

Assessment of nutritional knowledge of menopausal women

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The study was investigated on pre, peri and post-menopausal women with the objective of assessing their knowledge regarding nutrition and menopause. The sample was consisted of 120 menopausal women (40 in each group). It was observed that most of the pre, peri and post-menopausal women (55%, 65% and 65%, respectively) had poor knowledge while only 12.5 per cent of pre-menopausal and 5 per cent of post-menopausal women had good knowledge. Overall mean per cent score (MPS) of the respondents was 27.28 which is very low. The respondents had least MPS in the aspect of nutrient deficiency diseases and nutrient sources. No significant difference was found in knowledge of all the three sample groups.

Key Words : Menopausal women, Knowledge, Nutrition, Menopause

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