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**FACTORS ASSOCIATED WITH THE NUTRITIONAL STATUS OF  
SCHOOL AGE CHILDREN IN SELECTED ELEMENTARY  
SCHOOLS IN INDANG, CAVITE**

*Special Problem*

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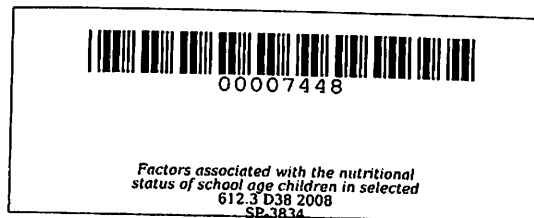
*College of Nursing*  
**CAVITE STATE UNIVERSITY**  
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**FACTORS ASSOCIATED WITH THE NUTRITIONAL STATUS OF SCHOOL  
AGE CHILDREN IN SELECTED ELEMENTARY SCHOOLS IN  
INDANG, CAVITE**

An Undergraduate Special Problem  
Presented to the Faculty of the College of Nursing  
Cavite State University  
Indang, Cavite

In Partial Fulfillment  
of the Requirements for the Degree of  
Bachelor of Science in Nursing



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## ABSTRACT

**FAYE MARIE D. DELOS SANTOS, SHIELA MARIE D. ILAO, SHEENA MAE A. LUBATON, Factors Associated with Nutritional Status of School Age Children in Selected Elementary Schools in Indang, Cavite.** Special problem, Bachelor of Science in Nursing, Cavite State University , Indang, Cavite. April 2008, advisers Dr. Josefina R. Rint, PHD and Mrs. Vina V., Velasco, RN.

This study was conducted to determine the factors that greatly affect the nutritional status and also to identify the level of nutritional status of the school age children particularly in Indang, Cavite.

It focused on 10 – 12 years old school age children each on 5 selected elementary schools, which is consist of 15 respondents from grade IV, V, and VI.

A self made questionnaire was used as the research instrument and the respondents were allowed to answer the entire list of questions without any time pressure. Questionnaire used includes query on food preference, water source, daily activities, food preparation, vitamin A rich foods and protein rich foods and the demographic background and the diseases they encountered. Height and weight was also used and given particular attention by the researcher, in order to identify the nutritional condition of the pupil respondent. Record from the school clinic was also utilized to gather health information of the respondents.

Study revealed that the demographic profile is significantly correlated specifically the gender and the mother's educational attainment of the respondents. The result of the study shows that male respondents has high percentage of malnourishment with 92.1% while females has much higher percentage with 23.5% of normal weight than males.

There is also a high percentage of malnourishment in children with mother's educational attainment of college degree.

The nutritional factors given by the researchers do not affect the nutritional status of the school age children in Indang, Cavite.

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## **INTRODUCTION**

Nowadays, there are different kinds of food that are now out of the market. Most are commercialized food, processed food, synthesized food, junk food and others that are products of the innovation and technology of our generation. As a consequence, many children suffer from different kinds of illnesses that are arising, as well as, with nutrition deficiency and malnourishment. The rate of morbidity is relatively high because of poor nutritional food intake.

Food is very essential to every individual for it is the source of energy and supplies nourishment to the body and to perform activities of daily living. In every age group, certain food diets are required to meet nutrition needs. School age children require snacks to provide for their relatively high energy needs and to avoid excessive hunger at mealtimes. (National Health Promotion and Disease Prevention, 2000).