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Effectiveness of nutritional supplement in growth and development of children aged 2-12 years

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Objective: To determine the effect of 6 months consumption of nutritional supplement on growth and development of children aged 2-12 years.

Background: Young children in India suffer from some of the highest levels of stunting, underweight and wasting observed in any country in the world. The levels of over-nutrition are also on a rise. Prevention of child malnutrition require diets providing adequate energy and essential nutrients to promote catch-up growth, strengthen resistance to infection and support normal mental, physical and metabolic development.

Methods: This is an observational randomized controlled arm study, where a nutritional supplement (Groviva®) is given to 776 children, aged 2-12 years, for 6 months along with normal diet. Anthropometric parameters (height, weight and BMI) is assessed at baseline, 3 and 6 months. The z score for height, weight and BMI is used to analyze the results using Khadilkar growth chart 2009.

Results: A total of 763 subjects are included in the analysis. Each child is grouped according to age bracket (2-4yrs; 5-7yrs; 8-10yrs; 11-12yrs). After consumption of nutritional supplement for 6 months, z-scores for height, weight and BMI shown improvement in almost all age groups, compared to baseline. The improvement is significant in weight and BMI z-score. The standard deviation scores from expected increase in mean of weight, height and BMI is well within the permissible range. No adverse events is observed.

Conclusion: This study showed that 6 month intake of nutritional supplement by children provided a significant improvement in anthropometric parameters, with no adverse event.

Biography

Jasjit Singh Bhasin is a Sr. Consultant & HOD in Pediatric Department at BLK Super Speciality Hospital, New Delhi and the President of Indian Academy of Pediatrics (IAP), Delhi. He has 34 years of experience in Pediatric field. He completed MBBS from University of Delhi in 1980 and MD - Pediatrics from G B Pant Hospital/Moulana Azad Medical College, New Delhi in 1984. He is a member of Indian Medical Association (IMA) and Indian Academy of Paediatrics (IAP). His speciality interest are childhood asthma, nutrition and growth, infectious diseases.

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