

## Addressing Undernourishment of Pupils in a Depressed Community through Feeding Program and Vitamin Supplementation

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**Abstract :** This study evaluated the supplemental feeding program for 59 undernourished pupils in an elementary school located in one of the depressed communities in Tarlac City, Philippines in SY 2013-2014. Pupils were fed for one month with heavy breakfast and afternoon snacks. They were also given vitamins daily. Findings revealed that most of the pupils regained normal Body Mass Indices (BMIs) during a routine weighing in the school opening. In addition, results revealed that the academic performance of the pupils in the 4th Quarter, after the feeding program, was higher compared to the 3rd Quarter period. The researchers recommended that school extension programs should prioritize activities to address malnutrition among pupils to help them perform well in academics. In addition, feeding programs must include heavy meal plans like what was implemented in this project. The feeding program must also include giving of milk and vitamins to ensure significant improvement in their nutrition. It is also important that fecalysis and deworming be performed before the feeding program and proper handwashing be integrated into the feeding activity.

**Keywords :** wasted, severely wasted, body mass index, supplemental feeding

**Conference Title :** ICDUSHRA 2015 : International Conference on Development, Urban Space, and Human Rights in Australasia

**Conference Location :** Melbourne, Australia

**Conference Dates :** December 13-14, 2015