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**Kazi Jannatul Wakeya**

**June, 2019**

# **ASSESSMENT OF NUTRITIONAL STATUS AND ITS ASSOCIATED FACTORS IN ADOLESCENT GIRLS**

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**I dedicate this thesis to my beloved parents,  
sister and teachers.**

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## List of abbreviations

<b>Abbreviations</b>	<b>Elaborations</b>
%	Percentage
BMI	Body mass index
MUAC	Mid upper arm circumference
SAM	Severe acute malnutrition
MAM	Moderate acute malnutrition
SD	Standard deviation
WHO	World Health Organization
UNICEF	United Nation International Children Emergency Fund
CI	Confidence Interval
FET	Fisher Exact Test
PMS	Premenstrual Syndrome
Cm	Centimeter
Kg	Kilogram
BBS	Bangladesh Bureau Statistics

## **Abstract**

Nutrition in adolescence is imperative in life cycle of women to build up a healthy next generation. This study was conducted in some selected areas of Chattogram and Cox's Bazar districts and, three Rohingya camps of Cox's bazaar in Bangladesh to know the prevalence of underweight and overweight in adolescent girls and associated risk factors. A cross-sectional investigation was carried out among 360 respondents utilizing a simple random sampling technique. A structured questionnaire was used to accumulate the data. Height, weight and body mass index (BMI) were recorded for all participants. The prevalence of underweight and overweight were 26.1% and 7.2%, respectively. Area, age, skipping meal, knowledge on nutrition and premenstrual syndrome were associated with nutritional status. Proper campaign on nutritional knowledge and food intake can minimize the magnitude of malnutrition in adolescent girls.

**Keywords:** Adolescent girls, nutritional status, factors, Bangladesh.