

List of Tables

Table No.	Title of the Table	Page No.
2.1.1	Prevalence of Undernutrition in various parts of India	17
2.1.2	Changes in Prevalence of Obesity in children of various countries	18
2.1.3	Prevalence of Overnutrition in various parts of India	18
2.1.4	Prevalence of Anemia in Adolescents	20
2.1.5	Strengths and Weaknesses of food record methods (Pao and Cypel, 1994)	29
2.1.6	Strengths and Weaknesses of 24 hour Dietary Recall method	30
2.1.7	Strengths and Weaknesses of Food Frequency methods (Pao and Cypel, 1994)	32
2.1.8	Recommended Numbers of servings Per Day at Energy Levels Discussed in the Food Guide Pyramid Bulletin (USDA, 1992)	36
2.1.9	Recommended Numbers of servings Per Day for Age/Gender Categories at Energy Levels Discussed in the Food Guide Pyramid Bulletin (USDA, 1992)	36
2.1.10	Original Healthy Eating Index (HEI) and Healthy Eating Index-2005	45
2.1.11	Recommended amounts of Food Groups, expressed per 1,000 Kcal, and discretionary calorie allowance, expressed as a percentage of total calories, found in MyPyramid	49
3.1.1	Sample size and parameters studied in the present study	78
3.2.1	Components of HEI – 2005 with maximum and minimum scores	82
3.2.2	Healthy Eating Index for Adolescents – Scoring system	84
3.2.3	Food Behaviour and Activity checklist scoring system	86
3.3.1	Key Messages for the Development of CHALK programme	90
4.1.1	Sample size and Parameters assessed	93
4.1.2	Socio Economic Profile of the study subjects	97
4.1.3	Growth Parameters of the study subjects	100
4.1.4	Waist Circumference values – Comparison with other Reference standards	111
4.1.5	Nutritional status of the study subjects (WAZ scores)	119
4.1.6	Nutritional Status of the Study Subjects (HAZ Scores)	119

Table No.	Title of the Table	Page No.
4.1.7	Nutritional Status of the Study Subjects (BAZ scores)	123
4.1.8	Factors significantly associated with Weight for Age Z Scores – Multiple Regression Analyses	129
4.1.9	Factors significantly associated with Height for Age Z Scores – Multiple Regression Analysis	129
4.1.10	Factors significantly associated with BMI for Age Z Scores – Multiple Regression Analysis	129
4.1.11	Comparison of Prevalence of Malnutrition with Other Studies	133
4.1.12	Mean Intake of Various Food Groups for 3 Consecutive Days	135
4.1.13	Mean Nutrient Intakes for 3 Consecutive Days	140
4.1.14	Mean Nutrient Intakes for 3 Consecutive Days	140
4.1.15	Analysis of Variance of Sex and Age v/s Mean Nutrient Intakes	140
4.1.16	Factors significantly associated with Energy Intakes – Multiple Regression Analysis	142
4.1.17	Factors significantly associated with Protein Intakes – Multiple Regression Analysis	142
4.1.18	Factors significantly associated with Calcium Intakes – Multiple Regression Analysis	142
4.1.19	Factors significantly associated with Iron Intakes – Multiple Regression Analysis	142
4.1.20	Nutrient Intakes as % RDA – Agewise (N=478)	146
4.1.21	Mean Nutrient Intakes According to the Nutritional Status	149
4.1.22	Frequency of Consumption of Various Foods (N=631)	150
4.1.23	Frequency of Consumption of Processed / Fast Foods (N=631)	152
4.1.24	Mean Nutrient intakes of the subjects (NHANESIII v/s Present Study)	155
4.1.25	Mean Hemoglobin Levels of the Subjects Cross Tabulated by Age and Sex	157
4.1.26	Red Cell Morphology in Anemic and Non Anemic Subjects	161
4.1.27	Anemia v/s Nutritional Status	161
4.1.28	Mean Hematological Indices Age and Sexwise	164
4.1.29	Mean Serum Protein Levels of the Study Subjects	164
4.1.30	Morbidities Experienced – Sexwise (N=478)	167
4.1.31	Mean Cognitive Test Scores Sexwise (N=478)	177
4.1.32	Mean Cognitive Test Scores Agewise (N=478)	177

Table No.	Title of the Table	Page No.
4.1.33	Mean Cognitive Scores of the Subjects According to their Nutritional Status and Anemia	180
4.1.34	Knowledge and Attitude regarding Healthy Eating, Meals and Meal Pattern (N=478)	185
4.1.35	Practices followed regarding Healthy Eating, Meals and Meal Pattern (N=478)	190
4.1.36	Knowledge and Attitude regarding Fruit Consumption, Healthy Food Choices and Food Pyramid (N=478)	193
4.1.37	Practices regarding Fruit Consumption, Healthy Food Choices and Water Intake (N=478)	196
4.1.38	Knowledge and Attitude regarding Soft Drinks and Fast Foods (N=478)	198
4.1.39	Practices regarding Fast Foods, Soft Drinks and Outside Food Intake (N=478)	199
4.1.40	Practices related to Food Consumption Pattern in School (N=478)	202
4.1.41	Knowledge and Attitude regarding Physical Activity and T.V. Viewing(N=478)	203
4.1.42	Practive regarding Physical Activity (N=478)	204
4.1.43	Knowledge and Attitude regarding Physical Education and Appropriate Weight	207
4.1.44	Self perception v/s nutritional status	207
Table No.	Title of the Table	Page No.
4.2.1	Mean Total HEIA scores – Daywise	219
4.2.2	Mean Total HEIA score – Agewise	219
4.2.3	Socio Economic Status of the Subjects and Mean Overall HEIA scores	220
4.2.4	Dietary Quality based on HEIA Scores	222
4.2.5	Mean HEIA score according to the nutritional status	222
4.2.6	Mean HEIA score based on Anemic status	225
4.2.7	Factors significantly associated with Mean HEIA Scores – Multiple Regression Analysis	225
4.2.8	Mean HEIA component scores	225
4.2.9	Individual component scores v/s RDA	234
4.2.10	Mean Total FBACA Scores	236
4.2.11	Mean Total FBACA Scores Age and Sex wise	236
4.2.12	Socio economic parameters and Mean Total FBACA Scores	238
4.2.13	Quality of diet and physical activity practices of the study subjects	240

Table No.	Title of the Table	Page No.
4.2.14	Total FBACA score according to the nutritional status	240
4.2.15	Mean FBACA component score	243
4.2.16	HEIA / FBACA Components mapped to Dietary Guidelines for Indian	252
4.2.17	Quality of sample diets as per HEIA	254
4.2.18	Mean Total HEIA and individual component score according to the Nutritional Status	255
4.2.19	Correlations of 3-day HEIA component and total score and energy intake	257
4.2.20	Correlations of 7-day FBACA components and total score	258
4.2.21	Comparison of Total HEI scores, highest and lowest component scores v/s HEIA scores present study	263
4.3.1	Assessment of the Knowledge Level of the Study Subjects in the two groups	270
4.3.2	Assessment of the Dietary Practices followed by the subjects in the two groups for the past 7 days	271
4.3.3	Assessment of the Physical Activity Practices followed by the subjects in the two groups daily	271
4.3.4	Assessment of the Self Perception of the Study Subjects in the two groups	273
4.3.5	Mean Intake of Food Groups of the study subjects in the two groups	276
4.3.6	Mena Nutrient Intake of the study subjects in the two groups	276
4.3.7	Assessment of Frequency of consumption of healthy and unhealthy foods (Daily) in the study subjects	276
4.3.8	Nutrition Communication Strategy for the CHALK Programme	277
4.3.8	Nutrition Communication Strategy for the CHALK Programme (contd.)	278
4.4.1	Impact of the CHALK Programme on the Knowledge Level of the Subjects – Post Intervention	292

Table No.	Title of the Table	Page No.
4.4.2	Impact of the CHALK Programme on the Dietary Practices of the Subjects Post Intervention	294
4.4.3	Impact of the CHALK Programme on the Physical Activity Practices of the Subjects Post Intervention	296
4.4.4	Self Perception of the subjects in the two groups : Pre and Post CHALK Programme Intervention	297
4.4.5	Comparison of the Responses related to Self Perception between the Two Groups – Impact of the CHALK Programme	297
4.4.6	Mean Intake of Food Groups in the Experimental Group subjects: Post Intervention	299
4.4.7	Mean Nutrient Intakes of the subjects in the Experimental group: Pre and Post Intervention	299
4.4.8	Mean Increment in nutrient intake of the study subjects – Post intervention	301
4.4.9	Mean Increment in Nutrient intake of the study subjects at different ages – Post Intervention	301
4.4.10	Mean Increment in Nutrient Intake of the subjects according to Stage of Adolescence – Post Intervention	303
4.4.11	Mean Intakes as % Recommended Dietary Allowance (RDA) – Post Intervention	303
4.4.12	Impact on the Frequency of consumption of healthy and unhealthy food (Daily) in the experimental group	308