

Nutritional status of urban women

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Participation of women in different fields has become a common feature now-a-days. However, changed social status of women resulted in additional workload and stress resulting in adverse effect on health and nutritional status of working women. In the present study a total of 180 urban women were selected by stratified random technique, equal distribution existed between working and non-working groups. A survey was carried out to evaluate the socio – economic status of the selected women. The nutritional status was assessed with the help of anthropometry, BMI. The hematological assessment was carried out to find out the prevalence of anaemia among the selected groups. Majority of non -working women were maintaining normal BMI 61.11 per cent while 55.55 per cent working women were underweight. Majority of non -working women were suffering from moderate anaemia followed by mild and severe.

Key Words : Anthropometry, Nutritional status, Working, Non-working women

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