

KGAT CARD FOR DETECTION OF MALNUTRITION

During recent years growth monitoring per se has been regarded as a strategy of preventing severe malnutrition and death in children. Tools for measuring growth are simple and easy to use (weighing scale, measuring tape etc.) and are available in a community/Family. However, no tool is available at present which may be simple, small, portable and easy to use for interpretation of anthropometric measurements collected at peripheral level. The K.G.A.T. Card has been developed to fulfil this need.

K.G.A.T. card is very easy to operate. Just adjust the age of your child (up to 60 months) on the respective window of the card, you will get instantly the minimum expected weight (in kg), height (in cm) and mid upper arm circumference (MUAC in cm). And if these values are less than the critical values (which are also shown simultaneously against each parameter i.e., weight, height and MUAC), it warns that your child is suffering from severe malnutrition. Alternatively, by adjusting the height (in cm) of your child on the KGAT card, you get the instant minimum expected weight for this height along with the critical value which indicates severe malnutrition. If your child's nutrition status is between normal and severe category of nutrition, it means he is suffering from mild to moderate degree of malnutrition.

Different criteria used to interpret anthropometric measurements in terms of malnutrition have been shown in the card. The reference values used for various parameters in KGAT card have been taken from W.H.O. Monograph Series No.53 (D.B. Jelliffe, Assessment of Nutritional Status of the Community, 1966) ^{which} except in case of MUAC, which have been derived from the Harvard Standards (Stuart and Stevenson, 1959 Table I).

The pilot field testing of this tool was done in a group of 20 educated mothers in an urban clinic of Delhi and it was found to be 100 per cent acceptable. The degree of agreement between qualified MBBS doctor vs educated mother was 95-100 per cent. The detailed field testing of this card is being tested at three centres.

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It is felt that this simple card would be extremely useful guide for helping millions of literate nutrition-conscious mothers, peripheral health and Nutrition Workers and supervisors in World to monitor the health and nutrition status of children in community.

The card is available from the Institute of Health & Nutrition, E-35 Ansari Nagar, New Delhi-110029.

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TABLE CRITERIA USED TO INTERPRET ANTHROPOMETRIC MEASUREMENTS IN TERMS OF MALNUTRITION.

S.No.	Parameter	Cut off point for categorising malnutrition (as percentage of reference standard.)		Reference criterion used.
		Normal	Severe	
1.	Weight for age	80	60	i) Indian Academy of Paediatrics ii) Wellcome Group
2.	Height for age	95	85	
3.	Weight for height	90	70	
4.	Mid upper arm circumference (MUAC)	80	50	J.C. Waterlow, WHO Monograph Series No.62