

Research Question 3: What are the major nutritional health problems of boarding house students in Idemili North Local Government Area of Anambra State based on their age?

Table 3. Responses of Public Boarding House Students in Idemili North Local Government on the Major Nutritional Problems of Boarding House Students Based on their Age

S/N	Which of these nutritional health problems have you ever experienced as a boarding student?	10 – 14 YEARS		15 – 19 YEARS	
		YES (%)	NO (%)	YES (%)	NO (%)
1	Obesity	6 (3)	87 (43.5)	2 (1)	105 (52.5)
2	Dental caries	16 (8)	77 (38.5)	26 (13)	81 (40.5)
3	Malnutrition	38 (19)	55 (27.5)	72 (36)	35 (17.5)
4	Dry skin	23 (11.5)	70 (35)	28 (14)	79 (39.5)
5	Dry lips	25 (12.5)	68 (34)	28 (14)	79 (39.5)
6	Acne	52 (20)	41 (20.5)	67 (33.5)	40 (20)
7	Thin and sparse hair (poor hair growth, loose hair especially on the hair line)	35 (17.5)	58 (29)	26 (13)	81 (20.5)
8	Anemia (lack of blood)	9 (4.5)	84 (42)	13 (6.5)	94 (47)
9	Visual impairment (any form of eye problem)	54 (27)	39 (19.5)	69 (34.5)	38 (19)
10	Peptic ulcer	15 (7.5)	78 (39)	16 (8)	91 (45.5)
11	Heart burn	41 (20.5)	52 (26)	79 (39.5)	28 (14)
12	Diarrhea	53 (26.5)	40 (20)	50 (25)	57 (28.5)
13	Flatulent (bloated stomach)	68 (34)	25 (12.5)	66 (33)	41 (20.5)
14	Sore mouth	13 (6.5)	80 (40)	25 (12.5)	82 (41)
15	Constipation	62 (31)	31 (15.5)	89 (44.5)	18 (19)
16	Swallowing problem	13 (6.5)	80 (40)	23 (11.5)	84 (42)
17	Nausea (feeling like vomiting)	51 (25.5)	42 (21)	37 (12.5)	70 (35)
18	Weight lose	59 (29.5)	34 (17)	69 (34.5)	38 (19)
19	Lack of appetite (not having appetite at all)	21 (10.5)	67 (33.5)	87 (43.5)	25 (12.5)
20	Decreased appetite (having a reduced appetite)	81 (40.5)	12 (6)	81 (40.5)	12 (6)

From Table 3 above, the outlined nutritional problems of boarding house students in Idemili North Local Government of Anambra State based on their age indicates that items 1, 4, 7, 11, 12, 13, 17 and 18 has more percentage of

affirmation among students of age 10 – 14 years while items 2, 3, 5, 6, 8, 9, 10, 14, and 15 has higher percentage of affirmation among boarding house students between the age 15 – 19 years.