

## Nutrition Related Problems and their causes in women's of Rural Areas

Jyoti Singh<sup>1</sup>, Dr. Shikha Khare<sup>2</sup>

Department of Home Science, Nehru Gram Bharti  
(Deemed to be University, Prayagraj-221505 U.P.)

### Abstract-

This study is based on assessment of nutrition and therapeutic properties of daily meals of women in rural areas. Women in rural areas are facing several health related issues, which ultimately affect the economic output of the family. The health and nutrition of women intrinsically linked to their responsibility of home management. Women's play dominant role in rural economy. It implies that their health and nutritional status is of paramount of importance of their own family as well as for development. Women should be aware of the proper way of eating food. Food which they carry as daily meals must be full of nutrition. Hence, the present study have been surveyed in Pratapgarh district U.P.

### Introduction -

Nutrition is the bio chemical and physiological process by which are organism uses food to support its life. It provide organism with nutrients, which can be metabolized to create energy and chemical structure failure to obtain sufficient nutrients causes malnutrition as nutrition is a critical part of health and development. Bette nutrition is related to improved women's health, stronger immune systems, after pregnancy and child birth, lower risk of non-communicable diseases such as diabetes and cardio vascular disease.

### Result-

As shown figure no. 2 in this study 70% women's were house wife. 53% of rural women's were anemic, but some of the nutritional deficiency symptoms disease like weight loss, BP, thyroid. Therefore emphasis is given for nutrition and there is an urgent need to create awareness and implement intervention to improve the nutrition status of the health of women's community in rural areas.

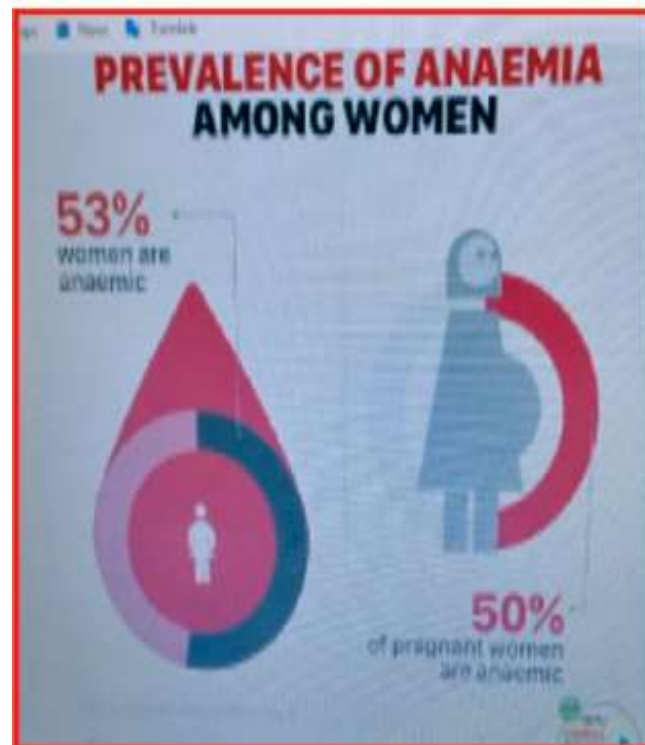


Figure-2

**Conclusion-**

Since the rural women's belong to a low socio economics group, In general the reason for the prevalence of under nutrition could be because women's are over exhausted of by taking of lower amounts of foods. Various factors effect on nutrition status and measures have to be taken to educated women's about the healthy nutrition and importance of physical activity.

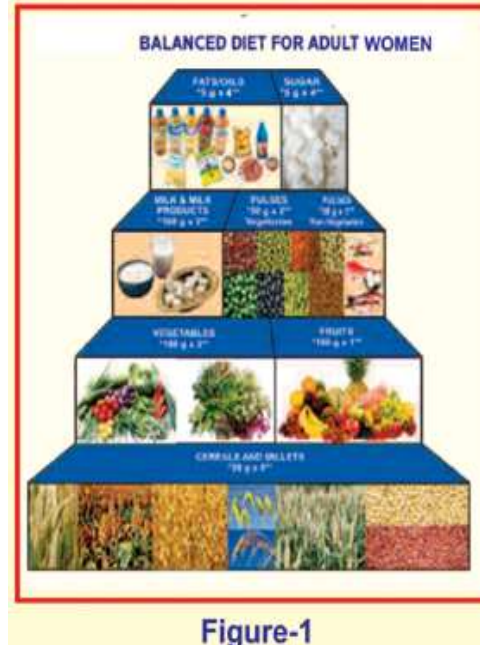


Figure-1

**Material and Methods-**

Samples 250 women's population from that rural areas were included with different age group were selected by simple random sampling. In total women population each women were interviewed and questionnaire was used to their households for recorded data. General physical examination as weight, height etc. Were recorded body mass index (BMI) was calculated by using the formula weight/height.

**Study Area-**

Rural areas of pratapgarh district Pure Keshavrai.

**Acknowledgement-**

I would like to express my gratitude towards my supervisor Dr. Shikha Khare for there valuable guidance and non stop support.

**Reference-**

1. Maresthesna AM, Vijay Lakshmi D., Jayalakshmi Baddi. Nurtitiona status of rural women in Bengealure Rural District.(2019) Journal of Dairying, Foods & Home Sciene, DOI:10.18805/ajdfr.DR-1367.
2. Dr. Atul G. Agarwal (2019) Nutritional Status of Women from Rural areas. A community-based cross sectional study. Internationl Joral of Medical Science and Diagnosis research. (Vol.3 No.4)
3. 3Pratibha Joshi, J.P Sharma, Nishi Sharma, B.K. Singh (2018) Helath and Nutrition status of farm womens in Rural India, Case of Indo- Gangetic Plains. Indian Journal of Agriculture Science. 88 (6) : 978-984