

Profile of School Children Attending a Public School in Faridabad

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Background

School health is a medium for primary prevention wherein promotion of positive health and early diagnosis of preventable problems form the core components.

Aims & Objectives

To identify and study the distribution of common medical disorders among children in a public school.

Material and Methods

This was a Cross-sectional Study carried out in school children at Faridabad in Haryana. Students in the age group 3 to 19 years were included in the study. Besides a general physical examination, a standardized School Health Questionnaire was used to identify various aspects pertaining to health.

Results

Of a total of 700 children enrolled in the school, 514 were available for assessment. There were equal number

of male & female children with 49.4% & 50.6% respectively. Majority (82.5%) were under nourished (BMI<18) but none had signs of any other deficiency. Dental caries was noted in 3%, fluorosis in 28% and 35% had decreased vision. Impacted ear wax (10%), CSOM (2%) and perforated tympanic membrane (4%) were some of the other notable disorders. Of those whose Blood Pressure (BP) was recorded almost 78% had it in the range of < 110/70 mm of Hg and there appeared a positive correlation of BP with age (0.47 p< 0.01).

Conclusions

There is an urgent need to tackle the problem of under-nutrition and decreased vision among this group of school children. An effective school health program with early identification and effective referral could bring about a significant change in these preventable childhood problems.