



RESEARCH PAPER

Exploring nutritional status, nutrient intake and knowledge level of nutrition among women of reproductive age in urban slum and rural community : A comparative study in Varanasi

Akriti Mishra¹ and Ishita Mishra*

Mahatma Gandhi Kashi Vidyapith, Varanasi (U.P.) India (Email : ishitamishra@gmail.com)

Abstract : Nutritional status, nutrient intake and knowledge level of nutrition among women of reproductive age group (20-45 years) were assessed in urban slum and rural communities. A comparative cross sectional study was conducted among 400 women (200 urban slum and 200 rural) using a pre tested questionnaire. Anthropometric measurement, 24 H dietary recall method and nutrition knowledge assessment were done. Result shows that 68.5% of slum and 74 % of rural respondents were normal BMI. No significant association of age, caste status, occupational status, family type, socio-economic status and food habits with BMI status in slum area, only religion and educational status have the significant association but in rural areas significant association exist among various caste group, educational status, occupational status and socio-economic status only. It is observed that the average BMI is found to be 22.55 and 21.41 among rural and urban slum females, respectively. It is found that the mean per cent intake of energy, carbohydrate, calcium and iron obtained to be more among rural females than the slum but a revers trend is observed in case of protein, fat and carbohydrate consumption. The per cent intake of nutrients by females is determined as dividing the observed value of the nutrients by their respective RDA values and multiplied by 100. The per cent intake of nutrients is categories into mainly three groups name as less than 75 % , 75 % to 99.9 % and equal or more than RDA. More than three fourth of the females (76.5%) belong to slum area were taking energy less than RDA whereas it was found to be 55.5 % in rural females . A just reverse trend is observed among those females who were consuming energy equal to or more than RDA that is 44.5 % of the rural and about half of this 23.5 % of slum females were taking energy per day more than RDA . The statistical X^2 test clarifies the fact that there is highly significant difference in proportion of females intake of energy between urban slum rural community . The result clearly shows that minimum proportion of females belong to urban slum and rural area are aware about different type of nutrients available in their daily diet along with time and quantity of taking food .

Key Words : Nutritional status, Nutrient intake, RDA, BMI

View Point Article : Mishra, Akriti and Mishra, Ishita (2025). Exploring nutritional status, nutrient intake and knowledge level of nutrition among women of reproductive age in urban slum and rural community : A comparative study in Varanasi. *Internat. J. agric. Sci.*, **21** (2) : 274-281, DOI:10.15740/HAS/IJAS/21.2/274-281. Copyright@2025: Hind Agri-Horticultural Society.

Article History : Received : 07.02.2025; Revised : 10.04.2025; Accepted : 13.05.2025

*Author for correspondence:

¹Sri Agrasen Kanya P.G. College, Varanasi (U.P.) India