Original article
**Nutritional status of Adolescent girls of urban slums of Hyderabad**

**1Dr.A.Shravan Kumar, 2Dr.Amrita N S, 3Dr.M.Sreedhar**

1Associate Professor & HOD, Department of Community Medicine, Osmania Medical College, Hyderabad

2 Senior Resident, Department of Community Medicine, Osmania Medical College, Hyderabad

3Associate Professor, Department of Community Medicine, Osmania Medical College, Hyderabad

Corresponding author:Dr.M.Sreedhar

**Abstract :**

**Background:** Adolescence is the transition stage between childhood and adulthood and they form the future generation of a country. Adolescents’ nutritional needs are critical for the well being of a society .

**Objectives**: To determine the nutritional status of adolescent girls in urban slums of Hyderabad.

**Material & Methods**: Present study was a community based cross sectional study done in Krishna Nagar which is an urban slum of the field practice area of Community Medicine Department. A house to house survey was conducted in the area and adolescent’s girls were interviewed and examined after obtaining informed consent. Nutritional assessment was done using the anthropometry. The weight and stature were measured as per the WHO guidelines on anthropometry.

**Results**: Mean age was found to be 13.2± 5.6 standard deviation with majority belonging to Hindu religion and joint families. Present study found a high proportion of underweight adolescent girls (48.5%) and about one fourth (21.5%) being obese.

**Conclusions**: It is concluded that there is a high prevalence of under nutrition in the selected urban slum and hence health education and nutritional interventions needed on urgent basis.

**Key words**: Nutritional status, adolescent girls, urban slum