

children usually have their lunch and dinner prepared at home while 52 % had breakfast from the bakery, canteen, and other places outside home. The reasons for missing main meals were not being hungry (65.6%) and not having time for a main meal (42.6%).

Four hundred and sixty (72%) of the students consumed at least one snack a day, the common snacks being confectionaries. Those avoiding meat, fish or eggs were 22%, 12.5%, 12.7% respectively, the reasons being religious beliefs and dislikes.

Conclusions: Missing main meals and consumption of snacks and eating away from home were observed among adolescent students.

#### FP-085

##### **Under Nutrition at Two Years of Age among Children Born in the Year 2005 and Low Birth Weight in the Medical Officer of Health (MOH) Area, Medirigiriya, Sri Lanka**

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Objective: To describe the association between weight gain during the first two years of life and low birth weight in children born in the year 2005 in the MOH area, Medirigiriya

Methods: A cross sectional comparative study was conducted in the MOH area, Medirigiriya, a rural, agricultural area situated in the North Central province of Sri Lanka. The data collection was done from September 1, 2008 to October 31, 2008. All children born in the year 2005 and residing in the study area were included in the study. Children with congenital or chronic disorders were excluded from the study. A pre-tested interviewer administered structured questionnaire was used in the data collection. Ethical clearance was obtained from the Ethical Review Committee of the Faculty of Medicine, University of Kelaniya. The data were entered into excel 2003 data sheet and analyzed using SPSS 15 statistical software.

Results: 1,062 children were included into the study. There were 552 (52%) males and 510 females (48%) whose age ranged from 32 months to 45 months. 228 (21.5%) were under weight. The prevalence of low birth weight was 34.2% among the underweight children compared to 14.3% for normal weight children and was statistically significant ( $p=0.000..$ ) with the prevalence of underweight at 2 years of age.

Conclusions: This study highlights the association between low birth weight and under nutrition at later life in children and appropriate measures to reduce the prevalence of low birth weight should be taken.

#### FP-086

##### **Child Abuse and Corporal Punishment as Perceived by Northern Thai People**

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The objective was to study the perception of child abuse and corporal punishment among Northern Thai people. The community based participatory assessment was used as the research method. The participants were composed of children, parents, villagers, and community key leaders in one rural community. The qualitative data were generated through in-depth interviews and focus groups discussion. Content analysis was utilized as the method for analyzing data. The findings revealed that the practice of corporal punishment such as spanking and beating were not considered child abuse by the participants. Behaviors that participants denoted as child abuse were corporal punishment administered with a hot temper or from angry parents, corporal punishment given without reason or for every small mistake made by the child, and corporal punishment which causes significant injury or even death. The results showed that cultural beliefs have great impact on the participants' perception of corporal punishment of a child. The cultural beliefs were comprised of three main themes: the belief of parents' rights over the child, the value of the child's obedience as a way to pay back the debt of gratitude, and the proverb of "spare the rod spoils the child". These beliefs create a positive view towards harsh punishment as the most effective form of discipline, as the way to express love, and for the betterment of the child's future. The results outlined the implications for community health nursing and suggest culturally appropriate interventions regarding child protection for the quality of child's development.

#### FP-087

##### **Zinc Dose, Insulin Growth Like Factor-1 (IGF-1) and Birth Weight in Malnourished Pregnant Women in Indonesia**

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Pregnant women are one of vulnerable groups for malnutrition. Indonesia House hold survey (2001) reported 19.1% malnourished pregnant women risk to delivery low birth weight babies. This study aimed to investigate the effect of zinc supplementation on birth weight and to assess precise dose of zinc. Randomized double blind pre-post controlled design was conducted in Takalar district (2002). Malnourished pregnant women divided into three groups and received food supplement