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# Nutritional status index of post-menopausal women and pre-menopausal women

D. PRAVEENA

Woman is one of the most important parts of the family and society, and community health is dependent on provision of the needs of this group. Menopause is one of the most critical stages of life among women. The present study aims to assess the nutritional status index of post-menopausal women and pre-menopausal women. Pre-tested interview schedule was administered in person to the women by the investigator and ANOVA test was used to interpret the results. The mean value of nutritional status index in control group consisting of pre-menopausal women of urban area was significantly greater than that of the counter part in rural area and also the experimental group consisting of post-menopausal women in rural and urban areas. The nutritional status index of experimental group of urban area was also significantly greater than the counterpart in rural area. Hence, the urban experimental and control group were found to have significantly greater nutritional status index than the rural experimental and control group.

**Key Words :** Post-menopausal women, Pre-menopausal women, Nutritional status index (NSI)

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