

Assessment of nutritional status and prevalence of worm infestations among middle school students at Sikar, Pyin Oo Lwin Township

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19th Mandalay Medical Conference, Myanmar Medical Association.

Abstract

The nutritional status of children is important for their physical and mental growth. Worm infestations also affects on nutritional status. Globally, more than 3.5 billion people are infected with intestinal worms. The purpose of this study was to assess the nutritional status and prevalence of worm infestations among middle school students at Sikar, Pyin Oo Lwin Township. Laboratory-based cross-sectional descriptive study was done during January to December 2018. A total of 174 middle school students in which mean age were (12.1 ±1.3) with the range of (10-14) years were included in this study. Male to female ratio was equally involved in this study. Stool sample was microscopically examined with saline and iodine preparation at Department of Medical Research (Pyin Oo Lwin Branch). The nutritional status was categorized according to BMI criteria by WHO 2007 sets such as <-2SD as underweight, -2SD to +1SD as normal, >+1SD to +2SD was overweight and >+2SD as obese respectively. Among nutritional status of 174 participants, normal weight was 70 cases (40.2%), Thinness was 47cases (27.0%), Severe thinness was 8 cases (4.6%), Overweight and obese were 49 cases (28.2%) respectively. There was no association between nutritional status of middle school students and worm infestations. The overall prevalence of worm infestations was 17 (9.7%) cases. In this study, prevalence of worm infestations was high in girls (6.9%) than in boys (4.6%). The most prevalence worm infestations were *Taenia Solium* (12/174, 6.9%), *Ascaris lumbricoides* (2/174, 1.1%) and Hookworm (1/174, 0.6%). Mix infestation was observed in 2cases out of 174(1.1%). *Ascaris* and *Taenia* mixed infestation were examined in one case (0.6%). *Ascaris* and *Enterobius Vermicularis* mixed infestation were examined in one case(0.6%). This study showed the baseline data of helminthiasis in middle school students and low prevalence highlights the promoted health education and prevention of worm infestations regularly in middle school, Myanmar.