



# Nutrition and Child Health

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**Abstract** - Home science is both coloration with arts & science. for the development of society, home science is necessary, knowledge of home science in arts and science point of view is necessary for the human development.

**Keywords** - Nutrition, Child, Home, science, Family, Health.

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Family is the foundation stone of society family related to the human being, for the development of society & country human development is necessary & home science is the only means for the development of the country, nuclear cells are necessary for the human body that's way home science is very necessary for soul development & the development of a child nutritional intake is necessary for the proper development of a child, called " a sound mind in a sound body"

The child is living growing organism. He grows in a family which belongs to a group. Thus, the child starts with a biological foundation and grows up in a social environment. Every organism is a product of its unique experiences interacting with its own unique genetic endowment. Since the child lives and grows in a social context, the people in his environment, particularly the parents and other members of the society also influence lives. He is also affected by rewards and punishments given by people among whom he grows and by their approval and disapproval.  
(Kuppuswami B. P. No.8)

## Importance of study of child development:

1. to know about the development stage.
- 2 knowledge about child nutrition techniques.
3. to know about individual differences.
- 4 to know about developmental stages.
5. for the development of the child. 6. Its helps in making a good personality.
7. to control the behaviour of the child.
8. to know the nature of a children.
9. to predict child development.
10. for the happiness of a family & society.

**child health & nutrition in India-** According to the World Health Organisation (WHO) globally, 30% of children under five are estimated to be stunted and 18% have low weight-for-height and 43

million children are overweight. Optimal breastfeeding could save the lives of 1.5 million children under five every year. Nearly nine million children die every year from preventable diseases and infections: the largest killer being Diarrhoeal disease. There are over 2 billion cases of diarrhoeal disease every year and is the leading cause of malnutrition amongst children under five.

In India 84% of all health care expenditure is out of pocket. This places a great number of families at risk of falling into poverty due to high health expenses. Millions of children are at risk of becoming malnourished. Every third child in India is malnourished. Infant and child mortality rates remain very high about the MDG. They are lowest among marginalised groups such as scheduled castes and tribes, and females. Discrimination in food-based schemes and in society in general leads to starvation deaths among women and children of the Scheduled Castes and Scheduled Tribes. Muslim children have the highest rate of stunting and second highest rate of being underweight. There are almost no services or programmes for children with mental health issues. Children with disabilities, HIV/AIDS and mental disorders are stigmatized and hence have little access to health facilities.

India has one of the poorest health records in the world with the highest TB prevalence, every three out of four children have anaemia, and polio eradication is actually backsliding. With varying social sector budgets, health indicators differ greatly across the country. Kerala is best off with only 21% stunted children. Uttar Pradesh has the worst record with 46% of the children being underdeveloped. Girls are at a higher risk of not being able to access health care. The mental health budget remains at 1% of the total health budget.

**factors effecting child development:**

1. hereditary
2. environment
3. previous mental stage of pregnant lady
4. status
  - (a) economics
  - (b) mental
  - (c) nutriment
5. caste
6. religions believes
7. education
8. tradition

**Government policy on children-** On November 20, 1989, the UN General Assembly adopted the Convention on the Rights of the Child (CRC). On January 26, 1990, the opening day of the session. 61 countries signed it. The CRC covers all children under the age of 18 years, regardless of sex, colour, language, religion, or race. India ratified the CRC in 1992

Several constitutional provisions protect children in India.

Article 15 affirms the right of the State to make special provision for women and children.

Article 24 provides that no child below the age of 14 shall be employed to work... in any hazardous employment.

Article 39 (e) of the Directive Principles of State Policy provides that children of tender age should not be abused and that they should not be forced by economic necessity to enter vocations unsuited to their age or strength.

Article 39 (f) requires children to be given opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity, and that childhood and youth be protected against exploitation and moral and material abandonment.

Article 45 of the Directive Principles of State Policy provides for free and compulsory education for all children until they complete the age of 14.

Prior to the Fifth Five-Year Plan, the government's focus was on child welfare through the promotion of basic minimum services for children. This culminated in the adoption of the National Policy for Children, in 1974.

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