

Assessment of the nutritional status of the press reporters and impact of their profession on their health in Kanpur city

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A healthy body does not mean a sound health but also a sound mental health. A good health also mean a good functioning body as well as our mind is functioning properly. We often see that we ignore the importance of healthy living that is why we believe that health is wealth. As such a good individual health is a key element in a broader social context and so we need to maintain the balance of good health. The present investigation was conducted to assess the nutritional status of the press reporter and impact of their profession on their health in kanpur city. In this research, interview-cum questionnaire method was adopted for the collection of data. The scarcity of hygienic food and loss of lunch box while on duty are the main problems facing the press reporters in their day to day life. That is why they become very much deficient in nutrients like protein, energy, vitamin A, riboflavin, niacin, thiamin, ascorbic acid etc. Post-traumatic stress disorder, psychological distress and depression was found in them. While study and survey of the press reporters it was also found that most of the press reporters were not aware of their balance diet on account of irregular schedule of the job.

Key Words : Assessment, Nutritional status, Press reporters, Profession

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