

## **OUTREACH PROGRAM FOR RURAL WOMEN**

### **ASSESSMENT OF PREVALENCE OF ANEMIA AND NUTRITIONAL STATUS OF RURAL WOMEN**

The Department of PG Studies in Food Science and Nutrition in association with Outreach cell, Besant Women's College, Mangaluru had taken up one day outreach program for the rural women of Naringana Gramapanchayath, Bantwal Taluk, D.K on 29<sup>th</sup> February 2019.

The main agenda of the program was to know the nutritional status of the rural woman. In the program the women were questioned on their eating habits and their food frequency was collected to know the adequacy of the diet. The women were asked about their daily eating pattern and general frequency of different food group they incorporate in the diet so that the students get a brief idea of how much of a balanced diet they are having and what is the protein quality of their diet.

The results of the questionnaire claimed that the diet lacked in protein content and the protein quality was not up to the mark. Hence the women were educated how to improve the quality of their diet by using simple household techniques like fermentation, germination, use of organ meats etc.

Apart from this the health parameters of the women was also checked in which their current height, weight and age was noted. Their body mass index was calculated and majority of the women were underweight and had no muscle mass which clearly depicted the lack of protein in their diet.

The hemoglobin levels of the women were also examined and the results depicted that majority of them were anemic and this also was indirectly due to lack of protein in the diet. The women were also asked if they experience any symptoms of weakness and majority of them had low energy, weakness which was signs of lack of hemoglobin.

The women were educated on the importance of balanced diet and how to make use of the local foods and plan a nutritious meal as well as how to improve the nutritional status of the family as well. It was a great opportunity for the students as they were exposed to the dietary pattern in rural area and how it affects their nutritional status.

#### **Objectives**

- To know the eating habits and its impact on the nutritional status of the rural woman

#### **Outcome**

- The women understood the importance of balanced diet and inclusion of foods in appropriate ways to improve the nutritional status of herself as well as of the family
- The students gained knowledge on the eating pattern of individuals in the rural area and its effects on the nutritional status





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