

Nutritional assessment of agriculture adult women (18-40 years) in Sultanpur district

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The impact of agriculture interventions on nutritional status in participating households, and to analyze the characteristics of interventions that improved nutrition outcomes. We identified and reviewed reports describing 30 agriculture interventions that measured impact on nutritional status. The interventions reviewed included home gardening, livestock, mixed garden and livestock, cash cropping, and irrigation. We examined the reports for the scientific quality of the research design and treatment of the data. We also assessed whether the projects invested in five types of 'capital' (physical, natural, financial, human and social) as defined in the Sustainable Livelihoods Framework, a conceptual map of major factors that affect people's livelihoods. Most agriculture interventions increased food production, but did not necessarily improve nutrition or health within participating households. Nutrition was improved in 11 of 13 home gardening interventions, and in 11 of 17 other types of intervention. Of the 19 interventions that had a positive effect on nutrition, 14 of them invested in 4 or 5 types of capital in addition to the agriculture intervention. Of the nine interventions that had a negative or no effect on nutrition, only one invested in four or five types of capital. Those agriculture interventions that invested broadly in different types of capital were more likely to improve nutrition outcomes. Those projects which invested in human capital (especially nutrition education and consideration of gender issues), and other types of capital, had a greater likelihood of effecting positive nutritional change, but such investment is neither sufficient nor always necessary to effect change. Although poor dietary intake is a common cause of micronutrient deficiencies, the root causes is linked with low socio-economic status and lack of knowledge about healthy eating patterns. This study was performed to determine the impact of nutritional assessment of agriculture adult women in sultanpur district (18-40) year for the research survey method was used for the collection 100 data. Result show that maximum women's were positive impact of nutrition education positive nutritional assessment of agriculture women.

Key Words : Interventions, Assessment, Micronutrient, Gardening, Consideration

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INTRODUCTION

Regarding the importance of farmers' nutrition status the present study was conducted to determine the pattern

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of nutritional intake this group of workers and collect some basic data to be used in future for comparing and determining the course of their nutritional and health programs of this productive laborers. Women constitute about 70% of the agricultural labor force in the rural sector, producing much of the country's food in addition to child bearing and rearing women and girls expend several hours per day fetching water fuel wood and cooking for the family yet due recognition is not given to their vital role in the development of an agricultural policy

and programmes. Farmers are exposed to physical, chemical and biological risk factors and their health and wellbeing is threatened daily by our factors. Since appropriate nutrition can play a part in improving the health status and increasing the immunity of the body against diseases, a sufficient and adequate intake of nutrients and energy may relatively prevent the development of some diseases and nutritional disorders, obviously, in order to promote the nutritional status of that group.

Objective :

- To assess the nutritional status of agricultural women.
- To determine the dietary habits of agricultural women.

METHODOLOGY

Scientific methodology is necessary for a successful study as it directly indicates the authenticity of the research and attempt has been made to provide detail of methods and techniques, devices and procedure applied for conducting the research. A present study entitled “Nutritional assessment of agriculture in Adult women of Sultanpur district”

Research design :

Selection of location :

The location of study was Sultanpur district.

Sample size :

Sample size consisted of 100 adult women of Sultanpur city.

Questionnaire preparation :

A self-prepared questionnaire was used for collecting the relevant information regarding the study and random sampling was used.

Statistical analysis :

The collection of data were analyzed with the help of the following way.

$$\text{Percentage (\%)} = \frac{n}{N} \times 100$$

n = Number of Respondents

N = Total number of observation

Methods of enquiry and collection of data :

Survey methods were adopted in order to collect the data from the selected respondents with the help of a developed questionnaire schedule. The schedule included aspects which led to the fulfillment of the objectives of this study.

The schedule included the following information :

- General information
- Nutritional status through anthropometric measurement
- Dietary information

General profile :

Data regarding the general profile of respondents were collected using the first part of the schedule. This section covered the aspects including respondents' name, age and sex, religion, status, types of family, income, educational level and all these are important for knowing the respondents' socio-economic status. The age of each respondent was ascertained with the help of their date of birth.

Dietary survey :

A dietary survey was conducted as described by Srilakshmi (2005). The food consumption frequency was recorded in terms of cereals, pulses, milk, and milk products, green leafy vegetables, roots and tubers, fruits, meats and poultry, fats and oils and sugar. Diet surveys constitute an essential part of any complete study of nutritional status of individuals or groups, providing essential information on nutrient intake levels, sources of nutrients, food habits and attitudes. The nutrient intake of the subjects was calculated for calories, protein, fat, calcium, iron, vitamin A, vitamin C and thiamine. The nutrient intake was calculated using the food composition tables by Gibson (1990) and compared with the ICMR standard values. Eating habits and dietary pattern of the respondents were recorded.

Anthropometric measurement :

Anthropometric measurement of various physical dimensions. Hence, anthropometric measurements are useful criteria for assessing nutritional status. The anthropometric measurements included height (cm) and weight (kg) which were recorded using the procedure prescribed by Gibson (1990).

Height measurement :

Height (cm) of the subjects was the helps of a measuring tape by sticking it on the wall. The subjects were made to stand erect, looking straight, buttocks, shoulder and head touching the wall, heels together, toes, apart and hand hanging loosely by the sides, height (cm) was recorded in centimeters.

Weight :

The personal weighing machine of maximum capacity of 120 kg and the minimum division of 0.5 kg was used to weight all the subjects and scale was sat to zero. The respondents were made to stand erect on the weighting scale without foot wear, not leaning against to zero after each measurement.

OBSERVATIONS AND ASSESSMENT

The data collection of the different aspect per plan was tabulated and analyzed statistically. The result from the analysis are presented and discussed in the following sequence.

Table 1 shows that maximum 60 per cent number of respondents were taking breakfast and minimum 40 per cent number of respondents did not taken the breakfast.

Table 1 : Distribution of respondents on the basis of their daily breakfast consumption (n= 100)

Daily breakfast consumption	Frequency	Percentage (%)
Yes	60	60
No	40	40
Total	100	100

Table 2 shows that maximum 42 per cent number of respondents took the meal three times a day and 38 per cent number of respondents took the meal twice a day and minimum 14 per cent number of respondents took the meal four time in a day and 6 per cent number of respondents took the meal more than four times a day.

Table 2 : Distribution of respondents on the basis of their meal taken in a day (n=100)

Meal taken in a day	Frequency	Percentage (%)
Twice	38	38
Three time	42	42
Four time	14	14
More than four time	6	6
Total	100	100

Table 3 shows that maximum 36 per cent number of respondents were used milk sometimes whereas 32

per cent number of respondents were every day and 32 per cent number of respondents did not used milk.

Table 3 : Distribution of respondents on the basis of their milk consumption (n = 100)

Milk consumption	Frequency	Percentage (%)
Everyday	32	32
Sometime	36	36
Never	32	32
Total	100	100

Table 4 shows that maximum 74 per cent number of respondents sometimes included green leafy vegetable and minimum 26 per cent of respondents consumed everyday included green leafy vegetables.

Table 4 : Distribution of the respondents on the basis of consumption of green leafy vegetable consumption (n=100)

Green leafy vegetable intake	Frequency	Percentage (%)
Every day	26	26
Some time	74	74
Total	100	100

Table 5 shows that maximum 47 per cent of respondents of intake was of pulses every day and 39 per cent of respondents intake was sometimes and minimum 14 per cent number of respondents of pulses was of zero intake.

Table 5 : Distribution of respondents on their pulses intake (n =100)

Pulses intake	Frequency	Percentage (%)
Everyday	47	47
Sometime	39	39
No	14	14
Total	100	100

Table 6 shows that maximum 51 per cent of respondents curd intake some times and 32 per cent respondents intakes of curd everyday and 17 per cent of respondents did not take curd.

Table 6 : Distribution of respondents on the basis of their curd intake (n = 100)

Curd intake	Frequency	Percentage (%)
Everyday	17	17
Sometime	51	51
No	32	32
Total	100	100

Table 7 shows that maximum 73 per cent number of respondents intake of fruits was sometimes and minimum 27 per cent number of respondents intake of fruits was every day.

Table 7 : Distribution of respondents on the basis of their fruits intake (n = 100)

Fruits intakes	Frequency	Percentage (%)
Every day	27	27
Some time	73	73
Total	100	100

Table 8 shows that 75 per cent of respondents used tea and 16 per cent of respondents used any other beverages and minimum 9 per cent of respondents used sherbat.

Table 8 : Distribution of respondent on the basis of their beverages takes (n=100)

Beverages takes	Frequency	Percentage (%)
Tea	75	75
Sherbat	9	9
Any other	16	16
Total	100	100

Table 9 shows that 76 per cent of respondents included salad sometimes and 24 per cent of respondents included salad in diet everyday.

Table 9 : Distribution of respondents on the basis of their salad intake (n=100)

Salad intake	Frequency	Percentage (%)
Everyday	24	24
Sometime	76	76
Total	100	100

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