

**A NUTRITION AND SOCIO-ECONOMIC SURVEY OF THE POPULATION
IN THE URBAN SRI LANKAN VILLAGE OF UDA PERADENIYA
(KANDY DISTRICT)**

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A nutrition and socio-economic survey was carried out in the urban village of Uda Peradeniya, adjoining the University of Peradeniya, during September 1978. The survey included the collection of dietary (weighment method) and socio-economic (questionnaire and observation methods) data. Socio-economic survey included 35 randomly selected families, that represented 14% of the total population of 258 families in that village. Dietary survey was limited to 20 families (114 individuals), due to exigencies of personnel and time. Dietary intakes of individuals were weighed and recorded during a 3-day observation period. Percentage adequacy of the various nutrients, when determined, with respect to the nutritional requirements of the respective families, showed that, with the exception of pregnant mothers, all other age groups were deficient in calories. Protein deficiency was prevalent in school children, male and female adolescents and lactating mothers. Other inferences which were made are as follows:- (1) Protein-calorie deficiency decline with increased income in the family. (2) Under-nutrition is linked with the family-size, and this is especially so in the low income group. (3) The literacy level of the family also influences the incidence of under-nutrition.

References :

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