

A Study of Nutritional Assessment and Food Consumption Between Pregnant and Food Consumption Between Pregnant and Lactating Mother in Urban Slums Around Muzaffarpur Town In Bihar

Dr. Chanda Kumari

M.A., Ph.D. (Home Science), B.R.A. Bihar University Mezaffarpur (Bihar), India

Material nutrition plays a role in certain types of malnutrition or spontaneous abortion. Because these abnormalities occur so early in pregnancy (during organogenesis) modification must be made pregnancy being.

In poor Indian communities the nursing mother takes only rice supplemented with little pulse and vegetables .milk is used in tea or coffee. In India it is the custom to breast feed infants for prolonged period ranging from six month up to even three years.

It is fortunate that despite a faulty and insufficient material diet the quality of breast milk does not suffer. On the other hand, it comprises well with that of nursing mother consuming excellent diets in other parts of the world. Perhaps the Indian nursing mother keeps up the quality by withdrawing nutrients from her own bone, blood and muscles for the formation of milk .since her inadequate diet is incapable of providing the nutrients required for satisfactory milk production. Continuous withdrawal of nutrients from the maternal body may lead to osteomalacia. In order that a mother may undue Spain on her balanced diet to meet the requirement of location.

A women who has been well nourished before conception beings her pregnancy with reserves of several nutrients so that the need of the health. Infants who are well nourished in the womb, have an enhanced change of entering life in good physical and mental health .the effects of time it is lacking and nutrients involved the length of time it is lacking and the stage of gestation at which it occurs.

A Woman whose diet is adequate before pregnancy is usually able to bear a full term viable infant, without expensive modification of her diet. Mother's diet should produce adequate nutrients so that material stores do not get depleted and produce sufficient milk to nourish her child after birth. The nutritional demands are highly increased in an adolescent mother.

The specified objectives will be as follows:

- (a) To study the dietary behaviour of low socio-economic (families) status of lactating mother and pregnant mother.
- (b) To assess nutritional status of the diet of pregnant &lactating mother.
- (c) To analyse the socio-economic &psychological factors associated with the nutritional status of pregnant &lactating mother.
- (d) To identify the deficiency disease prevalent in pregnant mother.

- (e) To work out an alternative strategy for improving the nutritional status of pregnant & lactating mother under their socio-economic condition in muzaffarpur (Bihar)

The present study was conducted diet survey among the low income group families in urban slum of around the muzaffarpur town. Two hundred respondents (pregnant and lactating mothers) was selected with random sampling procedure at KDKMH, Juran Chapra and Bathus nursing home, Barahampua, Muzaffarpur for the research work.

The main focus of the study was to investigate the nutrition assessment and study was to investigate the nutrition assessment and food consumption dietary behaviour, socio-economic and psychological factors associated with nutrition status of pregnant and lactating mothers. The nutritional status of pregnant and lactating mothers. The information of parameters like, diet behaviour (family expenditure pattern, food expenditure pattern, frequency of consumption of different food expenditure pattern, daily meal pattern, meal planning meal preparation, special food, outside eating, habits, socio-economic status of family, socio-psychological factors were generated by personal interview of respondents with the help of schedule consisting of questions on each parameter. The techniques of anthropometric measurements, clinical examination haemoglobin estimation and diet survey were also used to obtain relevant information.

Anthropometric parameters such as height, weight were recorded by personal measurement and observation with the help of available equipments. Clinical examination and haemoglobin test were done with the help of a health staff.

A representative sample of 25 per cent families of respondent making a sample of 50 was randomly selected for conducting diet survey. Information on food intake pattern was collected by 24 hour recall methods by using a set of standardised vessel per day nutrient intake of individuals was calculated on raw weight basis from the food composition tables. Finally appropriate statistical analysis of the data obtained was done to draw the meaningful conclusion.

Research findings of the present investigation reported a high percentage of respondents in the age of 19-25 years and above 30 year (6 percentage) 55% women respondents had no proper formal education and they were only to position to read and write 40% respondents were educated upto I.A. level and only 45% respondents were graduate. Under study 73% of respondents families were of nuclear type and remaining 27% belonged to joint type of families. About three fourths of the respondents families engaged in services and business. As many as 49% respondents families were non-vegetarian whereas 41% were vegetarian. They were 48% of their income on food and rest on non-food items.

As far as per family monthly food consumption pattern is concerned they consumed 50 kg of cereals and 8 kg of pulses. They consumed higher quality of root and tubers (22kg) followed by other vegetables (8.6kg) and green leafy vegetables (3.2 kg). The quantity of milk and milk products was 6.9kg and fleshy foods of 2.1 kg. The consumption of other food groups was comparatively low in

quantity. About 56 per cent of food group[s]. The next high percentage of food expenditure was on cereals and rest was on other food groups . the next high percentage of food expenditure was on milk and milk products (6.3%) followed by fleshy foods (6.3%) pulses (7.3%) and oils and fats (7.5%) Among vegetables, the comparatively high percentage of food expenditure was on roots and tubers (5.7%) followed by other vegetables (2.7%) and green leafy vegetables (2.5%).as low as 4.5 per cent of food expenditure was on nuts and oilseeds, 2.8 per cent on fruits and 1.7 per cent on sugar and jiggery.

About 38 per cent of respondents families were talking tea but most of them were taking red tea due to unavailability of milk . about 20 per cent of sample families consumed inferior grains such as maize, code ,sama,kesari dal etc ,as far as pattern of preparing food in concerned they prepared food only once in day time so they used either chapti and /or rice for breakfast and lunch. About 40 per cent families were consuming pulse daily but the quantity was consuming pulse daily but the quantity was inadequate .about 15 per cent families consumed sattu.about 3 per cent families were consuming non-vegetarian food daily green leafy vegetables were consumed daily by 9 per cent families.

REFERENCE

1. VIDYARTHI, L. P.1977. "Harizana today" sociological, Economic,Political Religious and cultural analysis, classical publications, new delhi.
2. Walker, D and Bequchene,R .E. 1991 the relationship of loneliness, socil isolation and physics health of dietary adequacy of independently living elderly. J. Amer. Dietet, assn. (USA).91 (3):300.
3. Winguist, R.A. and Hansen, S.T. Segemetal fracture of femur treated of closed intramedullary nailing, J.B.S. 60 A 934-939, oct.1978.
4. Winguist R.A.Hansen STATE Jr, clawson dk closed intermediary nailing of femoral fractures, J. Bone Joint surg. (Am).1984:66:529-539.
5. Wiss,D.A.,Fleming,C.M., Matta, J.M. Clark, D. Communicated rotationally unstable fracture of femur treated by interlocking nail clin. Orthop.212 :35-47,1986.
6. Young, V.R. , Marchini, J.S and Cortiella, J. 1990. Assessment of protein nutritional status .J. nutr. (USA) 120 (11) :1496.
7. Zerfas, A.J.1975.The insertion tape:a new circumference tape for use in nutriation assessment,Am J. Clin , nutr.28:782.