



کراچی یونیورسٹی

University of Karachi

THE NGDS PILOT PROJECT

Participating School: Beacon Light Academy, 'O' Levels, Karachi



SF GROWTH-AND-IMAGING LABORATORY

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Guidelines for Optimal-Weight Management

Wasting means the student has **LESSER** weight-for-height. There is a very high prevalence of wasting in school-going and well as university-going students in Karachi (Kamal *et al.*, 2011a). To gain weight, the student's diet should consist of high-protein content (meat, fish, milk, *etc.*) as well as potato items (Mozaffarain *et al.*, 2011). Such students should avoid fiber-rich food. They should perform heavy exercises, consistently, for shorter duration during a typical day.

Obesity means the student has **EXCESS** weight-for-height (Ludwig, 2007). A scientific approach is needed to manage obesity (Miller *et al.*, 2007; Seth *et al.*, 2006). To reduce weight, the student's diet should include salad and yogurt. Obese students should perform light exercises, consistently, for longer duration during a typical day (Christodoulos, 2006). A relaxed (unhurried), complete breakfast, followed by proper lunch and proper dinner (accompanied by 10-12 glasses of water during 24 hours), at their appropriate timings, are keys to good nutrition. Avoid junk food and snacks, except mid-morning one. The students and their parents must realize the importance of a nutritious breakfast. There should be a column in diary of students, where parents can enter breakfast items taken in the morning. Those students, who arrive in school without proper breakfast, may be asked to first have their breakfast and then join classes. The parents should be aware of the fact that diet-based intervention shall work, provided the student is **NOT** suffering from *vitamin-D deficiency* (Kamal, 2013a). Another way of managing obesity is taking measures so that height of the student is increased (Kamal, 2013b). Growth-and-obesity monitoring (Kamal *et al.*, 2011b) of primary-school children has been, regularly, conducted in schools run by the Armed Forces of Pakistan since 2008. In 2011, Beacon Light Academy joined this project (Kamal, 2011).

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Fig. 1a-d. From left to right, (a) measurement of mass; (b) common errors in measurement process — hair-band not removed; (c) feet not positioned correctly and (d) student holding on to beam scale

Web address of this document: <http://www.ngds-ku.org/BLA/Weight.pdf>

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