



NAVSARJAN

Xavier's Cell for Human Development

Malnutrition Status Report of the children in Surat slums



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Annexure—2 A Survey to Find out the status of malnutrition among the children of slums in Surat

Context & Background:

Surat is known as the textile capital of India as well as a diamond city. The city provides plenty of opportunities for work in various areas. As per the census of 2011 by Surat Municipal Corporation in Surat, there were 773 slums and 4 lakh 80 thousand people were staying in these slums. After 10 years the numbers will be increased much more.

According to 2011, the census, Surat city has a population of 61.8 lakhs. 10.46% of the total population of Surat lives in slum areas. Most of them are migrants. They are migrated to the city in search of employment opportunities. These migrants settle down in slums. People in slums are facing diverse problems like an unhygienic dwelling, a high rate of illiteracy, unsafe drinking water facility and lack of various basic facilities. In slums area, people do not get hygienic and nutritious food to eat. In some cases, it is not affordable. As a result, the physical and mental growth of children is shunted, which leads them to malnutrition.

Keep in mind the above circumstances, NXCHD decided to study the current situation by conducting survey. The result of the survey would open up numbers of possibilities to plan our working strategy and help these children for their holistic development.

Malnutrition

Malnutrition is lack of the sufficient nutrients / calories in the body. Malnutrition occurs when the body doesn't get enough nutrients / calories. Poor diet, digestive conditions, or any other disease caused by malnourishment.

Symptoms of Malnutrition are fatigue, dizziness and loss of weight. Untreated malnutrition can cause physical or mental disability.

The Times of India published an article in 2016, which talks about "Gujarat is battling malnutrition, with around 10.1% Children in the state being grossly underweight, 41.6% of children showing stunted growth. The findings of the rapid survey on children, a nationwide sample survey of over one lakh households, conducted by UNICEF, the report of which was accepted by the Ministry of Women and Child Development. The report suggests over 41.6% of children in Gujarat are stunted and 18.3% are severely stunted. The report of the 'Rapid Survey on Children' covered 1.05 lakh families in the country and 2.10 lakh people, which include 90,000 children in the age group of 0 to 4 years. The revelation underscores how malnutrition continues to torment Gujarat, an economically progressive state whose development model is to be repli-



cated across India by the Union government.”

Despite the state government providing fortified food through 53,000 Anganwadis in the state, which includes flavoured milk, salt and oil, there are over 1.96 lakh malnourished children in Gujarat. The highest number of such children are in the predominantly tribal districts of Dahod and Narmada.

The state government stated that there are 1,96,660 malnourished children in the 33 districts of Gujarat. The highest number, 42,488 children are in Dahod, followed by Narmada with 14,722 children. The lowest number of malnourished children were found in Porbandar (709) and Botad (938).



Objectives:

The objective of the study:

- To find out the numbers of malnourished children in slum areas of Surat.
- To create awareness among parents and children about malnutrition.
- To identify numbers of slum pockets with high malnutrition ratio.
- To facilitate a process of sensitization on malnutrition to various government departments.
- To analyse the weight and height of slums children.

3.Methodology:

The survey is conducted through pre designed google form questionnaire.

The geographical area of the survey was of 9 slums area of Surat city.

Total 1015 respondent's details have been recorded.

The data collected was analysed quantitatively.

The Snowball technique was used during the survey to select the sample.

A team of NXCHD conducted survey. The data collection process took 7 days. Data analysis was done in 5 days.

Final report was produced in a month.

4. Indicator to measure the malnutrition in the slums.

When it comes to height and weight, different people have different opinions. Whatever may be the case, the one factor that binds these two things together is a person's health. A healthy body does not mean that it is free from all ailments and disorders. Health is the state of your

being when your mind and body are in equilibrium. Good health refers to you being mentally and physically sound. Proper growth and development is a prerequisite for a well-functioning body. WHO has published a chart, which can be used to measure a health of a person. The chart has a parameter of Height & Weight **as per the Age**. It is essential to bring harmony between height and weight so that you function optimally at all times.

Age	Weight (kilogram)	Height (Centimeter)		Age	Weight (kilogram)	Height (Centimeter)
2	12	85.5		11	36.9	144
3	14	94		12	41.5	149.8
4	15.4	100.3		13	45.8	156.7
5	17.9	107.9		14	47.6	158.7
6	19.9	115.5		15	52.1	159.7
7	22.4	121.1		16	53.5	162.5
8	25.8	128.2		17	54.4	162.5
9	28.1	133.3		18	56.7	163
10	31.9	138.4				

WHO has come up with the above chart. During the study, the chart was used.

<https://www.disabled-world.com/calculators-charts/height-weight-teens.php>

5. Findings of the Study:

5.1 Area:

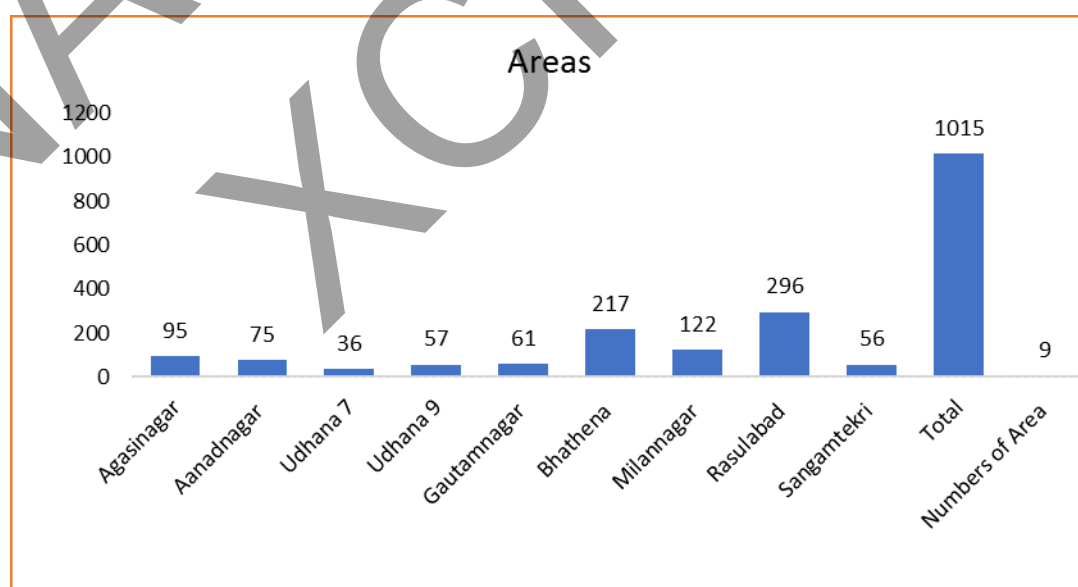


Figure 1: Area covered under study:

The figure 1 represents the details of the area of the respondents under the study. The area covered under study comprises of 9 slums in the city of Surat. The table represents the details

of 1015 respondents interviewed during the survey. Big numbers of children are covered in Rasulabad and lesser numbers of Children are covered in Udhana 7.

5.2 Gender:

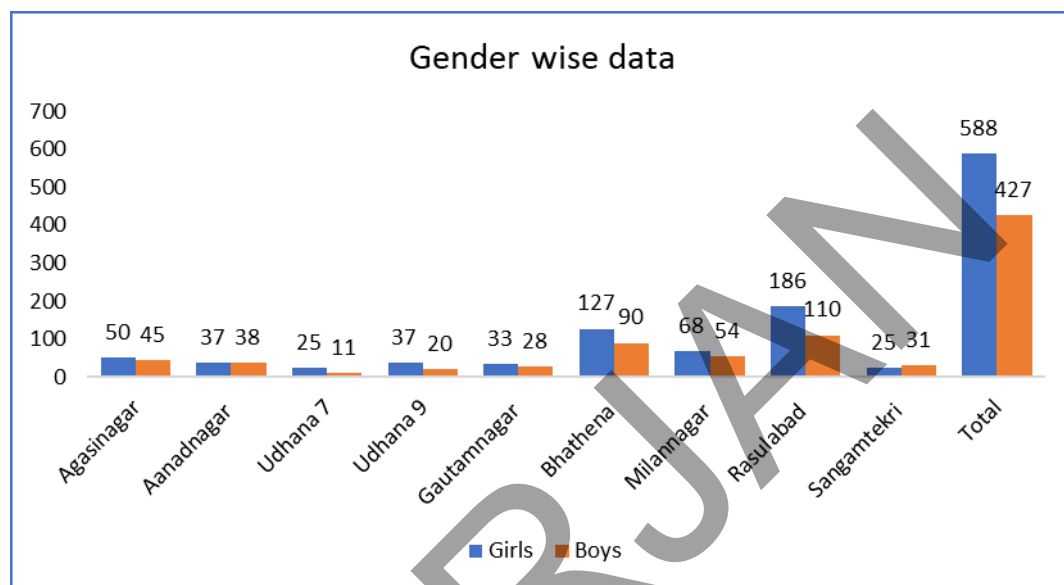


Figure 2: Gender wise Data of Respondents according to Area:

The figure 2 represents the details of **Gender wise Data of Respondents according to the area**. The survey shows us the number of girl respondents are higher than the boys.

5.3 Age:

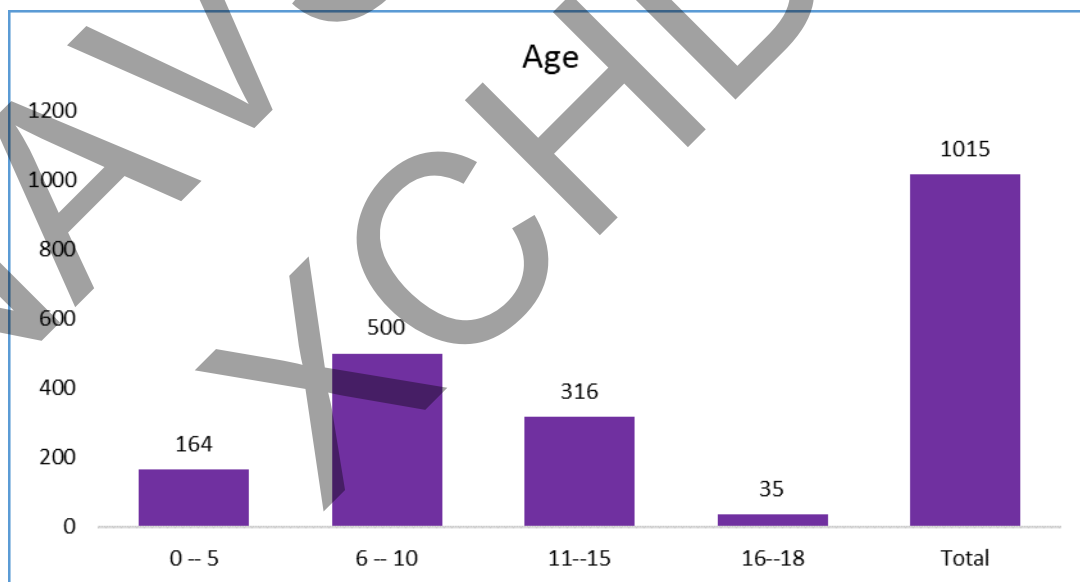
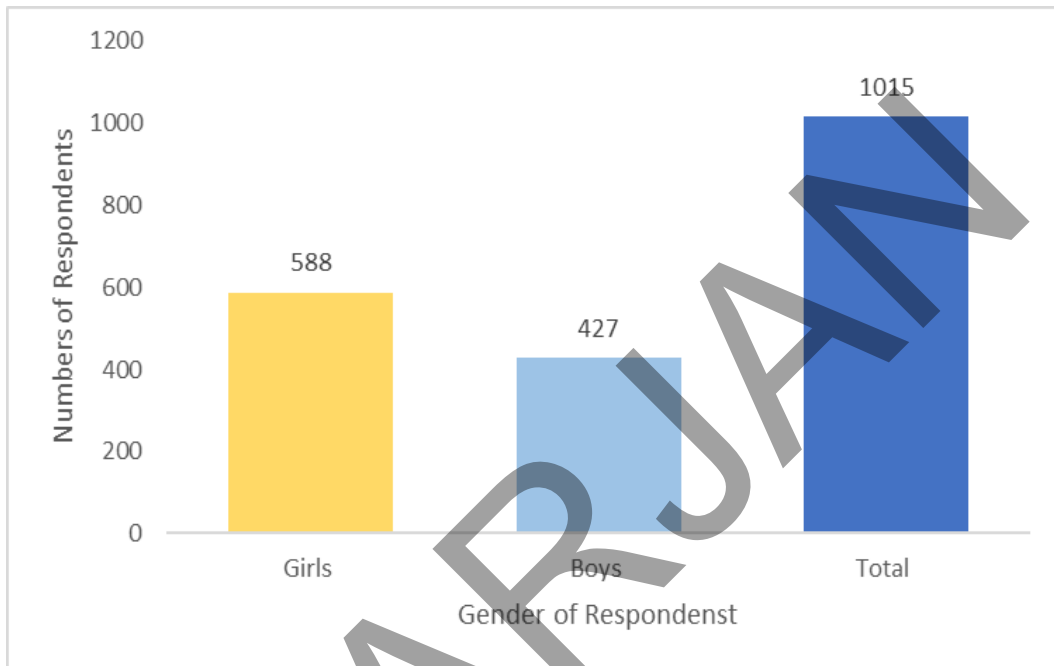


Figure 3: Age of Respondents:

The figure 3 represents the details of Age of the respondents under the study. In the data of the survey reveals that around 50 % of the children were from the age group of 6 to 10 years.

Total of 1015 respondents participated in this survey, of which 588 were girls and 427 were boys.



5.4 Details of Girls:

5.4.1 Age Wise Status of Weight

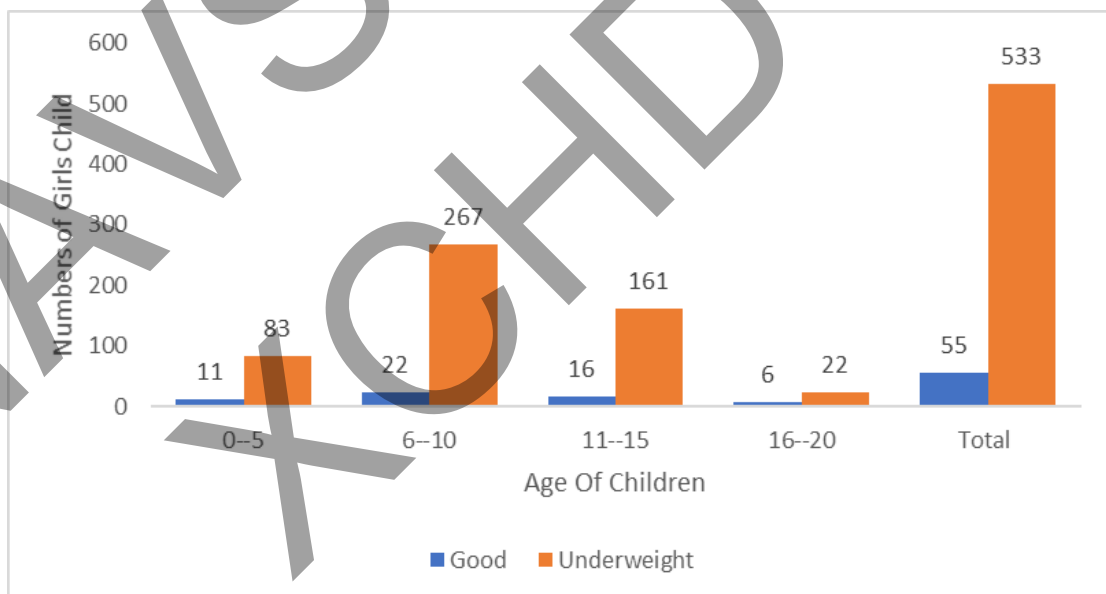


Figure 5.4.1: Girl's age Wise Status of Weight:

The figure 4.1 represents the details of the **Girl's age vs weight**. The chart indicates that in each age group, the number of underweight girls were high. In the survey, out of 588 girls, only 55 girls fall under the criteria of good health and 533 girls were underweight.

5.4.2 Age Wise Status of Height

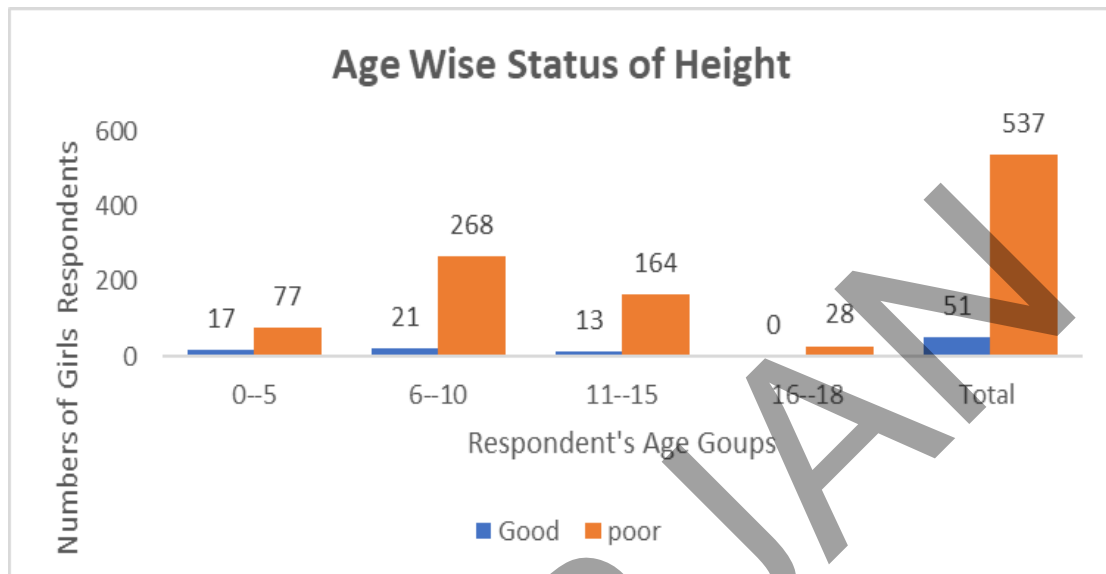


Figure 5.4.2: Girl's age Wise Status of Height:

The figure 4.2 represents the details of the **Girl's age vs height**. The chart indicates that in each age, the number of underweight girls were high. In the survey, out of 588 girls, only 51 girls fall under the criteria of good health and 537 girls were not reached to their ideal height.

5.5 Details of Boys:

5.5.1 Age Wise Status of Weight

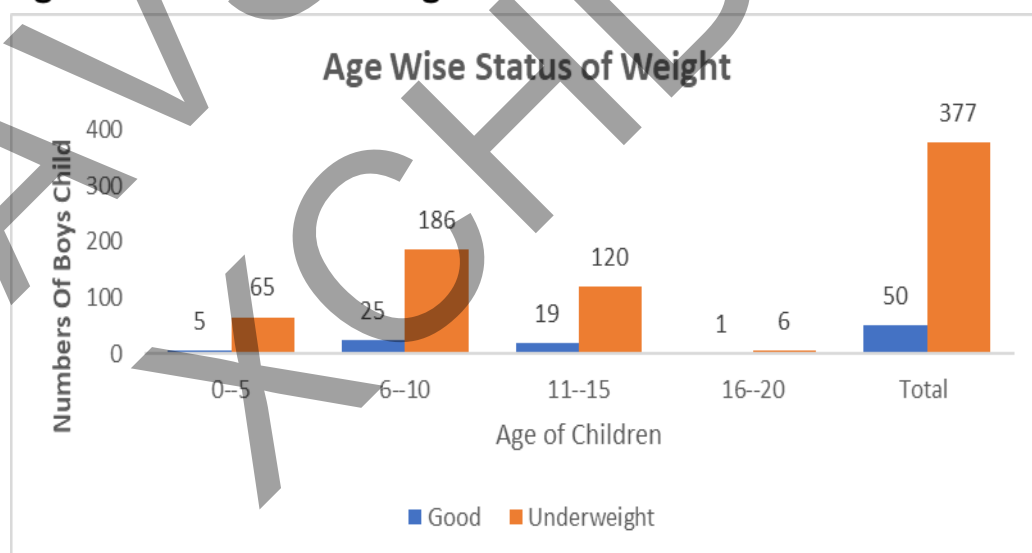


Figure 5.5.1: Boy's age Wise Status of Weight:

The figure 5.1 represents the details of the **Boy's age vs weight**. The chart indicates that in each age group, the number of underweight boys were high. Out of 427 boys only 50 boys had good weight and 377 boys were underweight.

5.5.2 Age Wise Status of Height

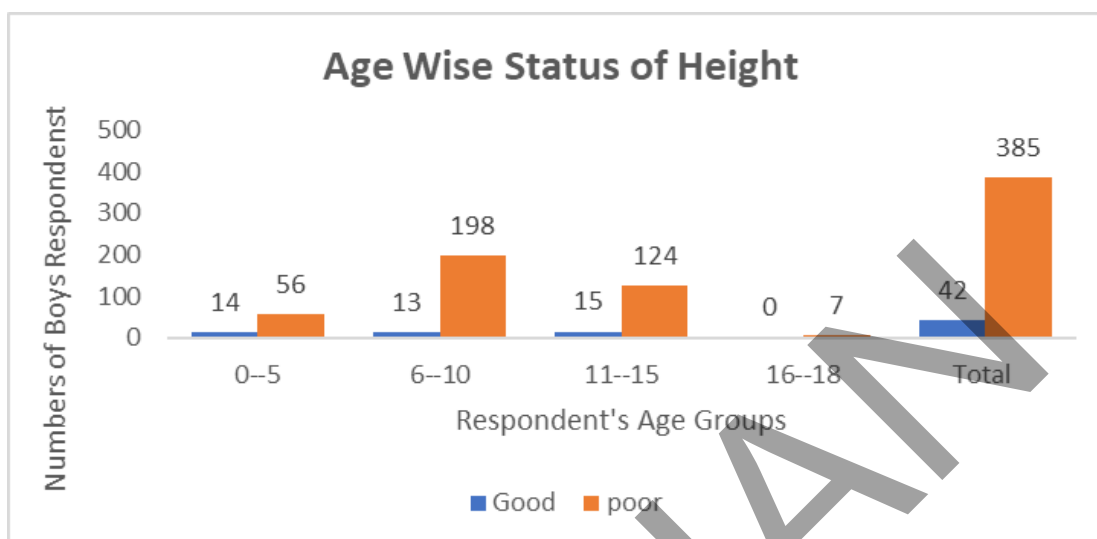


Figure 5.5.2: Boy's age wise Status of Height:

The figure 5.2 represents the details of the **Boy's age vs height**. The chart indicates that in each age group, the number of boys who had poor height were high. In the survey, out of 427 boys only 42 boys had good height and 385 boys fall in the category of poor height.

6. Correlation of different variables:

The correlation of the different variables is done to understand the influence of one of the variables affecting another. It also gives clarity in understanding and planning interventions among the respondents.

6.1: Age Vs Respondents Weight Status

Weight Status	Girls				
	0 to 5	6 to 10	11 to 15	16 to 18	Total
Good	11	22	16	6	55
Under-weight	83	267	161	22	533
	94	289	177	28	588

Weight Status	Boys				
	0 to 5	6 to 10	11 to 15	16 to 18	Total
Good	5	25	19	1	50
Under-weight	65	186	120	6	377
	70	211	139	7	427

Table: 6.1

The table presents the gender-wise age of respondents and weight status of respondents. It shows a clear picture that out of 1015 children 910 children (533 (53 %) girls and 377 (37 %) boys) were underweight. **It means 90 % of the respondents were underweight and the girls outnumber the boys.** In a comparison of Age wise, a high number (382 children (38%)) of underweight children were between the age group of 8 – 11.

6.2: Age Vs Respondents Height Status

Height Status	Girls				Total
	0--5	6--10	11--15	16--18	
Good	17	21	13	0	51
Poor	77	268	164	28	537
Total	94	289	177	28	588

Height Status	Boys				Total
	0--5	6--10	11--15	16--18	
Good	14	13	15	0	42
Poor	56	198	124	7	385
Total	70	211	139	7	427

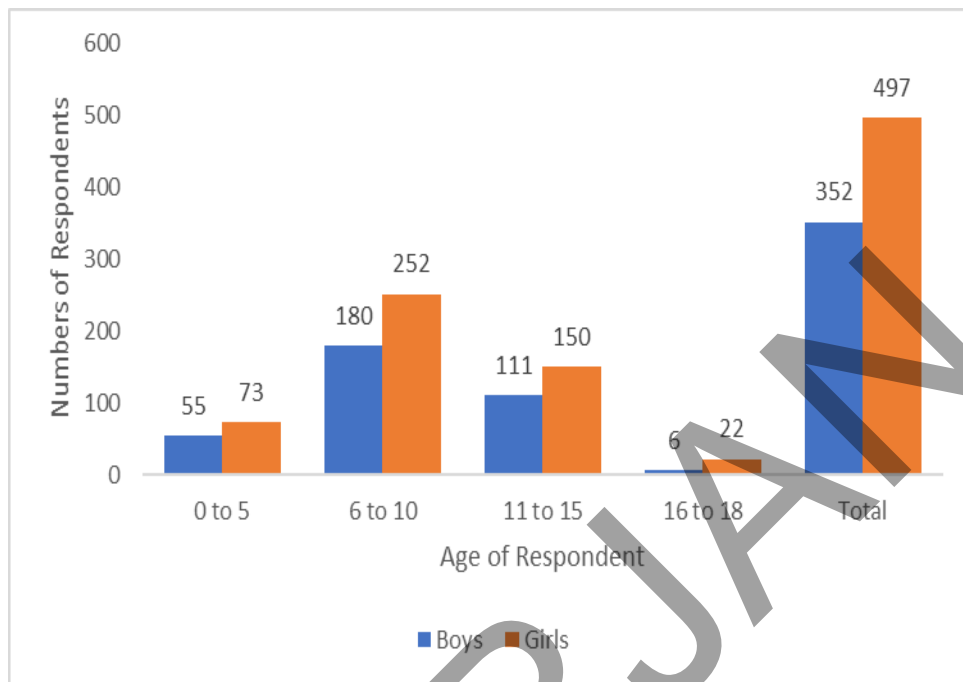
Table: 6.2

The table presents the gender-wise age of respondents and height status of respondents. It shows a clear picture that out of 1015 children 922 children (537 (53 %) girls and 385 (38 %) boys) were under height. **It means 91 % of the respondents did not have height as per their age. When it is compared between girls and boys, the number of girls is higher than boys.**

In both, weight and height children between the age group of 8 – 11 were not proper.

6.3 Detail of Children falls in both Criteria: Poor height & Underweight

Overall result of children with regards to Poor height & Underweight		
Age of Respondents	Boys	Girls
0 to 5	55	73
6 to 10	180	252
11 to 15	111	150
16 to 18	6	22
Total	352	497



The figure 6.3 represents the overall result of children who are highly affected with regards to **Poor height & Underweight**. The chart indicates that out of 1015 children 849 children (84 %) have **Poor height & Underweight**. In that girl child were higher than boys. According to age wise parameter 6 to 10 age group is highly affected group.

Major Findings

- 9 slums in the city of Surat were covered under this survey.
- Out of 588 girls, only 51 girls fall under the criteria of good health and 537 girls had not reached to their ideal height.
- Out of 427 boys only 42 boys had good height and 385 boys fall in a category of poor height.
- 90 % of the respondents were underweight and the girls outnumber the boys.



- 91 % of the respondents did not have height as per their age. When it is compared between girls and boys, the number of girls is higher than boys.



- Out of 1015 children 849 children (84 %) have **Poor height & Underweight.**

Recommendation to cope the malnutrition among Children:

- The survey can be replicated to numbers of slums.
- Create Awareness among the parents, children and community about issue of Malnutrition.
- Create awareness among the parents, children and community with regard to hygiene.
- Monthly / bimonthly general medical check-up of the children.
- Arrange a regular Mid-day meal for these children.

7. Conclusion:

The survey was done in only 9 slums of Surat city. The results are alarming. In 9 slums if 90% of children are malnourished. If it is projected to all the slums in the city of Surat the figures would be scary. Government and NGOs both have to take this seriously and work together to find out a proper solution. If we want our nation to be stronger then we must

see that our children are well developed.

The survey conducted and report prepared by NXCHD Team
June 2021