

Dissertation  
On

# DIETARY LEVEL OF PREGNANT & LACTATING WOMEN IN BARMER DISTRICT



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# Background:

- Nutritional status of mothers is considered one of the major problems facing mothers in the world
- Nutrition plays a major role in mothers and child healthcare
- Pregnant and Lactating women form one of the most vulnerable segments of the population from nutritional point of view
- Over 50 % of pregnant women in the age of 15 to 49 years in India are anemic and the Anemia remains to be a major factor responsible for maternal morbidity, mortality and low birth weight.
- The pregnant and lactation period is a major source of concern in developing countries because of its positive impact on the health and nutrition of children.



# Problem Statement

- The poor nutrition status of women presents adverse health and socio-economic consequences in society.
- According to NFHS 4 over 69% of women in age 19-45 years are severely anemic in Underdeveloped Districts of Rajasthan such as Barmer and should not be taken lightly.
- Adequate efforts have not been made to address the availability of food and Micronutrient intake among women during their pregnancy and lactating period.



# Objective

The broad objective of this study is to understand the nutritional status of pregnant and lactating women in Barmer District.

Specific objectives are:

1. To examine the socio-economic characteristics of pregnant and lactating and non-pregnant and non-lactating women in Barmer.
2. To assess the culture Practices during pregnant and lactation women.

# Research Methodology:

- Women's education and knowledge; Socio-economic status of the household; place of residence and traditional beliefs are the important factors influencing the nutrition.
- The format used for research is as follows:
  - Sampling Design
  - Village selection
  - Household selection
  - Estimation Sample size
  - Data collection procedure
  - Investigation
  - Investigation
  - Social and economic and demographic details of the household
  - Nutritional evaluation

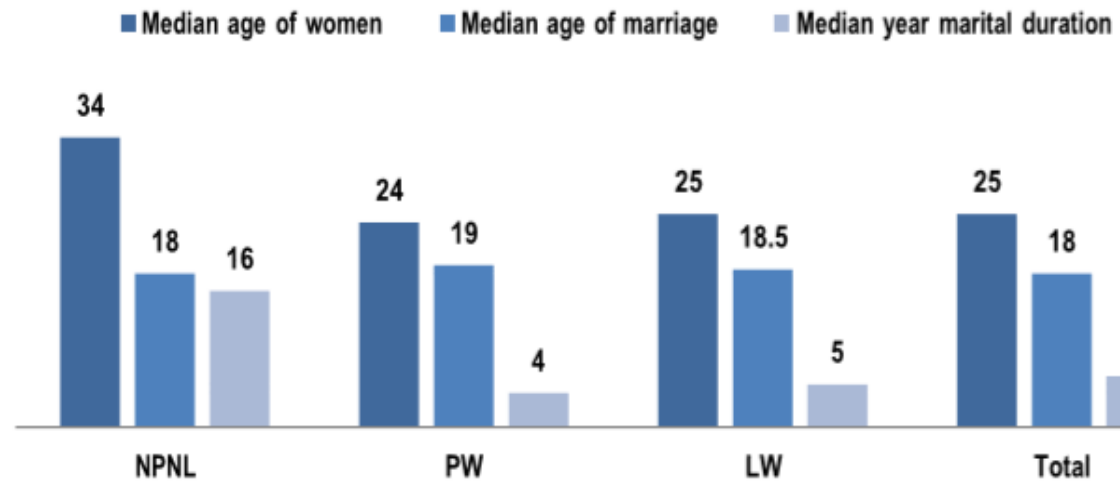
# Socio- economic & Demographic profile

## Profile of District:

- Barmer District is a section in Rajasthan state of India.
- It is situated in the westerly indiscriminate Rajasthan state making a one the Thar Desert.
- At the time of the 2011 enumeration, the neighborhood had a culture of 2,603,751. Scheduled Castes and Scheduled Tribes compensated 16.76% and 6.77% of the community individually

| Description             | 2011 Census |
|-------------------------|-------------|
| Exact Population        | 26,03,751   |
| Growth in Population    | 35%         |
| Ratio of Sex (per 1000) | 902         |
| Mean literacy           | 56.53       |
| Literacy of Female      | 41.96       |
| Scheduled Castes %      | 18          |
| Scheduled Tribes %      | 19          |

**Figure 1 % Distribution of Informant Status of Age, & Marriage**



**Figure 2 % Distribution of Status of Occupationa**



Figure 3 % Distribution of Attainment of Education

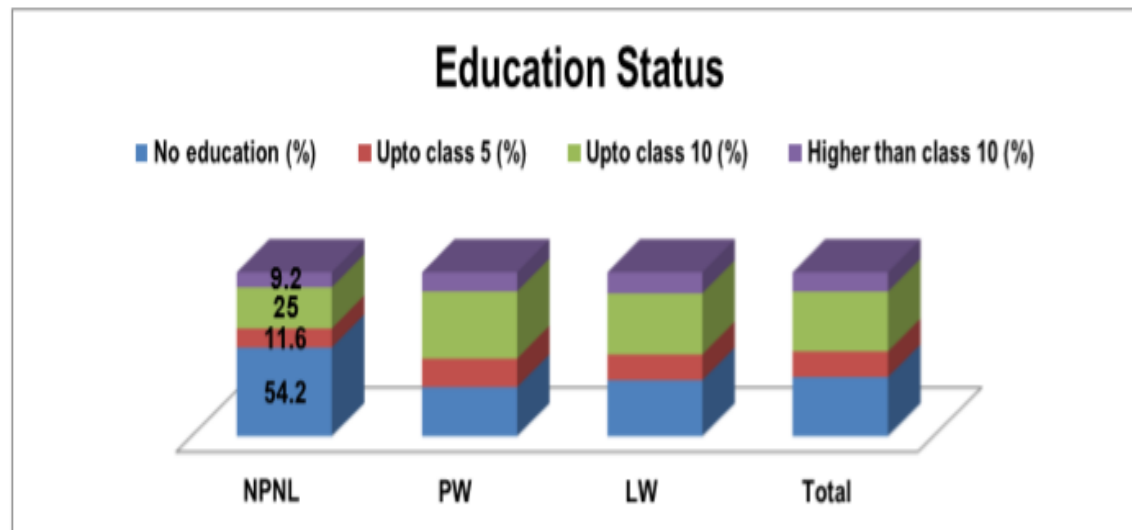
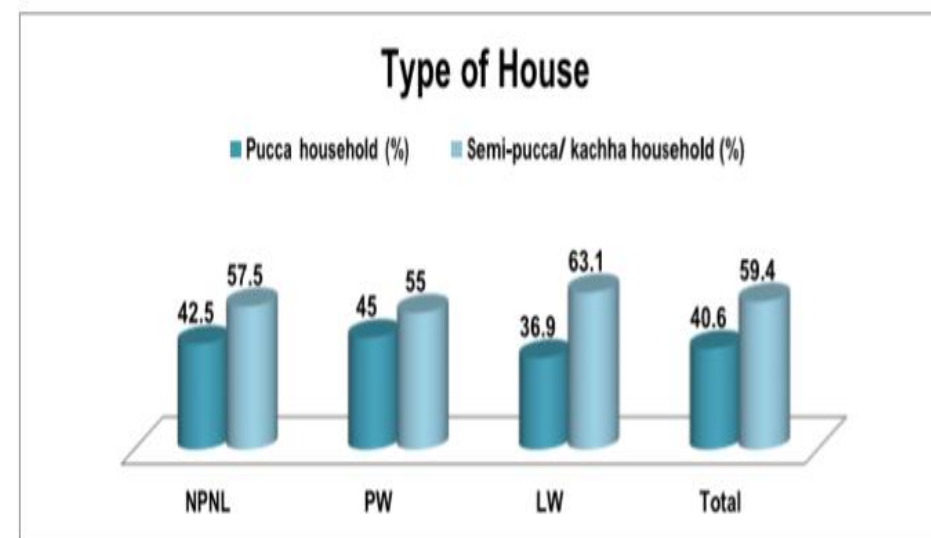
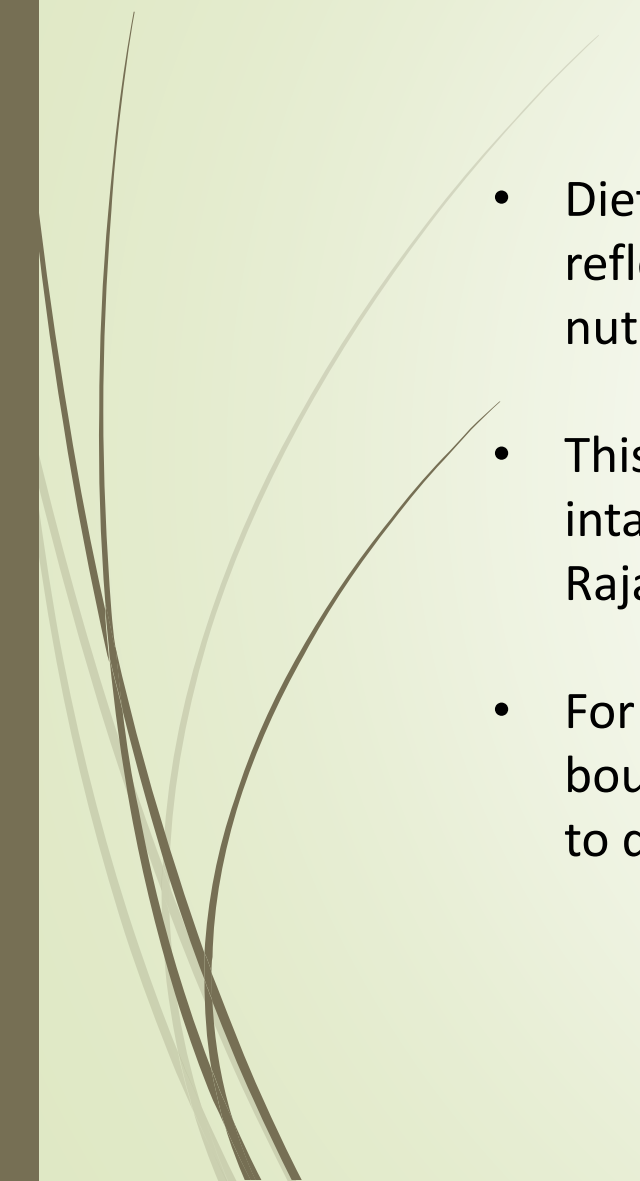


Figure 4 % Distribution of Houses Type





# Practices of Diversity in Dietary and Consumption of Food

- Dietary diversity is a qualitative measure of food consumption that reflects access to a variety of foods by household, and is also a proxy for nutrient adequacy of the diet of individuals
  - This study provides information on the nutritional status and dietary intake of pregnant women and lactating women in Barmer District of Rajasthan, in India.
  - For commercially prepared foods such as biscuits, an equivalent was bought and weighed to minimize the amount of weighing the women had to do.
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# Conclusion

- The level of digestive strength and protein imperfection is more evident, repeating the experience that it is basically a "food breach"
- t the main reasons for pregnant and lactating women for not eating nutritious diet were lack of nutrient intake and money to buy and dietary taboos increase.
- Nutritional instruction needs expected encouragement through the Ministry of Health and ICDS to advance changes in knowledge and action for better pertaining to food practices to correct motherly and baby digestive rank.
- The National Rural Health Mission (NRHM) conceives that ANM and AWW will agree to support Village Health and Nutrition Days to specify the inevitable strength and pertaining to food care.



Thank  
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