



## Women Health and Nutrition

Laljani Jyoti Ishwar Kskvku (Kachchh University)  
Perusing M.Phil. (Commerce)

### Abstract

***“Life is a precious gift given by the god”***

***“Health is much more dependent on our habits and nutrition than on medicine”.***

*Improvement objectives, which are ordinarily acknowledged as a structure for estimating Better sustenance implies more grounded resistant frameworks, less rates of disease and better wellbeing. Enhancing ladies' sustenance can likewise enable countries to accomplish three the nutritious status of ladies is imperative both for the nature of their own lives and the survival and solid advancement of their kids Solid ladies can satisfy their various parts – producing salary, guaranteeing their families, nourishment, and having sound kids – all the more adequately and along these lines help propel nations' financial advancement of the thousand years improvement advance.*

**Keywords:** Introduction, Objectives, Literature Review, Research Methodology, Data Interpretation, Conclusion.

### Introduction

Ladies additionally need to consider their eating regimen as they experience their life stages, so a lady's eating regimen may need to change when youthful contrasted with while experiencing the menopause. Eating routine before pregnancy and amid pregnancy additionally needs extraordinary thought as what a lady eats at that point will likewise influence her posterity.

Ladies additionally don't require the same number of calories as men thus it is critical to get the quality right and watch the amount.

Ladies have different organs and frameworks that react to slim down, for instance, if a lady has bosom torment; it can be adjusted by consume less calories. Regardless of whether you have PMS or agonizing periods can likewise be influenced by count calories.

At last, coronary illness was thought to be something men principally got, however we realize that ladies achieve a similar rate level as men after they have experienced the menopause and furthermore in the event that they bear weight their tummies their hazard achieves that of men. In any case, ladies' key hazard factors for coronary illness and stroke can be diverse to men's and the way coronary illness shows itself is distinctive in ladies as well.

### Objectives

- To create awareness about annual check up
- To identify that people are aware about high and low blood pressure and sugar.
- To identify people are satisfied with their life.
- To identify that people are living healthy life.

### Literature review

**Topic:** - “Women’s Health Care Utilization and Health Care”

**Submitted by:** - Taylor, et al (2005)

### About Study:

Ladies additionally need to consider their eating regimen as they experience their life stages, so a lady's eating regimen may need to change when youthful contrasted with while experiencing the menopause. Eating routine before pregnancy and amid pregnancy additionally needs extraordinary thought as what a lady eats at that point will likewise influence her posterity. Ladies additionally don't require the

same number of calories as men thus it is critical to get the quality right and watch the amount. Ladies have different organs and frameworks that react to slim down, for instance, if a lady has bosom torment; it can be adjusted by consume less calories. Regardless of whether you have PMS or agonizing periods can likewise be influenced by count calories. At last, coronary illness was thought to be something men principally got, however we realize that ladies achieve a similar rate level as men after they have experienced the menopause and furthermore in the event that they bear weight their tummies their hazard achieves that of men. In any case, ladies' key hazard factors for coronary illness and stroke can be diverse to men's and the way coronary illness shows itself is distinctive in ladies as well.

**Topic:** - "Health Status of Women in India: Evidences from National Family Survey-3 (2005-06)"

**Submitted by:** - Ashok Kumar and Khan (2010)

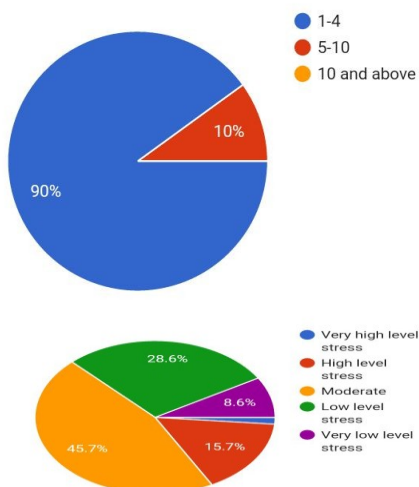
**About Study:**

India, in the thousand years set objectives to limit ladies medical issues after the ICPD (Global Gathering on Populace and Advancement, 1994, Cairo). To the extent ladies wellbeing is concerned, primarily in the creating nations, including India, the circumstance is extremely discouraging. Ladies have lopsidedly paid the cost of ripeness direction. Be that as it may, have they profited as far as better wellbeing? This paper, five key elements have been recognized in the central focal point of this examination: conceptive wellbeing, viciousness against ladies, wholesome status, unequal treatment of young ladies and young men, and HIV/Helps. Examination demonstrates that the wide variety in societies, religions, and levels of advancement among Indian states and association domains, it isn't irregular and beginning that ladies' wellbeing likewise fluctuates colossally from state to state. They ponder recommends that a large number of the medical issues of Indian ladies are identified with or exacerbated by abnormal state of fruitfulness.

**Method of data collection**

<b>Sampling method</b>	Convenience, exploratory
<b>Sampling size</b>	70
<b>Sampling region</b>	Adipur, Gandhidham, Anjar
<b>Target Audience</b>	Girls and women

**Data Interpretation**



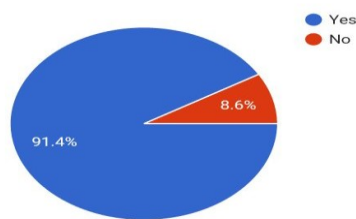
**How many servings of fruits and vegetables do you eat a day?**

As the above pie chart shows that people want to be healthy so they serve at least 5 fruits or vegetables so that they get proper portion of proteins or vitamins required and maintain their health.

**Do you think it is important to have an annual checkup?**

As people are having more awareness about their health checkup and they want to have their regular checkup so that they don't suffer from any kind of diseases or allergies

**What level of stress do you deal with?**



There are people that try to avoid to take stress want to love their life peaceful life. As people will take less stress the more they will be satisfied with their life.

### Conclusion

Arrangement of data for all and the call to grasp is convenient subject, ladies' wellbeing and nourishment is essential. It is stating that ladies can control the country too. These ladies are should be taken care and gave a superior and sound life with the goal that they can carry on

with a serene and agreeable life. In spite of the fact that some legislature and NGOs are coordinating and giving a superior life to ladies and young ladies, yet the administration ought to recognize his push to give help and consolation to ladies and young ladies that they have feeling of having a place.

### QUESTIONNAIRE(WOMEN HEALTH AND NUTRITION)

**Q1: Name:**

**Q2: Age:**

- 18-23 years
- 24-29 years
- 30-35 years
- 40-45 years
- 45 and above

**Q3 Occupation:**

- House wife
- Service
- Business
- Retired
- Others

**Q4 How many servings of fruits and vegetables do you eat a day?**

- 1-4
- 5-10
- 10 and above

**Q5 Current Weight:**

- 35-45 kg
- 46-56 kg
- 57-67 kg
- 68-78 kg
- 79 and above

**Q6 Height:**

- 4-5 feet
- 5-6 feet
- 6-7 feet
- 7 and above feet

**Q7 Do you smoke?**

- Yes
- No

**Q8 Do you think it is important to have an annual women's health check up?**

- Yes

- No

**Q9 Are you aware about high and low blood pressure and sugar?**

- Yes
- No

**Q10 Do you currently exercise on a regular basis?**

- Yes
- No

**Q11 whatlevel of stress do you deal with:**

- Very high level stress
- High level stress
- Moderate
- Low level stress
- Very low level stress

**Q12 Are you addicted to tea and coffee?**

- Yes
- No

**Q13 Do you have food allergies and sentivities?**

- Yes
- No

**Q14 Do you have skin problem:**

- Yes
- No

**Q15 level of satisfaction in your life:**

- Very high level
- High level
- Average
- Low level
- Very low level

### Bibliography

1. [http://shodhganga.inflibnet.ac.in/bitstream/10603/1614/10/10\\_chapter%202.pdf](http://shodhganga.inflibnet.ac.in/bitstream/10603/1614/10/10_chapter%202.pdf)
2. <http://www.pamf.org/nutrition/patients/genera1.html>