

Abstract

Among other vitamins, vitamin A is the major vitamin required for the healthy growing of a child. Lower intake of this can lead to high risk of mortality, morbidity and blindness. Vitamin A helps to maintain different body functions such as, visual functions, maintenance of growth, reproductive functions, cell differentiation and immune responses. Recommended dietary intake of vitamin A is 400 µg per day for a pre school child. But vitamin A intake of pre school children were low in developing countries.

This study was conducted to assess vitamin A intake of pre school children in Kuliypitiya area. Sixty pre schoolers were selected between 3-5 years age group, including both males and females from Sarvodaya and Prejadeepa pre schools. Data were collected by using interview schedule method, 24-hour dietary recall method and food frequency questionnaire method. Socio economic data were analyzed by using descriptive analysis. Regression analysis was done to determine factors affecting vitamin A intake and one sample t test was done to test significant difference between actual intake and recommended dietary intake.

According to dietary survey 98% children had low intake of vitamin A than recommended value and only 2% had adequate amount of vitamin A. According to the BMI 10% were probably well nourished, 8% of them were possibly malnourished and 82% were malnourished. Out of these 50% were stunted and 78% of children were wasted.

Vitamin A intake of pre schoolers was slightly affected by monthly income level of the family. Results revealed that pre school children had lower intake of vitamin A and also most of them had low nutritional status.