

## A STUDY ON NUTRITIONAL STATUS OF PREGNANT WOMEN OF KANPUR NAGAR

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The most important event in women's life is child bearing. For normal woman, it is a time of peaceful happy planning of married life. It is a period of new interest and greater happiness for both husband and wife. There is a genuine satisfaction in sharing the responsibilities of parent hood. Child bearing imposes great strain and it is important that mother should lead healthy life throughout the gestation period. For promotion of health and well being of the mother and the baby in the womb, it is necessary that mother should take nutritious food because, during pregnancy, the mother has to provide many essential chemical substances for the development of the growing embryo and foetus. Thus, with the view, a study was undertaken for assessment of nutritional status of pregnant women of Kanpur Nagar during 1999.

### METHODOLOGY

The study was carried out at three nursing homes and one maternity hospital of Kanpur Nagar. One hundred pregnant women consulting these nursing homes and maternity hospital were selected for the study with the permission of doctors and nurses attending them. The study was conducted on well prepared schedule which was divided into three sections, i.e. general information, information regarding health and nutritional status and diet survey. The selected expectant mothers were interviewed personally by the authors and anthropometric measurements

were undertaken. The data so collected were analysed statistically.

### RESULTS AND DISCUSSION

**Table 1. Socio-economic profile of pregnant women**

Socio-economic variable	No.	Percentage
<b>Age (years)</b>		
20-25	53	53.00
25-30	42	42.00
30-35	5	5.00
<b>Education</b>		
Illiterate	13	13.00
Up to primary	18	18.00
Up to secondary	45	45.00
Up to post graduate	24	24.00
<b>Caste group</b>		
Upper castes	54	54.00
Backward castes	38	38.00
Scheduled caste	8	8.00
<b>Religion</b>		
Hindu	68	68.00
Muslim	9	9.00
Others	23	23.00
<b>Occupation</b>		
Service	21	21.00
Business	12	12.00
House wives	67	67.00
<b>Type of family</b>		
Joint	58	58.00
Nuclear	42	42.00
<b>Family size (members)</b>		
Up to 5	68	68.00
Above 5	32	32.00

The analysis of information collected shows that 53 per cent of total selected pregnant women were in the age group 20-25

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years and 42 per cent were in the age group 25-30 years (Table 1). Only 13 per cent pregnant women were illiterate, 18 per cent having education up to primary level and 45 per cent having education up to secondary level. About 54 per cent selected samples belonged to high castes and 9 per cent belonged to Muslim families. Regarding economic status of the family, 56 per cent of total selected samples belonged to lower socio-economic status families. It was observed that 62 per cent pregnant women were living under unsatisfactory environmental conditions. The 21 per cent pregnant women were using hand pumps for potable water, 16 per cent were using tube-well water and the rest were using tap water supplied by Nagar Mahapalika. About 72 per cent pregnant women were having vegetarian diet and 52 per cent pregnant women were less than 50 kg weight.

**Table 2 Nutrient consumption of pregnant women**

Nutrient	ICMR RDA (per day)	Average consumption per day
Protein	65 g	82.65 g
Fat	30 g	71.69 g
Calorie	2525 K cal	2183 K cal
Vitamin -B	1.3 $\mu$ g	5.23 $\mu$ g
Iron	38 mg	29..96 mg
Calcium	1 g	1.27 g

The nutritional status of pregnant women

was studied and compared with the ICMR recommendations. Table 2 shows that intake of protein, fat, vitamin-B and calcium were more than recommended by ICMR standard. The average protein consumption of the pregnant women under study was 82.65 g, which is 17.65 g more than recommended. Huang and Kao (1994) have also found that average intake of protein by the pregnant women was 85.1 g/day in their study area. This shows that most women get more protein by consuming milk, pulses, etc. The average consumption of iron by pregnant women understudy was less by 8.04 mg from the recommended 38 mg. It indicates that these women were suffering from iron deficiency anemia. The finding is in close conformity with the finding of Hou and Zuy (1984). The average calories intake/day by the pregnant women under study was less than the recommended ICMR standard i.e. 2525 k Cal. Lower calories intake by pregnant women was also reported by Chaudhary (1985) in a study conducted in Bangladesh.

## CONCLUSION

On the basis of findings, it can be concluded that the pregnant women understudy were consuming more protein, fat, vitamin-B and calcium whereas consuming less quantity of iron. They were deficient of calories and iron which are necessary for them and their offsprings.

## REFERENCES

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