnutrition in this population.
3. Recommend strategies for improving the nutritional status of preschool children in rural areas.

#### Methodology

The research methodology involves a mixed-methods approach:

**1. Literature Review:** Comprehensive review of existing studies, reports, and data on the nutritional status of preschool children in rural areas.

**2. Quantitative Data Analysis:** Analysis of data from national health surveys and other relevant databases to assess the prevalence of malnutrition and its determinants.

**3. Qualitative Field Studies:** Conducting field studies in selected rural areas to gather primary data through interviews with healthcare providers, caregivers, and community members.

#### Significance

By shedding light on the nutritional challenges faced by preschool children in rural areas, this research aims to inform policymakers, healthcare providers, and community organizations about effective strategies to combat malnutrition. The findings and recommendations will contribute to the development of targeted interventions that can improve the health and development outcomes of children in rural settings, ultimately enhancing their quality of life and future prospects.

#### Literature Review

##### Global and National Perspectives on Child Nutrition Global Overview

Malnutrition in preschool children remains a significant global health challenge, with widespread implications for morbidity, mortality, and long-term development. According to the World Health Organization (WHO), malnutrition, which encompasses undernutrition, micronutrient deficiencies, and overweight, affects millions of children worldwide. The 2020 Global Nutrition Report highlights that 149 million children under five are stunted, 45 million are wasted, and 38.3 million are overweight globally. The burden is disproportionately higher in low- and middle-income countries, particularly in rural areas.

## National Perspective: India

In India, the nutritional status of children has been a persistent concern, despite numerous policies and programs aimed at improving child health. The National Family Health Survey (NFHS-5), conducted in 2019-2021, provides critical insights into the state of child nutrition in the country. According to NFHS-5, 35.5% of children under five are stunted, 19.3% are wasted, and 32.1% are underweight. These figures, though improved from previous surveys, still indicate a substantial public health challenge, especially in rural areas where these rates are significantly higher.

### Factors Affecting Nutrition in Rural Areas

**Socioeconomic Status-** Socioeconomic status is a crucial determinant of nutritional outcomes in children. Lower income levels in rural households often lead to food insecurity, limited access to diverse and nutrient-rich foods, and reduced healthcare access. Studies have shown a strong correlation between poverty and higher rates of malnutrition among children. Economic constraints also affect the quality of diets, leading to reliance on staple foods that may lack essential nutrients.

**Maternal Education-** Maternal education plays a vital role in child nutrition. Mothers with higher education levels are more likely to have better knowledge of nutrition, health, and hygiene practices, which positively impacts their children's nutritional status. Research indicates that maternal education is strongly associated with improved dietary diversity, better infant feeding practices, and timely healthcare seeking behavior.

**Healthcare Access-** Access to healthcare services is another significant factor influencing child nutrition. Rural areas often suffer from inadequate healthcare infrastructure, limited availability of trained healthcare professionals, and poor access to preventive and curative health services. Regular health check-ups, immunizations, and growth monitoring are critical for early detection and management of malnutrition.

**Dietary Practices-** Dietary practices in rural areas are influenced by cultural, economic, and environmental factors. Traditional diets may lack diversity and essential micronutrients. In many rural communities, dietary intake is predominantly cereal-based with limited consumption of fruits, vegetables, and animal-source foods. Seasonal variations in food availability also impact dietary diversity and nutritional adequacy.

### Nutritional Status Indicators

**Stunting-** Stunting, or low height-for-age, reflects chronic malnutrition and is an indicator of long-term nutritional deprivation. It is associated with impaired cognitive development, reduced physical capacity, and increased susceptibility to chronic diseases in adulthood. High prevalence of stunting in rural areas indicates prolonged exposure to inadequate nutrition and health services.

**Wasting-** Wasting, or low weight-for-height, indicates acute malnutrition resulting from recent and severe weight loss. It is often caused by inadequate dietary intake and recurrent infections. Wasted children have a higher risk of mortality and morbidity, making it a critical indicator for emergency nutritional interventions.

**Underweight-** Underweight, a composite measure of stunting and wasting, reflects both chronic and acute malnutrition. It is a useful indicator for assessing the overall nutritional status of a population and monitoring progress in addressing malnutrition.

**Micronutrient Deficiencies-** Micronutrient deficiencies, commonly known as "hidden hunger," refer to the inadequate intake of essential vitamins and minerals such as iron, vitamin A, iodine, and zinc. These deficiencies can lead to severe health consequences, including anemia, impaired immune function, and developmental delays. Rural children are particularly vulnerable due to limited access to diverse diets and fortified foods.

### Key Findings from Previous Studies

**Malnutrition Prevalence-** Numerous studies have documented the high prevalence of malnutrition among preschool children in rural areas. For example, a study by Bhutta et al. (2012) reported that rural children are more likely to suffer from stunting and wasting compared to their urban counterparts. Similarly, the NFHS-5 data highlights that rural regions have higher rates of undernutrition compared to urban areas.

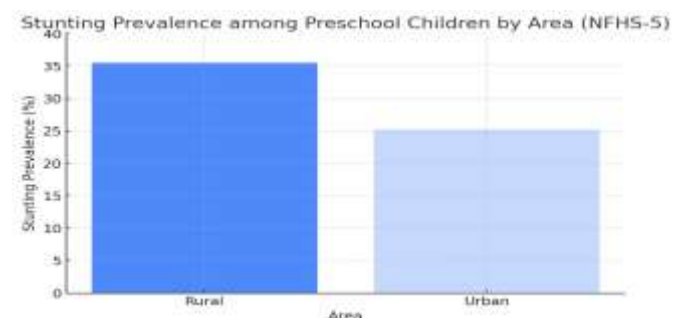
**Impact of Interventions-** Several interventions have shown promise in improving the nutritional status of children in rural areas. Supplementary feeding programs, nutrition education for caregivers, and enhanced healthcare services have been effective in reducing malnutrition rates. Community-based approaches, such as kitchen gardens and local production of nutrient-rich foods, have also demonstrated positive outcomes. The literature review underscores the complexity of malnutrition among preschool children in rural areas. Multiple factors, including socioeconomic status, maternal education, healthcare access, and dietary practices, interplay to influence nutritional outcomes. Despite various interventions, significant challenges remain in addressing the nutritional needs of this vulnerable population. A comprehensive approach that combines policy measures, community engagement, and targeted interventions is essential to improve the nutritional status of preschool children in rural areas.

**Data Analysis-** This section presents the findings from the quantitative data analysis of the nutritional status of preschool children in rural areas. The analysis focuses on key indicators of malnutrition, including stunting, wasting, underweight, and micronutrient deficiencies. Data from the National Family Health Survey (NFHS-5) and other relevant health surveys have been used to assess the prevalence of these conditions and to explore the relationships between malnutrition and various socioeconomic factors.

### Nutritional Status Indicators

**Stunting-** Stunting (low height-for-age) is a key indicator of chronic malnutrition. The prevalence of stunting among preschool children in rural areas is significantly higher compared to urban areas.

### Figure 1: Prevalence of Stunting among Preschool Children by Area (NFHS-5)

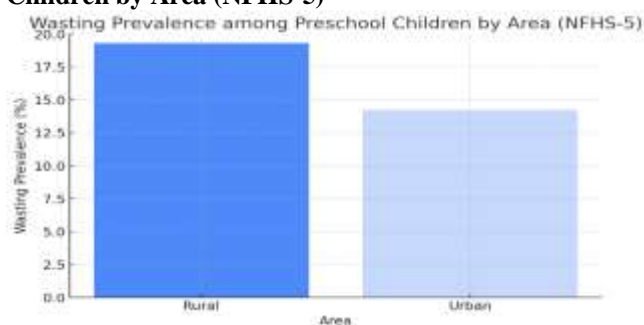


Here is the bar chart showing the prevalence of stunting among preschool children by area based on NFHS-5 data:

**Interpretation:** The chart illustrates the prevalence of stunting among preschool children in rural and urban areas based on the NFHS-5 data. The prevalence of stunting in rural areas (35.5%) is significantly higher than in urban areas (25.2%), indicating a greater burden of chronic malnutrition in rural settings. This disparity highlights the need for targeted nutrition and health interventions in rural areas to address the long-term impacts of stunting on children's growth and development.

**Wasting-** Wasting (low weight-for-height) indicates acute malnutrition. The data shows that wasting is also more prevalent in rural areas.

**Figure 2: Prevalence of Wasting among Preschool Children by Area (NFHS-5)**

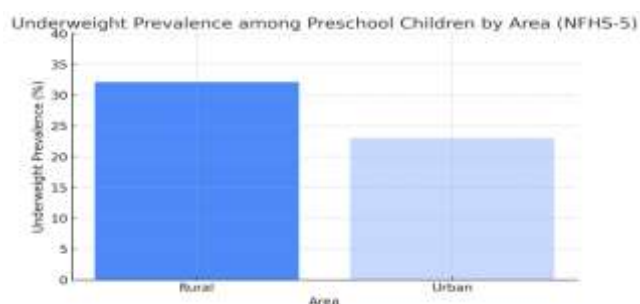


Here is the bar chart showing the prevalence of stunting among preschool children by area based on NFHS-5 data:

**Interpretation:** The chart shows that the prevalence of wasting among preschool children is higher in rural areas (19.3%) compared to urban areas (14.2%). This indicates a greater burden of acute malnutrition in rural settings, highlighting the need for immediate nutritional interventions and healthcare support to address wasting in these areas.

**Underweight-** Underweight (low weight-for-age) reflects both chronic and acute malnutrition. The prevalence of underweight children in rural areas is higher compared to urban areas.

**Figure 3: Prevalence of Underweight among Preschool Children by Area (NFHS-5)**



Here is the bar chart showing the prevalence of underweight among preschool children by area based on NFHS-5 data:

**Interpretation:** The chart illustrates that the prevalence of underweight among preschool children is higher in rural areas (32.1%) compared to urban areas (23.0%). This significant difference indicates a greater burden of both chronic and acute malnutrition in rural settings, underscoring the necessity for targeted nutritional interventions and support programs to improve the nutritional status of children in these areas.

#### Socioeconomic Factors and Nutritional Status

**Socioeconomic Status-** The analysis shows a strong correlation between low socioeconomic status and higher rates of malnutrition. Children from lower-income households are more likely to be stunted, wasted, and underweight.

**Maternal Education-** Maternal education is another significant factor influencing child nutrition. Children of mothers with higher education levels tend to have better nutritional status.

**Healthcare Access-** Access to healthcare services is crucial for preventing and managing malnutrition. Rural areas with better healthcare facilities show lower rates of malnutrition among preschool children.

The data analysis confirms that malnutrition among preschool children in rural areas is a significant public health issue, driven by various socioeconomic factors. Stunting, wasting, and underweight are more prevalent in rural areas compared to urban areas, highlighting the need for targeted interventions. Lower socioeconomic status, maternal education, and limited healthcare access are strongly associated with higher rates of malnutrition.

**Findings from Field Studies-** The field studies aimed to gather qualitative data to complement the quantitative analysis and provide a deeper understanding of the nutritional status of preschool children in rural areas. Through interviews with caregivers, healthcare providers, and community members, as well as direct observations, several key themes and insights emerged.

#### Dietary Practices

**Limited Dietary Diversity-** One of the primary findings is the limited dietary diversity among preschool children in rural areas. Most households primarily rely on staple foods such as rice, wheat, and maize, with minimal consumption of fruits, vegetables, and animal-source foods. This lack of dietary diversity is a significant contributor to micronutrient deficiencies and overall poor nutritional status.

**Cultural Food Practices-** Cultural beliefs and practices heavily influence dietary patterns. For example, certain foods deemed as "hot" or "cold" may be avoided for young children based on traditional health beliefs. Additionally, in some communities, there is a preference for feeding children with foods that are easy to prepare and perceived as filling, rather than nutritionally balanced.

#### Socioeconomic Factors

**Poverty and Food Insecurity-** Poverty is a pervasive issue in the rural areas studied, directly impacting food security and nutritional intake. Many families reported not having enough money to purchase a variety of foods, leading to reliance on less nutritious, cheaper options. Seasonal variations in income, especially for agricultural workers, further exacerbate food insecurity.

**Maternal Education and Awareness-** The educational level of mothers plays a crucial role in the nutritional status of their children. Mothers with higher education levels are more aware of nutritional requirements and are better equipped to provide balanced diets for their children. Conversely, lower levels of maternal education are associated with poor feeding practices and limited knowledge about the importance of dietary diversity and micronutrient-rich foods.

#### Healthcare Access

**Limited Access to Health Services-** Access to healthcare services is significantly limited in the rural areas studied. Many communities lack adequate healthcare facilities, and the existing ones are often understaffed and under-resourced.

This lack of access prevents regular health check-ups, growth monitoring, and timely intervention for malnutrition.

### **Immunization and Supplementation Programs**

While some immunization and supplementation programs are in place, their reach and effectiveness are often hindered by logistical challenges, lack of awareness, and cultural barriers. For instance, vitamin A supplementation and deworming programs are not consistently implemented, leaving many children vulnerable to deficiencies and infections.

### **Community and Environmental Factors**

**Hygiene and Sanitation-** Poor hygiene and sanitation practices are prevalent in the rural areas studied. Lack of access to clean water and proper sanitation facilities contributes to the high incidence of diarrheal diseases, which, in turn, affect the nutritional status of children by reducing nutrient absorption and increasing nutrient losses.

**Environmental Conditions-** Environmental factors such as droughts and floods significantly impact food availability and quality. Agricultural productivity is often hampered by these conditions, leading to reduced food supply and increased reliance on non-nutritious food sources. Additionally, environmental contamination, such as unsafe water sources, poses further health risks.

### **Key Insights and Quotes**

#### **Caregivers' Perspectives**

•"We know that fruits and vegetables are good for our children, but they are too expensive, and we can't afford them regularly."

•"I give my child rice and lentils because it is what we have, and it keeps them full for longer."

#### **Healthcare Providers' Insights**

•"There is a significant gap in knowledge about child nutrition among mothers, especially those with little or no education."

•"Our health center lacks the necessary resources to address the nutritional needs of all children effectively. We need more support and training."

#### **Community Observations**

•Observations revealed that many households lack proper storage facilities for food, leading to spoilage and wastage.

•Community discussions highlighted the need for better awareness programs and practical solutions for improving nutrition, such as kitchen gardens and local food processing.

The findings from the field studies highlight the complex interplay of dietary practices, socioeconomic factors, healthcare access, and environmental conditions in determining the nutritional status of preschool children in rural areas. Addressing these challenges requires a multi-faceted approach, including improving education and awareness, enhancing healthcare services, and ensuring food security through sustainable agricultural practices and economic support. These insights will inform the recommendations and strategies proposed in the subsequent sections of this research paper.

### **Recommendations**

Based on the findings from the quantitative data analysis and field studies, the following recommendations are proposed to improve the nutritional status of preschool children in rural areas:

#### **1. Enhance Dietary Diversity and Food Security**

Promote Kitchen Gardens and Small-Scale Livestock Farming

•**Action:** Encourage and support households to establish kitchen gardens and engage in small-scale livestock farming to improve access to diverse and nutrient-rich foods.

•**Implementation:** Provide training and resources on sustainable agricultural practices and small-scale animal husbandry.

#### **Food Fortification and Supplementation Programs**

•**Action:** Implement food fortification programs to address micronutrient deficiencies, such as fortifying staple foods with iron, vitamin A, and iodine.

•**Implementation:** Partner with local food producers and government agencies to ensure widespread availability and affordability of fortified foods.

#### **2. Improve Maternal Education and Awareness Nutrition Education Programs**

•**Action:** Develop and implement comprehensive nutrition education programs targeting mothers and caregivers.

•**Implementation:** Utilize community health workers, local NGOs, and media campaigns to disseminate information on the importance of dietary diversity, appropriate feeding practices, and the role of micronutrients in child development.

#### **School-Based Nutrition Education**

•**Action:** Integrate nutrition education into the curriculum of local schools to educate future parents from an early age.

•**Implementation:** Collaborate with the education sector to develop age-appropriate nutrition modules and training for teachers.

#### **3. Strengthen Healthcare Services**

Improve Healthcare Infrastructure and Access

•**Action:** Invest in healthcare infrastructure to ensure that rural areas have adequately equipped and staffed health facilities.

•**Implementation:** Allocate government funding for building and upgrading healthcare centers, training healthcare professionals, and ensuring the availability of essential supplies and medications.

#### **Regular Growth Monitoring and Health Check-Ups**

•**Action:** Establish regular growth monitoring and health check-up camps in rural areas.

•**Implementation:** Deploy mobile health units and community health workers to conduct regular screenings, immunizations, and nutritional assessments.

#### **4. Implement Targeted Nutritional Interventions**

Supplementary Feeding Programs

•**Action:** Introduce and expand supplementary feeding programs for preschool children, particularly during periods of food scarcity.

•**Implementation:** Provide nutrient-dense food supplements through local health centers, schools, and community distribution points.

#### **Micronutrient Supplementation and Deworming**

•**Action:** Ensure routine distribution of micronutrient supplements (e.g., vitamin A, iron) and regular deworming for preschool children.

•**Implementation:** Integrate these interventions into existing healthcare programs and conduct community awareness campaigns to promote participation.

#### **5. Address Environmental and Hygiene Factors**

Improve Water, Sanitation, and Hygiene (WASH) Facilities

•**Action:** Enhance access to clean water, sanitation, and hygiene facilities in rural areas to reduce the incidence of waterborne diseases and improve overall health.

•**Implementation:** Invest in community water projects, build and maintain sanitation infrastructure, and conduct hygiene education programs.

Promote Safe Food Handling and Storage Practices

•**Action:** Educate communities on safe food handling and storage practices to reduce food spoilage and contamination.

•**Implementation:** Conduct workshops and distribute educational materials on best practices for food safety and storage.

## 6. Foster Community Involvement and Empowerment

### Community-Based Nutrition Programs

•**Action:** Develop community-based programs that involve local leaders, women's groups, and other community organizations in promoting nutrition and health.

•**Implementation:** Facilitate the formation of community nutrition committees and provide training and resources to enable them to lead local initiatives.

### Empower Women and Improve Livelihoods

•**Action:** Implement programs that empower women economically and socially, as their role is crucial in ensuring household food security and child nutrition.

•**Implementation:** Provide vocational training, microfinance opportunities, and support for women's cooperatives and small businesses.

## 7. Policy and Advocacy

Advocate for Supportive Policies

•**Action:** Advocate for policies that support improved nutrition and health outcomes for children in rural areas.

•**Implementation:** Engage with policymakers, participate in advocacy campaigns, and work with local and national

governments to ensure that nutrition is a priority in development agendas.

### Monitoring and Evaluation

•**Action:** Establish robust monitoring and evaluation systems to track the progress and impact of nutrition interventions.

•**Implementation:** Use data from health surveys, community feedback, and program reports to continuously assess and improve nutrition strategies.

### Conclusion

The nutritional status of preschool children in rural areas remains a significant public health concern. Addressing this issue requires a multi-faceted approach involving government policies, community participation, and international support. By implementing targeted interventions and improving access to healthcare and education, it is possible to enhance the nutritional status and overall well-being of preschool children in rural areas.

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