
NEWSLETTER

The Impact of Boarding on the Children's Health in Rural China

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THIS article is based on the data from the China Health and Nutrition Survey in the year 2009, 2011, and 2015, which covers a total of 12 provinces in the east-central-west regions of China, using the Propensity Score Matching Method (PSM), and adopted the Rosenbaum boundary estimation and instrumental variable methods for robustness testing to confirm the credibility of the research conclusions. The research results are as follows:

- Indicators and method introduction: Using the anthropometric parameters (height, weight, etc.) to measure children's health status, and use HAZ score (height for age Z-score) to evaluate children's long-term nutritional health status, BAZ score (BMI for age Z-score) to reflect children's recent or short-term nutritional health status. From the descriptive statistics of the data, it is known that there are certain characteristics differences between boarding students and non-boarding students. The propensity score matching method (PSM) needs to be used to control the differences in characteristics besides children's health status, and it is necessary to further adopt the robustness test of Rosenbaum boundary estimation and instrumental variable method to confirm the reliability of the research conclusions.
- Analysis of the results: boarding at school has a certain negative impact on children's health, and rural children from central west regions, especially the western areas were strongly affected, while the situation of that in the eastern region is not significant; The negative impact of school boarding on the health of rural boarding students mainly occurs at the elementary school level.
- Countermeasures and Suggestions: First, it is necessary to contribute to the reinforcement of financial support for rural boarding schools in the central west regions, especially in the western regions. Meanwhile, the special fund for the nutrition improvement plan for boarding schools requires strict management. Second, great importance should be attached to children's health

problems caused by low-age boarding. It is strongly recommended to provide nutrition and health courses and strengthening home-school interaction to help low-age boarding children develop healthy eating habits; Third, refine the rural boarding schools' management, carry out some nutrition knowledge training, concentrate on meal collocation, ensure the diversified food and balanced nutrition structure, and improve the food taste, so as to provide a good learning and living condition for rural boarding children.

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