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A correlative study of nutrient intake with certain selected variables among the rural women during pregnancy in Meerut Block

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ABSTRACT

A survey was conducted on 300 women aged 15-30 years during their pregnancy in Meerut block of district Meerut. An interview schedule was used for collection of information related to socio-economic and demographic characteristics and nutritional intake. Food consumed by the women for three consecutive days was used to ascertain the nutrient intake. Significant and positive impact of family income on nutrient intake and significant and negative impact of number of children and members in the family on nutrient intake were observed among the rural pregnant women.

Key words : Nutrient, Pregnancy, Body Mass Index, Obstetric

INTRODUCTION

Maternal nutrition forms, one of the important parameters affecting the course of pregnancy and obstetric outcome (Allen, 2000). Seventy five per cent of foetal growth is related to the maternal nutritional status (Kalra and Goyal, 2002). A women who has a history of good nutritional status and who is well nourished at the time of conception has an increased chance of delivering a healthy term baby of normal birth weight (2.5 kg to 4.6 kg).

Nutritional adequacy is one of the key elements before, during and after pregnancy for support of foetal growth and the maintenance of the mother's body. Due to inadequate intake of nutrient in diet like energy, protein, vitamin, iron and calcium etc. various deficiency disorders occur.

MATERIALS AND METHODS

The present study was conducted on 300 rural women during pregnancy in Meerut block, which were selected through multistage stratified sampling technique. An interview schedule was used for collection of information regarding nutritional intake and family background. Food consumed by the women for three consecutive days was

used to ascertain the nutrient intake. The data pertaining to various selected factors affecting nutritional status of the women during their pregnancy in Meerut block were analysed by using the correlation coefficients and test of significant for drawing valid conclusions.

RESULTS AND DISCUSSION

The results obtained from the present investigation are presented below :

It is clear from Table 1 that positive and significant correlations were observed between all the nutrient intake except vitamin A and niacin with age of the rural pregnant women in the present study ($p < 0.05$) *i.e.* as the age of the women increased, the nutrient intake of all except vitamin A and niacin increased and *vice-versa*. While the negative and significant correlations were observed between nutrient intake of vitamin A and niacin with age of the rural pregnant women ($p < 0.05$) *i.e.* as the age of the women increased, the nutrient intake of vitamin A and niacin decreased and *vice-versa*.

The data of Table 2 reveal that negative and significant correlations were observed between all the nutrient intake with number of children among the rural

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