



Rural health scenario in Bharno block, Jharkhand

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ABSTRACT

The paper emphasizes that a woman needs to be physically healthy and strong so that she would be able to take challenges in life. But it is lacking in a majority of women especially in the rural areas of Jharkhand State (India). They have unequal access to basic health resources and lack adequate counseling. The greatest challenge for health empowerment of women is to recognize the obstacles which stand in the way of their right to good health. To be useful to the family, community and the society, women must be provided proper knowledge, education and health care facilities. The study focuses on the demographic aspects of female health Status and suggests some solutions for health empowerment of rural women. Present paper focuses on the dietary pattern, health and nutritional status of tribal women. Family monthly income, education, family size, meal pattern, customs. Traditions, types of work and changes in life style showed positive influence on nutritional status of all age group of tribal women. The prevalence of nutritional deficiency diseases found among these people indicated that the food consumed them have poor quality or inadequate to meet their growing needs. The study revealed that there is a direct correlation exists between the adequacy of diet and socio-economic status. The research reported in this paper aims to study the health status in rural areas of Bharno Block. The main objectives of the study is to access the magnitude and Characteristics of dietary pattern and nutritional deficiencies of oraon women in rural areas of Bharno Block which is influenced by a wide range of factors like agro climatic differences foods grown and availability. Beliefs, Customs and traditions influence the general Pattern of living in any community. Beliefs, in inherent and integral as they are in the cultural matrix acts as in visible force in translating Present ideas in to overt acts and customs. Objectives :- 1.To find out the anthropometric measurement consisting of weight, height and BMI. 2. To determine and compare the nutrient in take with the Recommended dietary allowances. 3.To examine the clinical Signs and symptoms of nutritional deficiencies 4. To know the socio-economic status of sample respondents. Study design :- Longitudinal descriptive study. Setting: study was Performed on Peepartoli and Boro of Bharno Block in Jharkhand. Particparts:- 200 adult, women (between 20 to 45 years of age) was randomly Selected for the Study. The food consumption of the subjects was recorded by 24 hour recall method for 3 consecutive days. From the actual consumption of foods daily by the respondents the energy, fat, protein, iron Calcium, B carotene and Ascorbic acid content was Calculated using food composition tables given by NIN (National Institute of Nutrition) ICMR Hyderabad, 2007. Study variables : Body mass Index (BMI), height, weight, dietary Pattern and nutritional deficiencies Statistical analysis:- Percentage, mean and standard deviation. Results:- The diet of rural oraon tribal women was monotonous

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