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STUDY OF NUTRITIONAL STATUS& DIETARY PATTERN OF WORKING WOMEN AND NON-WORKING WOMEN OF JABALPUR

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ABSTRACT

Women are playing multiple roles in the family as a care giver mother and a money earner as well. Lack of time and strenuous pressure at work and home can affect their diet and health. Therefore, present study was taken to assess to nutritional status of working and non-working women. Cross sectional study design with dietary recall method employed to collect data. Results showed that mean Basal metabolic index of working women (22.21) is significantly higher than non-working women (21.65). Cereal, fruit and milk consumption was higher in non-working women. The working women were taking more nuts/oil, sugar and other vegetables than non-working group. Also, working women were taking significantly high energy, carbohydrate and fat but lower calcium and fiber than non-working women. It can be concluded that working womenshould choose their meal wisely and nutritional awareness program for healthy food choices need to be introduced in the society.

I. INTRODUCTION

Indian society scenario has been changing at much pace in women's education and their economic contribution in the family more strongly. Women are playing multiple roles which can affect their health as they are care-giver and family structure now-a-days are changing towards more nuclear type. Employment status of women directly related to their health status. Health status of women is an important implication for her children's health. Many women do not get enough time for self-care and for children as well instead of having more financial freedom than non-working womendue to ignorance, pressure of work or activity both at home and at work place, coupled with lack of time [Monga S *et al*., 2008]. These life style pushing the society to inclined towards more ready to eat convenient foods which are high energy and high fat content. Many studies reportedthatworking mothers and their children tended to show higher prevalence of nutrientdeficiency than housewives and their children [Bamji *et al.*, 2000].Therefore, present study was undertaken to assess nutritional status of working and non-working women of Jabalpur city.

II. MATERIAL AND STUDY POPULATION

A total of 50 working and 50 non-working women of30-40 year age group wereselected by random samplingfromJabalpur city. General information (type of job work, working hour, family structure and medical history) was collected by self- structured questionnaire method, anthropometric measurements were taken by standardized tools; dietary intake and meal pattern were collected by three day recall methodwith extensive interview. The data were statistically analyzed on SPSS software version 16 and independent t-test was applied tocompare mean of nutrient intake and mean BMI of working and nonworking women.

III. RESULTS & DISCUSSION

Table 1 Anthropometric Measurement of Working & Non-working Women

Mean Value	Working	Non-Working	t-value	Remark
BMI	22.21	21.65	0.859	Significant

Table 1 demonstratesmean Basal metabolic indexof working women (22.21) is significantly higher than non-working women (21.65).This could be due to various factors like eating unhealthy foods, sedentary job work type and meal skipping compared to non- working group.

Table 2.Categories of BMI in Working & Non-working Women

Class of BMI	Health status of W.W. (N=50)	Health status of N.W.W.(N=50)
Under weight	3	7
Normal	38	34
Over weight	7	9
Obesity	2	0

Majority working women and non-working women were belonging to categories of normal BMI only 2 working women were having BMI in the categories of obesity. The number of underweight working women and non-working women was 3 and 7 respectively as shown in table 2.

Table 3. Food Group Consumption in Working and Non-working women

S.NO.	FOOD GROUPS	MEAN OF RAW FOOD INTAKE	
		W.W.(N=50)	NW.W.(N=50)
1.	Cereals	220.4	246.4
2.	Pulses	42.6	38
3.	Leafy vegetables	202	173
4.	Other vegetables	21	8
5.	Fruits	12	24
6.	Milk & milk products	131	147
7.	Fish & flesh food	8	12
8.	Nuts & oil	22.3	21.7
9.	Sugar	14.3	13.3

From the table3, it can be concluded that cereal, fruit and milk consumption was higher innon-working women. The working women were taking more nuts/oil, sugar and other vegetables thannon-working group. This might be due to their habit ofusing more ready to eat convenient foods than non-working women as they lack time for the preparation of food at home.

Table 4. Meal pattern between working women & Non-working women

Meal timing	Working Women N=50	Non-working women N=50
Breakfast	40	34
Lunch	50	50
Snacks	25	17
Dinner	40	50

Table 4 shows the meal pattern of working women & non-working women and it was noted that only 40 and 34 working and non-working women were taking breakfast respectively.Maximum numbers of non- working women were skipping snacks and none of the women in both categories was found to skipped lunch. Working women were found to skipping dinner than their non-working counterparts.

Table5. Nutrient Intake ofworking women & Non-working women

Nutrient	Working	Non-working	t-value	Remark
Energy	1780 Kcal	1721 Kcal	1.02	Significant
Protein	44.06	45.20	0.5	Not-significant
Fat	25.3 g	21.7g	1.1	significant
Fibre	23.8 g	25.1 g	1.1	significant
CHO	258 g	247 g	0.3	Not-significant
Iron	16.2200	15.0800	1.3	Significant
Calcium	456g/day	499g/day	1.5	significant

From the table no. 5, it was observed that working women were taking significantly high intake of energy, carbohydrate and fat but lower calcium and fiber intake than non-working women. However, they iron intake of working women was significantly more than from non-working women More protein and calcium intake in non-working women could be due to their habit of eating of homemade, more nutritious meal at home compared to working women who prefer ready to eat convenient foods due to shortage of time for the meal preparation at home.

Also, non-working women were taking more pulse and milk and milk products in the diet that contributed to their increased calcium and fiber intake than working study population. It can be said that non-working women has more time for meal preparation and raw material purchasing than working who dependent on convenient and processed food from the market.

IV. CONCLUSION

From the above study it can be concluded that working women were in the habit of taking snacks in regular pattern but their diet was high in energy and fat than non-working women with high fibre and calcium rich foods. Therefore, working women should choose their meal wisely while purchasing it from the market or should add some food item for fibre and calcium needs while replacing unhealthy item.

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