



Profile of Health Status of Rural Women in Nanded District

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Abstract:

After the 70 years of autonomy, young lady kid's introduction to the world isn't commended as the introduction of kid. India is second biggest populated nation involving 72.2% populace of provincial zone. About half populace is of ladies and this part is ignored. This image in India will change with the mentality of each person in the family. The present study was planned to find out the health status of rural women in Nanded. For good health, nutritional status should be good. Nutritional status can be assessed by 24 hours diet recall method. Basal Metabolic Index (BMI) was also calculated to measure fatness of women. Haemoglobin of sample was also measured. It helps to know anaemia level in women.

Key Words: Anaemia, Haemoglobin, BMI, Women

Introduction

After the 70 years of autonomy young lady youngster's introduction to the world isn't commended as the introduction of kid. According to old Indian culture the kid is important to perform last customs after death and to get Moksha. Kid youngster is likewise a help in mature age though young lady kid leaves the guardians after marriage as the standard of man controlled society the arrangement of society where father or oldest male is the leader of the family and not too bad is figured through the male line.

Women involve half of populace and India is second biggest populated nation on the planet. In India 72.2 % provincial populace is there. Half of the populace is ignored from their introduction

to the world. Ladies themselves additionally not mindful of it and not ready to defeat their issues, rather they are made subject to the male individuals in the family. To change this image alongside government plots each resident should change their outlook, at that point and afterward just change will happen in the general public.

Women's unexpected weakness and wholesome status in India are in accordance with social, social, financial, and instructive measurements. As indicated by WHO (1946) wellbeing is characterized as a condition of complete physical, mental and social prosperity and not simple the nonappearance of sickness as ailment.

Materials & Methods

Study was conducted in village Markandi, district Nanded. Random sample of 75 women were selected in the age group of 21- 50 years. Interview schedule was developed by framing objective of the study. Data was collected by using pre tested questionnaire, and it comprises the questions such as family background, 24 hours recall diet, frequency of falling ill and blood analysis. To check the blood the help of physician (Doctor) was taken. BMI of the sample was also calculated.

Result & Discussion

The collected data was pooled, compiled, tabulated and analyzed to know the nutritional status of rural women in Nanded.

Table 1: Frequency of Meals in a Day

Meals Time / Day	No. of Respondents	Percentage
02	59	56.00%
03	08	38.67%
04	07	5.33%

Table 1 indicates the frequency of meals in a day. When sample were asked about their daily meal pattern and recall of days menu, about 59% women had twice meals per day, where as 8%

and 7% women had three and four times meal per day. The women replied that almost all women ate after the meals of family members and they all ate at last and whatever remains to eat.

Respondents replied for last days menu by recalling that, most of the women had cereals (mostly Jowar) and pulses (Red gram dhal) in their diet. About 50% women said that they had vegetable only in their lunch. Women replied that green leafy vegetable were taken if it is available and not any compulsion for it because green leafy vegetables are not liked by their children. Fruits were consumed rarely, some woman replied fruits were brought to the home by their family members but they ate only on the *upwas* -fast day. Milk was not regularly consumed by women but about 70% women consume milk in the form of tea.

Table 2: Haemoglobin Level of Rural Women

Haemoglobin (gm/dl)	No. of Respondents	Percentage
Below 10	50	66.66%
10.1—12	21	28.00%
Above 12	04	5.33%

It can be predicted from table 2 that haemoglobin was tested with the help of doctor and about 66.66% women had Hb level below 10gm/dl and it is very low level of haemoglobin that may lead to anaemia and 28% women were in the range of 10.1-12 and above 12.1 gm/dl there were only 5.3% of women. Haemoglobin is carrier of oxygen and if its level is normal then it indicates health may be quite good.

Table No. 3: BMI of Rural Women

Category	BMI- kg/m2	No of Rural Women	Percentage
Sever Thinness	<16	00	-
Moderate Thinness	16-17	00	-
Mild Thinness	17-18.5	36	48%
Normal	18.5-25	34	45.33%
Overweight	25-30	05	6.66
Obese class I	30-35	00	-
Obese class II	35-40	00	-
Obese class III	>40	00	-

Table No.3 indicates that 36 women showed BMI below 18 i.e. 48% women were mild thin. About 45.33% women were at normal level of BMI and only 6.66% women were overweight in selected sample.

Table No. 4: Frequency of Illness in Rural Women

Frequency of Illness	No. of Women Fall Ill	Percentage
Always	08	10.6%
Often	40	53.33%
Rare	27	36%

Table 4 indicates that about 53% women fall ill often and 36% fall ill rarely whereas 10.6% women face illness always.

The women face ailments like fever, cold, cough, headache and body ache. Firstly women try to overcome illness by treatment at household level. Such minor problems if not treated at household level, then women got treatment in government hospital i.e. primary health centre and for any major ailments they prefer to get treatment in district civil hospital and in private clinic at district.

Conclusion

The 24 hours diet recall method showed that only 7% women had 4 meals per day pattern and about 59% i.e. majority of women had twice meal per day.

It can be concluded that in selected sample more than 50% women are below in level for haemoglobin level.

Conclusion from BMI, it can be said that about 48% women were under nourish and about 45% of women were in the normal range and good thing was that only 6% women were overweight.

About 53%women fall ill often, whereas 33% women fall ill rarely and 10.6% women fall ill always. All women try household remedy before treatment from doctor.

Daily diet of women should be revised by adding green leafy vegetable and fruits to fulfill the need of nutrients for healthy society. Women are the home maker of the family so health of women should be cared for healthy family and ultimately for healthy nation..

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