

LIST OF TABLES

Table No.	Title	Page No.
	Review of Literature	
2.1	Summary of common standards to classify over weight and obesity in children	11
2.2	Prevalence of overweight and obesity among children aged 6-18 years from middle to high socio economic status (MHSES) groups	18
2.4	Prevalence of Iron Deficiency Anaemia in adolescents	36
2.3	Bioavailability of iron from typical Indian meal	38
	Methods & Materials	
3.1	Time frame of the study	89
3.2	Criteria to classify the compliance of IFA supplementation	113
	Results	
	Phase I	
4.1.1	Age, gender and religion profile of the study subjects from the selected two schools	123
4.1.2	Comparison of essential topics to be addressed for healthy eating curriculum in national and state	126
4.1.3	Comparison of essential topics of to be addressed for physical activity curriculum in national and state	127
4.1.4	Comparison of the Recommended Dietary Allowances (RDA) given in state curriculum (GSEB) books and National standards given by National Institute of Nutrition (NIN) for Indians	129

4.1.5	Review of the exchange list given in state text books (GSEB)	130
4.1.6	Strengths and weaknesses of the selected two schools with respect to health and nutrition policies and practices as assessed by NFSHI	134
4.1.7	Breakfast consumption pattern in terms of number of days consumed by the study subjects from the selected two schools	142
4.1.8	Reasons for skipping breakfast in the morning before coming to school as given by the study subjects from the selected two schools	143
4.1.9	Breakfast pattern of the study subjects from the selected two schools	143
4.1.10	Percentage of the study subjects from the selected two schools bringing lunch box to the school	143
4.1.11	Eating pattern of the study subjects from the selected two schools during the recess time	146
4.1.12	Relationship of sub optimal blood pressure with nutritional status and central obesity of the study subjects from the selected two schools	146
Phase II		
4.2.1	Responses of parents to the components of the nutrition health promotion program to be initiated in the experimental school	155
4.2.2	Impact of nutrition health education sessions to parents on improvement in knowledge about key issues related to under nutrition	159
4.2.3	Impact of nutrition health education sessions to parents on improvement in knowledge about key issues related to anaemia	160
4.2.4	Impact of nutrition health education sessions to parents on improvement in knowledge about key issues related to over nutrition	163
4.2.5	Change in tiffin meal pattern brought by the study subjects before and after the distribution of two sets of 6	165

	days cyclic menus	
4.2.6	Comparison between the cost of proposed healthy beverages and available beverages in the canteen	167
4.2.7	Selected low fat milk beverages and fruit juices proposed to be sold in the school canteen	167
4.2.8	Cost of unsweetened fruit juices in the market which could not be proposed in the school canteen due to higher costs	168
	Phase III	
4.3.1	Percent change in prevalence of anaemia and change in mean haemoglobin levels of the study subjects before and after the intervention including weekly IFA supplementation	176
4.3.2	Compliance of 12 doses of Iron Folic Acid supplementation among all (anaemic + non-anaemic) study subjects	177
4.3.3	Changes in the severity of the Anaemia among the study subjects before and after the intervention in relation to compliance	178
4.3.4	Relations between compliance of Iron Folic Acid tablets and mean change in haemoglobin level in the study subjects	178
4.3.5	Impact of IFA supplementation in relation to the compliance and anaemic status of the study subjects	179
4.3.6	Comparison of the mean academic scores of the supplemented Vs. non supplemented study subjects	180
4.3.7	Impact of the intervention on the academic scores of the study subjects	180
4.3.8	Impact of nutrition health education sessions to students on improvement in knowledge about key issues related to under nutrition	184
4.3.9	Impact of nutrition health education sessions to students on improvement in knowledge about key issues related	185

	to anaemia	
4.3.10	Impact of nutrition health education sessions to the students on improvement in knowledge about key issues related to over nutrition	187
4.3.11	Total percent prevalence of malnutrition in both the schools before and after the intervention	193
4.3.12	Total percent prevalence of central obesity in both the schools before and after the intervention	193
4.3.13	Total percent prevalence of sub optimal blood pressure in both the schools before and after the intervention	193
4.3.14	Total percent prevalence of dyslipidimea and glucose intolerance in both the schools before and after the intervention	194
4.3.15	Total percent prevalence of unhealthy dietary and lifestyle behaviours in both the schools before and after the intervention	195