



NUTRITIONAL ASSESSMENT & EDUCATION FOR THE WOMEN AT SHIELD MAIDEN GYM, ATTAVAR, MANGALORE

INTRODUCTION:

The nutritional survey was conducted for the 16 women of shield maiden gym located in Attavar, Mangalore by Anusha Moger, Nanadana B Nair and Ayshath Nafiya of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 20-45 years. Anthropometric measurements like height, weight, neck circumference, hip circumference mid-upper arm circumference, and body fat percentage were taken to analyze the nutritional status of the survey population. The anthropometric assessment was done on the 30th of January. Along with the anthropometric assessment, even the dietary assessment was taken of the survey population in which the 24-hour dietary recall and the food frequency was collected of each person in order to know their eating pattern and how it is effected by the external factors.

OBJECTIVES:

- To know the nutritional status of the survey population at the community level.
- To know the dietary pattern of the survey population at the community level.
- To create awareness about nutrition and its benefits.

OUTCOME:

The collected data were analyzed and based on the results obtained it was seen that out of 16 individuals all were overnourished and had signs of overnutrition in terms of body fat percentage. This was because of the excess intake of nutrients and low physical exercise in the gym. The women were advised to increase their workout sessions and opt for more of endurance exercise and strengthening exercises. The analysis of dietary assessment depicted that all the individuals consumed more protein-rich foods than the requirement and had low intakes of fats along with vegetables.

Based on the survey results the survey population was given nutritional education on the concept of balanced diet, nutritional classification of foods, importance of fat, side effects of protein overload in the form of flip chart, flash card, flannel chart, overlay chart and so on.

Nutritional education for the women at Shield maiden gym



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