

**ASSESSMENT OF NUTRITIONAL STATUS IN
DUAL NUTRITION BURDEN ERA**

In the dual nutrition burden era accurate assessment of nutritional status has become essential

➤ At individual level for

- early detection of under- and over-nutrition in persons**
- initiation of appropriate management on the basis of the findings during assessment and**
- monitoring the improvement in nutritional status over time**

➤ In community level surveys for assessment of

- magnitude and determinants of dual nutrition burden**
- impact of on-going public health interventions to combat the dual nutrition burden**

ASSESSMENT OF NUTRITIONAL STATUS IN DUAL NUTRITION BURDEN ERA

- What were the parameters used for assessment of nutritional status when under-nutrition was the major problem?
- What are the additional parameters which have been included in the dual nutrition burden era?

ASSESSMENT OF NUTRITIONAL STATUS IN DUAL NUTRITION BURDEN ERA

When under-nutrition was the public health problem parameters used for assessment of nutritional status were

- Household food security assessment
- dietary intake using 24 hour dietary recall
- clinical signs of nutritional deficiency and
- anthropometric measurements mainly weight and where possible height

Additional parameters used for assessment of nutritional status in dual nutrition burden era

- Physical activity measurements
- BMI
- Amount of body fat and its distribution