



RESEARCH PAPER

A study on assessment of nutritional status of females residing in selected slum area of Varanasi

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Abstract : Women are an integral part of the society they are nucleus around which the atmosphere of the society revolves. Their roles are very important for agriculture and ranching, household economy and market activities besides their domestic chore and reproductive function. The present study was conducted on the nutritional status of females (20-40 years) residing in slum area of Varanasi. An interview method was used to collect the general information (regarding age, marital status, family size etc.). Socio-economic status of the respondents was assessed by also interview and compared with B.G. Prasad socio economic status scale. Socio economic data revealed that majority of the respondents belonged to lower middle class (Grade VI). Anthropometric measurement of an individual were recorded by research and conclude that the BMI of the respondents was normal range when BMI compared to WHO classification of BMI and WHR of the respondents was 0.85. According to dietary assessment the diet of the respondents was deficit in energy, protein and iron whereas the intake of fat and carbohydrate were found to be higher. The dietary intake of respondents were also compared with SES and the result revealed were as same as with 24 H dietary recall method and also indicated that the heavy worker who belonged to upper SES were consumed high energy, protein and carbohydrate diet.

Key Words : Socio-economic status, Nutritional adequacy ratio, Body mass index

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