

# Prevalence of Foot Crack and Peeling disease among School Children of Malappuram District, Kerala

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Received on 6-2-2017  
Accepted on 4-4-2017

## Abstract

The cracking and peeling of the heels and soles of feet found widely among schoolchildren across the Malappuram district. Recognizing the importance of foot health in the process of economic and social development and improving the quality of life of our school children, we have to carry out necessary architectural correction in the basic health care delivery system and awareness in the magnitude of the problem. The victims are in the age group of 5 to 14 so the situation is not good because it adversely affects the development of Nation.

## Introduction

Malappuram district is a revenue district in the state of Kerala, south India with headquarters at the town of Malappuram. It is the most populous district in Kerala. The populations include Muslims, Hindus, Christians, various tribal religion believers, Buddhists, Sikhs, Jains and others (Malayala Manorama 2006).

Child health as an area of policy option has been given much attention by health economists, public health experts, planners etc. children are vital to the nation's present and her future. They have begun to be recognized not only for who they are today but also for their future roles in creating families and powering the work force of the society. In recent years, there has been an increased focus on issues that affect the health of children. The increasing interest on child health and nutrition has been justified on many ways [ Vipin chandran, 2010]. The people are now facing the problem of several health hazards and If victims are in the age group of 5 to 14, the situation is not good because it adversely affects the development of Nation.

The cracking and peeling of the heels and soles of feet found widely among schoolchildren across the Malappuram district. Recognizing the importance of foot health in the process of economic and social development and improving the quality of life of our school children, we have to carry out necessary architectural correction in the basic health care delivery system and awareness

in the magnitude of the problem. Major objective of the study was to find out the extent of Foot Crack and Peeling (FCP) disease among School children of Malappuram District.

## Materials and Methods

Survey method was adopted for the study. Sample consists of 300 students from five selected schools of Malappuram District. Sample consists of 161 male students and 139 female students. A questionnaire was used to collect data. Interview was also conducted along with questionnaire to collect more accurate information.

## Results

Among 300 students selected for the study 116(38.7 %) exhibited symptoms of Foot crack and peeling. (Table1)

**Table 1.** Number of school children affected with foot crack and peeling disease

| FCP              | Frequency | Percent |
|------------------|-----------|---------|
| Without symptoms | 184       | 61.3    |
| With Symptoms    | 116       | 38.7    |
| Total            | 300       | 100.0   |

Among selected sample 38.7% of children were found to be affected. Certain children showing some lesions on the upper surface of foot also, this may be due to contact with low quality footwear.

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**Table 2.** Sex wise distribution of affected and unaffected School Children

| Sex    | Without FCP |      | With FCP |      | Total |       |
|--------|-------------|------|----------|------|-------|-------|
|        | N           | %    | N        | %    | N     | %     |
| Male   | 104         | 64.6 | 57       | 35.4 | 161   | 100.0 |
| Female | 80          | 57.6 | 59       | 42.4 | 139   | 100.0 |
| Total  | 184         | 61.3 | 116      | 38.7 | 300   | 100.0 |

Among affected school children Male constitute 35.4% and Females constitute 42.4%. Sex wise distribution of affected and unaffected School Children is showing in Table -2.

### Conclusion

Recent trends indicate that health of the people of Kerala face the double threats of re-emerging communicable diseases and emergence of risk factors that predispose persons to chronic diseases. High levels of morbidity and high out of pocket payments for treatment are also a load on the economic well being of the people of the State (Twelfth Five Year Plan, 2012-17).

Our health care sector needs to improve considerably in terms of availability and quality of its physical infrastructure, human resources and services so as to meet the growing demand. We have to design and implement an adequate response to the new problems that are confronting the State today.

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