

Jassem, H., Kassim, N, & **Suleiman, K.** (2013). Nutritional Status of Primary School Children from Low Income Households in Jordan. *Journal of Natural Sciences Research*, 3(2), 61-67.

Abstract

Background and objectives:

Committee on the Dietary Guidelines for Americans, 2010 recommended for children nutrition had expanded beyond "getting enough" to include healthy eating to reduce the risk of chronic disease at adolescent and adult age. The aims of this study were to examine the nutritional status and reveal any gender differences among school aged children 6- 12 years old from low income household in Jordan.

Design and setting, method:

A descriptive exploratory approach used in conducting this research, the present study was carried out between January and June 2011. Two basic variables (height and weight) and a single derived variable (body mass index) have been used in the present study. Researchers used BMI_group_calculator_Metric. This calculator computes BMI and BMI percentiles for individual children in a group using height and weight measurements, sex, date of birth, and date of measurement information.

Results

The age range of the children was 6-12 years old with an average age of 7.1 ± 0.88 years. Children's BMI-for- Age presented that normal BMI for (71%) from total school age children as (66% girls) and (71% boys) while overweight children (24%, 17% boys and 33% girls) .

Conclusion

Malnutrition is a major health problem among Palestine refugee's school age children.

Children's BMI-for- Age presented that normal BMI for from total school age children as Underweight, overweight as well as obese children with non-ignorable levels.

Keywords: Nutritional status, school aged children