

List of Tables

Table No	Title	Pg No
2.01	Recommended cut-off values for adolescents (World Health Organization 1995)	11
2.02	Summary of various studies conducted on adolescent boys and girls with respect to linear growth	13
2.03	Studies reporting age of PHV and height gain at PHV among adolescent boys and girls	14
2.04	Summary of various studies on weight growth among adolescent boys and girls	17
2.05	Studies reporting age of PWV and weight gain at PWV among Adolescent boys and girls	18
2.06	Studies Reporting Mid Upper Arm Circumference (MUAC) Data in Adolescent Boys	22
2.07	Studies Reporting Mid Upper Arm Circumference (MUAC) Data in Adolescent Girls	22
2.08	Studies Reporting Skin Fold Thickness (SFT) Data in Adolescent Boys	24
2.09	Studies Reporting Skin Fold Thickness (SFT) Data in Adolescent Girls	25
2.10	Prevalence of Anemia among Adolescent Boys and Girls in Various Studies	27
2.11	Nutrient Intake as % RDA by Adolescent Boys and Girls as Reported in Various Studies	33
2.12	Intra - House Hold Food Distribution in an average House Hold (Gopaldas 1983)	38
3.01	Distribution of 10 – 18 Years Old Boys and Girls by Age and Sex	47
3.02	Phases of Data Collection and Sample Sizes for Various Indicators	49
3.03	Indicators of Nutritional Status Assessment among Adolescent Boys and Girls and Determinants of Nutritional Status	50
4.01	Socio - Economic Characteristics of Adolescent Boys and Girls (10 - 18 Years)	65
4.02	Comparative Data of Height as Percent Standards (Mean values) for Adolescent Boys and Girls (10-18 years) at the Beginning and After 12 months of the Study	71

Table No	Title	Pg No
4.03	Comparison of Mean Height and Height Deficits of the Study Subjects with the NCHS Norms	74
4.04	Comparison of Height for Age of the Present Boys with Boys in Various Studies	77
4.05	Comparison of Height for Age of the Present Girls with Girls in Various Studies	78
4.06	Comparative Data of Weight as Percent Standards (Mean values) for Adolescent Boys and Girls (10 – 18 years) at the Beginning and After 12 months of the Study	82
4.07	Comparison of Mean Weight and Weight Deficits of the Study Subjects with the NCHS Norms	84
4.08	Comparison of Weight for Age of the Present Boys with Boys in Various Studies	87
4.09	Comparison of Weight for Age of the Present Girls with Girls in Various Studies	88
4.10	Adolescent Boys and Girls (10 –18 years) with Normal Nutrition Status at the Beginning and after 12 months of the study :Is there a Gender Difference ?	92
4.11	Adolescent Boys and Girls (10 –18 years) with Under Nutrition at the Beginning and after 12 months of the study : Is there a Gender Difference ?	92
4.12	Comparative Data of Body Mass Index (BMI) as the Percent Standards (Mean Values) for Adolescent Boys and girls (10 – 18 Years) at the Beginning and After 12 months of the Study	93
4.13	Comparative Data of Mid Upper Arm Circumference (MUAC) as the Percent Standards (Mean values) for Adolescent Boys and Girls (10-18 years) at the Beginning and After 12 months of the Study	95
4.14	Studies Reporting Mid Upper Arm Circumference (MUAC) Data in Adolescent Boys	97
4.15	Studies Reporting Mid Upper Arm Circumference (MUAC) Data in Adolescent Girls	97
4.16	Comparative Data of Skin Fold Thickness (SFT) as the Percent Standards (Mean values) for Adolescent Boys and Girls (10 - 18 years) at the Beginning and After 12 months of the Study	99
4.17	Studies Reporting Skin Fold Thickness (SFT) Data in Adolescent Boys	100
4.18	Studies Reporting Skin Fold Thickness (SFT) Data in Adolescent Girls	101

Table No	Title	Pg No
4 19	Longitudinal Data of Hemoglobin Values of the Adolescent Boys (10 - 18 Years) at the beginning and after 12 months of the Study	102
4.20	Longitudinal Data of Hemoglobin Values of the Adolescent Girls (10 - 18 Years) at the beginning and after 12 months of the Study	102
4.21	Comparative Data of Mean Increment in Hemoglobin Levels among the Adolescent Boys and Girls (10 - 18 Years) during the Study Period	103
4 22	Prevalence of Anaemia among Adolescent Boys and Girls in Various Studies	108
4.23	Morbidity Pattern by Age among Adolescent Boys in Summer Season - 15 Day Recall	110
4 24	Morbidity Pattern by Age among Adolescent Boys in Monsoon Season : 15 Day Recall	111
4.25	Morbidity Pattern by Age among Adolescent Boys in Winter Season : 15 Day Recall	112
4 26	Morbidity Pattern by Age among Adolescent Girls in Summer Season . 15 Days Recall	113
4 27	Morbidity Pattern by Age among Adolescent Girls in Monsoon Season: 15 Days Recall	114
4 28	Morbidity Pattern by Age among Adolescent Girls in Winter Season : 15 Days Recall	115
4 29	Gender Difference in Percent Prevalence of Morbidity among Adolescent Boys and Girls (10 - 18 Years) during Three Seasons of the Study Period	117
4 30	Gender Difference in Duration (3 - 8 days) of Morbidity among Adolescent Boys and Girls (10 - 18 Years) During Three Seasons of the Study Period	118
4.31	Percent Prevalence of Morbidity by Hemoglobin Values among Adolescent Boys (10 - 18 Years) in the Three Seasons During the Study Period	119
4 32	Percent Prevalence of Morbidity by Hemoglobin Values among Adolescent Girls (10 - 18 Years) During Three Seasons of the Study Period	120
4.33	Gender Difference in Percent Prevalence of Morbidity by Degree of Anemia among Adolescent Boys and Girls (10 - 18 Years) in Three Seasons During the Study Period	121

Table No	Title	Pg No
4 34	Frequency of the Selected Protective Foods Consumed in Summer Season as Reported by the Highest Percentage of Adolescent Boy and Girls (10 – 18 Years)	124
4 35	Frequency of the Selected Protective Foods Consumed in Monsoon Season as Reported by the Highest Percentage of Adolescent Boy and Girls (10 – 18 Years)	125
4 36	Frequency of the Selected Protective Foods Consumed in Winter Season as Reported by the Highest Percentage of Adolescent Boy and Girls (10 – 18 Years)	127
4 37	Nutrient Intake as Mean and as Mean Percent RDA [#] of Family Members in the Summer Season	133
4 38	Nutrient Intake as Mean and as Mean Percent RDA [#] of Family members during the Monsoon Season	135
4 39	Nutrient Intake as Mean and as Mean Percent RDA [#] of Family Members in the Winter Season	136
4.40	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boys and Girls and Other Family Members in Summer season	137
4.41	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boys and Girls and Other Family Members in Monsoon Season	139
4.42	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boys and Girls and Other Family Members in Winter season	140
4.43	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boy and Girl vs Whole Family in Summer Season	141
4.44	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boy and Girl vs Whole Family in Monsoon Season	141
4.45	Intra - House Hold Food Distribution : Proportion of Total Household Level Nutrient Intake as Consumed by Adolescent Boy and Girl vs Whole Family in Winter season	142
4 46	Is Hemoglobin Status of Adolescent Boys and Girls (10 – 18 Years) Affected by Body Mass Index (BMI)?	146
4.47	Mean Hemoglobin Levels of Adolescent Boys and Girls (10 – 18 Years) by Body Mass Index (BMI): Is there A Gender Difference ?	146

Table No	Title	Pg No
4.48	Anemia and Under Nutrition Between Adolescent Boys and Girls : Is there a Gender difference ?	147
4.49	Is Body Mass Index (BMI) of Adolescent Boys and Girls (10 – 18 Years) Affected by Nutrient Intake ?	150
4.50	Anemia and Undernutrition Between Adolescent Boys and Girls : Is There a Gender difference ?	151
4.51	Is Nutritional Status of Older Adolescent Boys (10 – 18 Years) Affected by Socio – Economic Status ?	153
4.52	Is Nutritional Status of Older Adolescent Girls (10– 18 Years) Affected by Socio - Economic Status ?	156
4.53	Perceptions of adolescent boys and girls regarding their own nutrition and health Status	161
4.54	Perceptions of Adolescent Boys and Girls Regarding Adolescence	164
4.55	Perceptions of Adolescent Boys and Girls Regarding Food and Gender	169
4.56	Awareness about Pregnancy, lactation and Child care among Adolescent Girls (N = 39)	171