

# LIFE-STYLE, HEALTH AND NUTRITIONAL PROFILE OF WORKING AND NON-WORKING SLUM CHILDREN

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**Background:** The nutritional status of children does not only directly reflect the socio-economic status of the family and social well-being of the community, but also the efficiency of the health care system and the influence of the surrounding environment.

**Objective:** The present study is an attempt to assess the life-style, health and nutritional profile of working and non-working slum children in selected slum in Dhaka.

**Methods:** It was a cross-sectional descriptive study. The subjects were selected purposively. The study was conducted among 200 slum children in three slum area of Dhaka city. Anthropometric data such as height and weight of the study subjects were collected by using standard techniques. Nutritional status was measured according to WHO guidelines.

**Result:** Most of the children came from around 12 year's age group. Male female distribution was equal. Most of them were Muslim and their income was <5000 taka per month, underweight (50%, 35%), normal (38%, 49%), overweight (8%, 10%) and obese (4%, 6%) were among working and nonworking children respectively. Around 50% of children did not think food for his own, later and need not cook for his own. Almost all took rice for 2-3 times/day. Milk, meat, egg, fruits noodles and soft drinks were not taken 2-3times/day. Vegetables and pulses were taken randomly.

**Conclusion:** Tackling malnutrition in urban slums requires a holistic approach, especially for integrating populations of school-age children.

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