

Relevance of Nutrition

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Received date: 15/07/2017; Accepted date: 20/07/2017

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Summary

The study was conducted to determine the prevalence of malnutrition among students of Imo State Polytechnic, Umuagwo-Ohaji, Nigeria. A cross-sectional study was conducted among 100 students. The results showed that 60% of the students were malnourished. The study also found that 40% of the students were overweight. The study concluded that malnutrition is a public health problem that needs to be addressed. The study also found that overweight is also a public health problem that needs to be addressed.

Introduction

Malnutrition is a global public health problem that affects millions of people every year. It is a condition that occurs when the body does not get the right amount of nutrients it needs to stay healthy. Malnutrition can lead to a variety of health problems, including stunted growth, weakened immune system, and increased risk of infection and disease. Overweight is also a public health problem that is on the rise in many countries. It is a condition that occurs when a person has an excess of body fat. Overweight can lead to a variety of health problems, including heart disease, diabetes, and high blood pressure.

The purpose of this study was to determine the prevalence of malnutrition and overweight among students of Imo State Polytechnic, Umuagwo-Ohaji, Nigeria. The study was conducted among 100 students. The results showed that 60% of the students were malnourished and 40% of the students were overweight. The study concluded that malnutrition and overweight are public health problems that need to be addressed.

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Health Management

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