

Research Paper :

## Assessment of nutritional status of selected families in adopted villages of Parbhani district

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Accepted : August, 2009

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### ABSTRACT

Nutritional status of 150 families selected from five adopted villages was assessed by collecting general information, diet survey and anthropometric measurements. The consumption pattern of the family and per capita consumption of various foods along with mean nutrient intake was calculated. The main source of income was agriculture. The maximum amount of money was spent on groceries and minimum amount of money was spent on fruits and vegetables. In case of food stuffs, average daily intake of wheat was highest among cereals and red gram dhal among pulses. Intake of protein, fat, energy, carbohydrates, calcium and iron was less than the recommended dietary allowances. Majority of the (54.72 per cent) adult women found to have normal BMI (18.5-25.0). Majority of deficiency symptoms observed among family members of selected villages were bitot spots, night blindness, angular stomatitis, chelosis, tongue red and raw, spongy bleeding gums and teeth caries.

**Key words :** Cereals, Pulses, Diet, Family, Nutritional status

Woman plays an important role at home, in society as well as in national development. She is central figure for well being of the entire family. In present era, women are performing dual responsibilities as bread winner and housekeeper. However, changed social status of women resulted additional workload but, less bothered about nutritional requirement. The negligence of women in India, under the influence of prevailing customs and tradition further accentuates the prevalence of maladies of malnutrition. Nutritional status and physical activity are affected by various socioeconomic factors including income, family size, occupation and educational status of the people. Physical growth of adolescent girl is totally dependent on adequacy of diet in terms of quality and quantity, but undernourished girls at adolescent age leads to malnourished mother in later age. Although many factors influence health and nutritional status, nutrient intake has tended to occupy the centre stage as the principal one. Several studies from different parts of the world reported that inadequate food, poverty, ignorance, illiteracy are the major causative factors of malnutrition. Nutritional anthropometry is one of the most important methods of assessment of growth and development. Several researchers studied the nutritional status of women, adolescent girls, pre-school and school going children, but the information on nutritional status of whole family including food and nutrient intake per ACU, per cent adequacy and anthropometric measures etc. together is not available more. Hence, present investigation was taken up to assess the nutritional status of selected families

in adopted villages of Parbhani district.

### METHODOLOGY

Five villages from Parbhani district namely, Nandkheda, Bramhangaon, Taroda, Singapur and Erendeshwar were adopted. Thirty families from each village were surveyed to elicit the information regarding family income, monthly expenditure on various food items, consumption pattern of the family and per capita consumption of various foods. The mean nutrient intake of families was also calculated by using one day recall method. Per cent adequacy of nutrient consumption of families (ACU/day) was compared with RDA and calculated. The anthropometric measurements *i.e.* height and weight were measured for adult women including pregnant women and lactating mothers and body mass index was calculated. The selected women were categorized as underweight, normal and over weight based on BMI. IEC programme was carried out by giving training, talks and demonstration on various nutrition based topics.

### FINDINGS AND DISCUSSION

The data regarding income of the surveyed families are presented in Table 1. Main source of the income of majority of families was agriculture (Rs.1,19,006/-) followed by other sources (Rs.21,409 /-) and dairy (Rs. 4639/-). The highest amount of money was spent on groceries and minimum money was spent on fruits and vegetables. Money spent on groceries ranged from Rs.