



ORIGINAL RESEARCH PAPER

Health Science

TEACHERS' ROLE AND RESPONSIBILITY IN PROMOTION OF NUTRITIONAL STATUS AMONG ADOLESCENT GIRLS – AN ANALYTICAL STUDY

KEY WORDS: Healthy Eating, Physical Activities, Positive Role, Inspiration, Nutrition Promotion Programme and Nutrition Education

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ABSTRACT

School communities are progressively getting to be places where sound propensities can thrive. The duty regarding showing adolescents' sound propensities does not fall just on teachers however. A solid school network includes all accomplices and sends youngsters a similar message in the home, school, and network. Youngsters who go to a sound school can make educated, solid choices that influence their very own lives and the lives of their families. Positive displaying by school staff is vital to help smart dieting and physical movement approaches and activities. It indicates authority and responsibility that others, for example, students and guardians, can be enlivened by. Teachers are in a decent position to go about as positive good examples for students, guardians and the network. As an teacher, they realize that students watch what they state and do in all respects cautiously. Any distinction between the words and the activities is grabbed rapidly. This can be disappointing, yet remember that students learn by watching and replicating the conduct of others. An teacher who settles on sound decisions including smart dieting and normal physical action can affect the soundness of students, others and in particular themselves. This nutrition education program is successful in improving adolescents' information, demeanors, and conduct in connection to nutrition; in this way, the nutrition training with intuitive and inventive intercession segments is firmly prescribed for future nutrition advancement programs for pre-adult adolescent girls. Hence, the present study has been done with a view to highlight the teachers' role and responsibility in promotion of nutritional status among adolescent girls.

INTRODUCTION

India, the biggest creating nation on the planet, presently faces an assortment of health challenges, one of these being that nutrition issues in youthfulness represent a noteworthy and developing test in numerous pieces of the nation. Teenagers' nutrition and health in India structure a crucial and basic part for the maintainable improvement of adolescents themselves and the nation all in all, and as needs be ought to get unique consideration.

Overweight and obesity are, internationally, the fifth driving dangers for mortality. At any rate 2.8 million grown-ups bite the dust every year because of being overweight or fat. Furthermore, 44 % of the diabetes trouble, 23 % of the ischemic coronary illness load and somewhere in the range of 7 and 41 % of certain malignant growth loads are owing to overweight and stoutness. While numerous nutrition-related perpetual ailments, for example, cardiovascular ailment (CVD), non-insulin-subordinate diabetes mellitus (NIDDM) and specific sorts of disease may just show up in grown-up life, they are related with dietary and way of life chance variables created amid adolescent and puberty, huge numbers of which are related with heftiness. Studies propose that heftiness tracks into adulthood on the off chance that it is available in adolescent. Further, ponders likewise show that adolescents are a nutritionally helpless gathering for various reasons, including their high nutrition prerequisites for development, their eating examples and ways of life, their hazard taking practices and their defencelessness to natural impacts. Along these lines, the advancement of nutrition from puberty plays a fundamental long haul job in keeping up deep rooted health.

The teachers are more influenced with students than the parents in every activity in their day today life. Moreover the students are spending nearly 8 hours per day in their school campus and have close contact with their teachers. Students have intention to follow the words, instructions, suggestions and any information. Thus the teacher can utilise this opportunity to educate the students particularly about the nutrition and its importance in growth and development of physical and mental status. Frequent and continuous information feeding may help to the students to acquire and

adopt healthy behaviour. The teachers can also talk about the various factors influencing student's nutritional status and way to utilise to adopt and overcome the negative factors. Teachers are among the most important influences in the lives of school-aged children, yet relatively little importance has been placed on examining the possible role in general academic teachers may take part in facilitating adolescent health promotion efforts.

OPERATIONAL DEFINITIONS

Nutrition is the science that translates the association of supplements and different substances in food in connection to support, development, multiplication, health and infection of a living being. It incorporates sustenance admission, ingestion, osmosis, biosynthesis, catabolism, and discharge.

Nutrition Education is a lot of learning encounters intended to aid good dieting decisions and other nutrition-related conduct. It incorporates any blend of instructive techniques, joined by ecological backings, intended to encourage wilful reception of sustenance decisions and other food and nutrition-related practices helpful for health and prosperity.

Nutrition education is conveyed through numerous settings and includes exercises at the individual, network, and arrangement levels. Nutrition Education likewise basically takes a gander at issues, for example, sustenance security, food proficiency, and food maintainability.

WHO (1997) has recorded that a determinant of malnutrition is absence of nutrition information. In the assessment of Ali (1992) a person's nutrition is controlled by sustenance accessibility, buying intensity of the general population, dissemination of pay, food utilization design, intra-family sustenance appropriation, dimension of nutritional information, dimensions of work, absence of education and numbness. As per Bull (1998) youthful food inclination and sustenance choice are impacted by social and outside weights.

HEALTH OF ADOLESCENT GIRLS

The World Health Organization (WHO) characterizes immaturity both as far as age (spreading over the ages

somewhere in the range of 10 and 19 years) and as far as a period of life set apart by extraordinary characteristics. These qualities include:

- Rapid physical development and improvement
- Physical, social and mental development however not all in the meantime
- Sexual development and the sexual movement
- Experimentation
- Development of grown-up mental procedures and grown-up character
- Transition from complete financial reliance to relative freedom

In India 22.5% are adolescents. Amid puberty crest development and improvement of the adolescent girls' happens which has direct effect on tyke bearing. Adolescents live in various conditions and have assorted health needs. Adolescents are loaded with vitality, have noteworthy drive and new thoughts. Despite the fact that mortality is less in this age gathering, they endure of different health and nutritional issues which may prompt dreariness and nutritional insufficiencies.

Adolescents are a defenceless period in one's life. It is basic to comprehend the elements that impact pre-adult social, mental, and psychosocial improvement for arranging powerful social administration conveyance frameworks to enable adolescents to endure the numerous dangers that compromise their prosperity. Of the 1.2 billion adolescents matured 10– 19 years around the world, 243 million, about 20 % live in India. However, in India, there is almost no exploration on immature social, mental, and psychosocial advancement. Research on Indian teenagers stays constrained to ripeness. In spite of the Child Marriage Restraint Act of 1978, which sets the legitimate age at marriage for ladies at 18, very nearly one of every three teenagers matured 15– 19 was hitched in 1998– 1999. Accessible information on youthful regenerative health exhibited in this part recommends Indian immature adolescent girls need sufficient power over settling on conceptive choices. At the point when neediness is joined with separation, results can be cruel on the lives of immature adolescent girls specifically. One of the terrible results of this disservice is the dealing in juvenile adolescent girls. Adolescent girls living in ghettos are especially defenceless against dealing. In the metropolitan zone of Calcutta alone, more than one million kids and adolescents live in ghettos. Almost 60 % of sex labourers in Delhi massage parlours were observed to be juvenile adolescent girls. The extent of dealt youthful adolescent girls is most elevated in West Bengal. Besides, practically all guardians of the dealt adolescent girls were unskilled and around 90 % of these adolescent girls were explicitly manhandled amid adolescence. Practically every one of the variables, for example, the quantity of kids, probability of preventative use, and pre-birth visit, change generally crosswise over states.

HEALTH PROBLEMS IN ADOLESCENTS

Adolescent girls are facing physical and mental problems due to intake of sufficient nutritive food items. The insufficient intake of nutritive food may cause of unaware, socio economic conditions, parents education, lack of knowledge and other factors.

Dietary practices of adolescents affect their risk for a number of health problems including chubbiness, iron deficiency, and dental caries. Insufficient nutrition also lowers resistance to infectious disease and unfavourably affects the ability to function at peak mental and physical ability. Common nutrient deficiencies that are presence among adolescent are iron deficiency, iodine deficiency, vitamin D deficiency, vitamin B12 deficiency, calcium deficiency, vitamin D deficiency and magnesium deficiency.

Undernutrition pregnancy

This may called as manifesting as stunting or underweight is

associated with insufficiency in earlier childhood days. Further causes include unhealthy eating habits and poor access to food may be an issues in developing countries. The increased metabolic requirements of pregnancy in affected their risk of nutritional deficiencies, maternal morbidity and mortality, low birth weight babies are at increased risk of stunted growth and all the known co-morbidities of later life.

Obesity

Obesity among adolescents is increasing worldwide in both poor and rich economics. Here the environmental factors have a dominant role i.e a sedentary life style and high fat diets. The long term consequence of adolescent obesity is persistence into adulthood and association with an increased risk of cardiovascular and metabolic disease in later life. As per the report by WHO obesity related issues include sleep disturbances, psychological and social problems, poor self esteem and body image.

Micronutrient deficiency

Iron deficiency is the most widespread micronutrient deficiency particularly among adolescent girls. The key causes are include poor dietary intake, reduced bioavailability and increased losses due to intestinal worms. As maximum bone growth occurs during this period adolescents are prone to calcium deficiency and increased tendency to bone fracture and associated with menopausal bone loss.

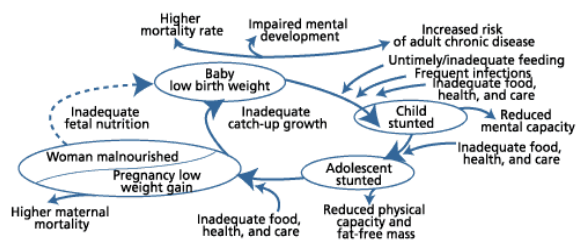
Iodine deficiency is still an issue in parts of the world access to iodised salt. Due to inadequate intake of iodised salt there may a chances for deleterious mental effects of iodine deficiency on the foetus.

Even though **vitamin a deficiency** has in the past been seen as common primary problem among adolescent and it is entangled with iron deficiency.

Mental Health - Many emotional wellness issues develop in late adolescent and early puberty. A portion of the basic emotional well-being issues incorporate lead issue, tension, sadness and dietary problems just as other hazard practices including those that identify with sexual conduct, substance use and savage conduct.

Violence and Injuries - Injuries are among the main sources of mortality and dreariness among adolescents. Physical battling can prompt serious wounds, and it is related with substance abuse and other issue practices. Battling is normal among more youthful adolescents, more so among young men than adolescent girls. Genuine wounds, for example those requiring medicinal consideration are normal among more youthful adolescents.

Nutrition - Chronic malnutrition in early years is in charge of far reaching hindering and unfriendly health and social outcomes for the duration of the life expectancy. Frailty is one of the key nutritional issues in pre-adult adolescent girls. In certain nations both underweight and corpulence are at concerning levels in the meantime. The best health bargaining practices among adolescents incorporate undesirable eating regimens, physical idleness, liquor and other substance use and poor rest propensities.

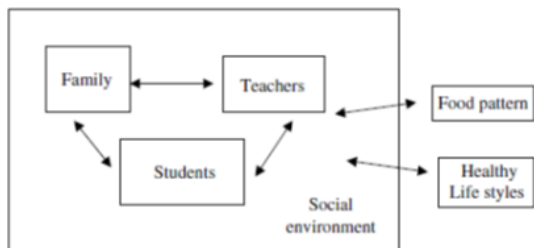


Source: Adapted from the ACC/SCN-appointed Commission on the Nutrition Challenges of the 21st Century.

NUTRITION EDUCATION

School-based nutrition training is an imperative segment of extensive school health. Encouraging nutrition to kids all through their instructive experience is vital to creating smart dieting propensities. Nutrition ideas should be strengthened consistently, and students can find out about sustenance and nutrition as a component of numerous subjects, including math, science, social investigations, physical training, and health. What's more, nutrition training ought to stretch out past the classroom and necessities to include various channels of correspondences. Teachers, foodservice experts, and relatives all assume a job in advancing deep rooted smart dieting propensities. In this manner, nutrition education ought to be connected with the school food condition and at home. Schools and teachers can display smart dieting and being dynamic at school by:

- Packing a sound lunch and setting aside the opportunity to eat it
- Providing sound snacks at school and staff capacities (staff gatherings, parent-teacher interviews, and so forth.)
- Using non-food rewards (pencils, skipping ropes) rather than lollies and sweets
- Walking quickly amid yard obligation
- Joining in the exercises amid physical education classes, break or noon
- Using open transport for school trips – usually less expensive and you can get in your physical action throughout the afternoon
- Taking action breaks amid classes
- Supporting physical action openings amid and after school
- Sharing your physical movement interests with students



Source: <https://www.researchgate.net/publication>

ROLE OF TEACHERS IN ADOLESCENT HEALTH PROMOTION AND THEIR EFFORTS

Teachers are among the most essential impacts in the lives of school-matured kids, yet moderately little accentuation has been set on looking at the potential job general scholastic teachers may play in encouraging pre-adult health advancement endeavours, as per an investigation directed by specialists at Columbia University's Mailman School of Public Health and distributed in the Journal of School Health. The investigation results show that teachers give significant data to class staff about what medical problems are vital to teenagers, specifically, in light of the fact that they hear criticism from adolescents every day.

TEACHERS CAN ENCOURAGE GOOD NUTRITIONAL HABITS BY

- Developing an entire school sustenance strategy
- Involving students and guardians in controlling sustenance arrangement and practice inside the school, and empowering them to add to smart dieting, and following up on their input
 - Offering sound sustenance in school flasks
 - Providing perfect, cool-drinking fountains
 - Assessing the food gave at the school container and candy machines
 - Providing guardians with data on sound sustenance decisions and dynamic living
 - Developing a school vegetable patio nursery
 - Offering customary bite breaks for students to eat products of the soil

- Allowing students to bring their water bottles into the classroom with them
- Providing an inviting eating condition that energizes positive social collaboration
- Physical training methods in which teachers can assist students with becoming progressively dynamic, incorporate
- Developing an entire school physical movement approach, which supports all staff and students to be physically dynamic, at that point actualize, screen and assess it for effect
- Providing a school domain that energizes being dynamic, for instance sufficient play area offices, access to hardware, strolling ways and so forth
- Providing secure bicycle racks or capacity to urge students and staff to ride to work
- Scheduling increasingly physical education and physical action
- Involving students in choices about the school condition
- Including students when choosing the kind of physical action to be attempted, making them increasingly dedicated to support
- Providing guardians/carers with the chance to be associated with the arranging and conveyance of physical movement openings
- Ensuring that sufficient time is spent on creating central engine abilities

When going about as good specialists in a pluralistic culture, teachers are grasping the most elevated and noblest calling of the calling. A considerable assortment of writing has archived the significance of students' impression of their teacher connections on their classroom inspiration, learning, execution and school consumption. In an as of late performed analysis²⁶, it was discovered that students' view of strong teacher connections were associated, overall, somewhere in the range of 0.25 and 0.55 with scholastic and social results including cooperation, fulfilment, self-adequacy, basic reasoning, institutionalized accomplishment in math and language, expanded participation, diminished troublesome conduct, and higher evaluations. On the other hand, discoveries recommend students' inspiration and acclimation to class might be antagonistically influenced when their associations with teachers are troubled.

Moreover, health training teachers, be they inside a school or a network focus, can lead talks among their students (be they kids or grown-ups) on the most recent and most problems that need to be addressed inside their locale and the country all in all. For instance, such teachers can hold a gathering inside the network about adolescent corpulence and what should be possible inside schools, at home, or even on open land, for example, the production of an expanded number of play areas where youngsters can work out. Such gatherings need not exclusively be an instructive occasion for the network. A gathering like this can without much of a stretch is an education occasion for a health training teacher. For instance, it very well may be centered on the network individuals telling the instructor their most squeezing concerns with the goal that something should be possible about it. A case of this could be that guardians are worried that their kids don't think enough about safe sex or appropriate nutrition.

SUGGESTIONS FOR IMPROVING HEALTH STATUS OF ADOLESCENT GIRLS IN SCHOOLS BY TEACHERS

Teachers can likewise advance health outside of the classroom, by encompassing students with chances to eat well and remain dynamic. To improve nutrition, schools can incorporate more beneficial sustenance contributions in the cafeteria and wipe out showcasing of undesirable foods. To improve movement, schools can create safe strolling and biking courses to class, and can advance dynamic break time. Health programs for personnel and staff can likewise be basic

to improving the school condition, not just serving to help workforce and staff health yet in addition building school-wide eagerness for student centered projects. Also, teachers can fill in as vital information sources on student health. Mysterious, school-level data on markers like students' weight list (BMI) can support teachers and approach producers evaluate accomplishment of current projects and choose the bearing of future projects. With great proof that school-based avoidance projects can effectively and without many added assets help students to eat better, be progressively dynamic, and accomplish more advantageous loads, schools are ready to wind up a basic piece of the battle against the corpulence scourge. Serving solid decisions in the break room, restricting accessibility and advertising of unfortunate foods and sugary beverages, and making water accessible to students for the duration of the day are a portion of the manners in which that school can help avert heftiness. Making these kinds of changes in the school sustenance condition will be no simple assignment, be that as it may.

Since the new nutrition models are on the books, will schools really have the capacity to meet them? It might be hard to address that question, since consistence isn't entirely checked week to week. Furthermore, schools and face numerous different difficulties to making a sustenance situation where the solid decision is the default decision. Among the impediments: planning for the greater expenses of obtaining and getting ready progressively energizing sustenance; persuading kids to acknowledge the more stimulating alternatives; and tending to the large number of ways that undesirable foods and beverages are sold or served outside of school suppers, from classroom birthday gatherings to class wide prepare deals and games.

CONCLUSION

The establishment for deep rooted great health is laid in adolescent. What's more, outside of home life, nothing gives a greater amount of a vivid affair for kids than the time they spend in school. This implies schools have a rich chance to improve adolescent health and handle stoutness at the perfect point in time-before issues grab hold. One of the principle roads that schools can use to emphatically influence health is additionally one most specifically in accordance with each school's central goal: teaching students. Nutrition and physical action exercises can be woven into the educational programs in center classroom subjects, physical education, and after-school programs-to instruct abilities that assistance students pick and keep up solid ways of life. Notwithstanding showing proof based nutrition and movement messages, school physical training should concentrate on getting students occupied with high caliber and ordinary action. There should be certain teacher's and student's relationship. Schools can improve the nature of health training. It is of incredible critical to see how the adolescents develop for those included to be fruitful in managing adolescent's issues. Teachers are compelled to comprehend adolescent, hear them out and react to their necessities properly with the goal that they can assist them with resolving their issues. Customized at fitting formative dimension, physical action may enable them to pick up certainty and satisfy that should be fruitful. The reason for health training is to emphatically impact the health conduct of people and networks just as the living and working conditions that impact their health. Health education improves the health status of people, families, networks, states, and the country.

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