



Zagazig University  
Faculty of Nursing  
Community Health Nursing Department

# **Effect of Health Status and Nutrition Pattern on Learning Performance among Primary School Children in Sonover District Fayoum Governorate**

Thesis submitted for partial fulfillment of the requirements of the  
Doctorate Degree in Nursing Sciences  
(Community Health Nursing)

**By**

**Nadia Ahmed Eladeham**

B.Sc., M.Sc. Nursing  
Assistant Lecturer in Community Health Nursing  
Faculty of nursing- fayoum university

**Supervisors**

**Dr. Salwa Abbass Aly**

Professor of Community Health Nursing  
Faculty of Nursing - Zagazig University

**Dr. Amal El-Bdawy**

Professor of Community Medicine  
Faculty of Medicine - Zagazig University

**Dr. Wagida Wafik Kamel**

Assist. Professor of Community Health Nursing  
Faculty of Nursing - Zagazig University

Zagazig University  
Faculty of Nursing

**2015**

# ABSTRACT

## **Effect of Health Status and Nutrition Pattern on Learning Performance among Primary School Children in Sonover District Fayoum Governorate**

School children are a vulnerable group because they are more active, low in immunity and liability to hazardous exposures. The **aim** of this study was to assess the effect of health status and nutrition pattern on learning performance among primary school children in Sonover district, Fayoum governorate. The **cross-sectional** design was conducted in morning primary schools in this setting on a convenience **sample** of 125 grade 6 male and female students. The **data collection** tools included an interview questionnaire assessing socio-demographic data and knowledge about nutrition, a clinical assessment sheet, and scales to assess the student's learning performance, namely the Mental capabilities of primary school children (age 9-11), and the Children attention and adjustment scale. **The study revealed** that the primary school children in the study setting have deficient knowledge about diet and nutrition, with a high health problems and abnormal physical examination findings. The most psycho-behavioral problems among them were the lack of concentration and abnormal conduct behavior, with a smaller percentage of children having Attention Deficit Hyperactivity Disorder (ADHD). Their knowledge deficiency has a negative effect on their concentration abilities, ADHD, and reported health problems. It is positively affected by their mental capabilities and their family income. It is **recommended** to improve schoolchildren's dietary knowledge through school health educational programs, community health nursing interventions, and school curricula, with screening programs. Further research is suggested to assess the effectiveness of interventions aimed at improving the nutritional status of school children, and its impact on their school performance.

**Key words:** Health, Nutrition pattern, Learning performance, Schoolchildren.

