



Women Health and Nutrition

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Abstract

Health is an important factor that contributes to human wellbeing and economic growth. Women's health in India can be examined in terms of multiple indicators, which vary by geography, socioeconomic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analysed in relation to global health averages and also in comparison to men in India. Currently, women in India face a multitude of health problems. Gender is one of the main social determinants of health – which include social, economic and political factors – that play a major role in the health outcomes of women in India and access to healthcare in India. Gender inequalities, in turn, are directly related to poor health outcomes for women.

The purpose of this paper is to study about women's health and nutrition in Bhuj, Kutch region of Gujarat. For this objective, researcher prepared a questionnaire on women's health and nutrition.

Keywords: exercise, gender inequalities, health, nutrition

Introduction

India is among the few countries where women and men have almost the same life expectation at birth. Women's health in India is an issue that needs attention. Sadly, in India irrespective of the worldwide commitment, women from the poorer classes and downgraded areas experience differential access to health care conveniences. Research on women's status has discovered that the commitments Indian women make to families often are ignored, and rather they are seen as financial burdens.

A lot of Indian women live with clash, whether in regions with insurrection and counter-insurgency operations or within a communal insurrection or between inter-caste violence. They experience clash exceptionally as compared to men—be it loss and widowhood with all the disgrace it carries in India; living with distress; being left as leader of the family without suitable title to property; encountering sexual barbarity as a feature of clash; being dislocated and homeless. In the quick aftermath of violence (or calamity), the regular events of remaking are normally attempted by women, they end up discovering belongings in the rubble, getting together and tending to family, and arranging for food.

Objective

- To study the health status of women in Bhuj, Kutch region
- To study the nutrition status of women in Bhuj, Kutch region
- To study the physical fitness status of women in Bhuj, Kutch region

Limitations of the study

The study was conducted on only a sample of one hundred women of Bhuj, Kutch region. For further more study, it can be conducted on a larger sample, wider scale in Bhuj region itself or in the Kutch district or Gujarat state or India as a whole.

Research method

Research was done by preparing a questionnaire on women's health and nutrition.

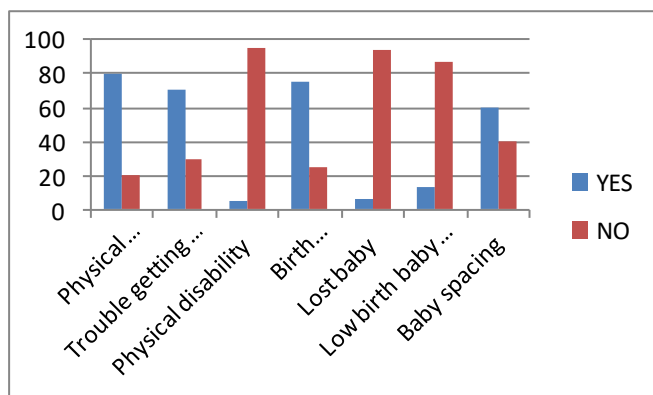
Sample

Bhuj Region – One hundred women of age group 20-30

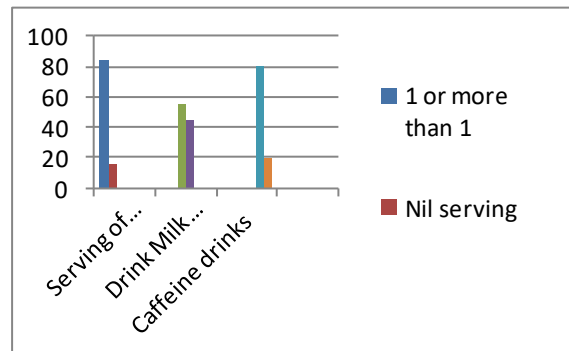
Research tool

A questionnaire was prepared as a research tool.

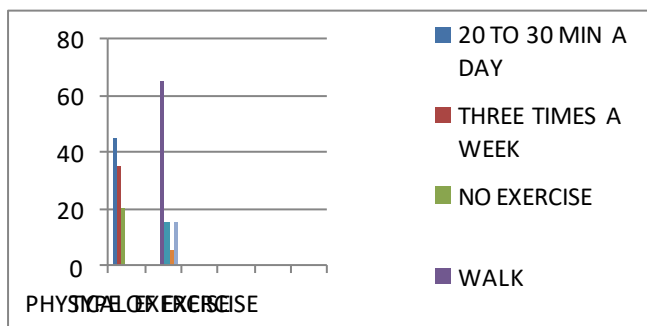
Data Analysis and Interpretation Health History Data (in percentage)



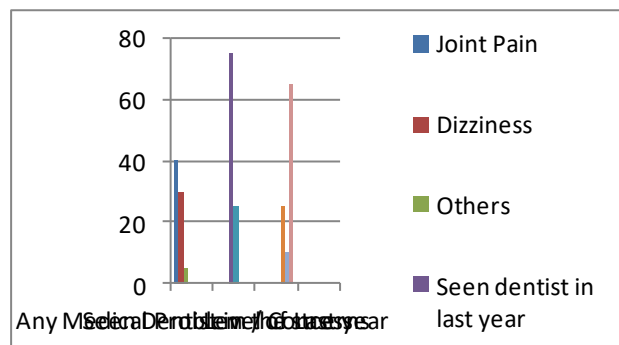
Nutrition History (in percentage)



Physical Activity (in percentage)



Chronic Health (in percentage)



Factors of study

Health history

A brief research was carried out on women's health of Bhuj region, in which it was found that most women went for physical examination once a year to a doctor and did not have any trouble getting to a doctor. About 90% women did not have any physical disability. Most women used some or the other kind of birth control and family planning practices and knew about baby spacing. A few percent of women had lost their babies or had low weight babies.

Nutrition

It was found that most women had one or more than one serving of fruits and vegetables per day. More than 50% drank milk everyday while a large percentage of women were consuming caffeine drink such as tea or coffee per day.

Physical activity

It was found that more than 40% of women had a routine of daily exercise which included walking, running, doing yoga, cycling, household works etc. More than 30% did exercise about three times a week and 20% did no exercise. More women preferred walking as an exercise.

Chronic health

Most women were having medical problems such as joint pain, dizziness, low blood pressure etc. While about 25% of women visited dentist last year it was also found that most women stressed.

Conclusion

Generally at household level cultural norms, practices and socioeconomic factors determine the extent of health and nutritional status. Women in this present scenario of times should take incharge of

their own health and nutrition and do what is needful. They should understand that even for the upliftment of their family and to take care of their loved ones they need to be fit and fine. Proper and timely nutritious food, exercise and health check-ups is very essential for them.

References

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Women's Health & Nutrition Questionnaire

Hello, I'm Ms. Himanee Raval, B. Ed., student from D.I.E.T; Bhuj (Kutch), a District level institute.

I am conducting a study on "Women Health & Nutrition" which can give brief idea upon women's health and nutrition. This is only a research and I assure you that the information provided by you will be used purely for the academic purpose. Would you please spare 10 minutes of your time for answering some questions?

Demographic Profile

Name:

Age group: 20-30

Status: Housewife

Health History:

- | | | |
|---|-----|----|
| 1. Do you see a doctor atleast once a year for a physical exam? | Yes | No |
| 2. Do you have trouble getting to a doctor? | Yes | No |
| 3. Do you have a physical disability? | Yes | No |
| 4. Are you currently using any type of birth control/family planning? | Yes | No |
| 5. Have you ever lost a baby? | Yes | No |
| 6. Have you ever had a low birth weight baby? | Yes | No |
| 7. Do you understand "baby spacing"? | Yes | No |

Nutrition and Physical Activity:

- | | |
|--|--------|
| 8. How many servings of fruit and vegetables do you eat a day? | _____ |
| 9. Do you drink milk every day? How much? | _____ |
| 10. How many caffeine drinks (coffee, soda, tea) do you drink a day? | _____ |
| 11. Do you exercise 20-30 minutes/day three times a week? | Yes No |
| 12. What type of exercise do you do? Walk Run Cycling Others | |

Chronic Health:

- | | |
|---|--------|
| 13. Do you have or had any medical problems/concerns? | _____ |
| 14. Have you seen a dentist in the last year? | Yes No |
| 15. How do you rate your stress right now?
not very stressed a little stressed very stressed | |