

A STUDY OF PREVALENCE OF MALNUTRITION AMONG PREGNANT WOMEN

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

Background: The prevalence of malnutrition among women during pregnancy living in Bedeshwar area of Jamnagar district.

Objective: A Study Of Prevalence Of Malnutrition Among Pregnant Women.

Method: For research on health of pregnant women, I used the quiz method, the observation method as well as the oral method. In which their dietary habits were evaluated. Divided 30 pregnant women according to their pregnancy trimester of these, 14 were in 1st trimester, 9 were in second trimester and 7 were in the 3rd trimester. The anthropology of all pregnant women was measured by weight; height and BMI zone and used a quiz and observation method to obtain information on their diet.

Result: During the 1st trimester 28% of pregnant women have normal BMI, 36% pregnant women are severely underweight, 36% of pregnant women are overweight. During the 2nd trimester, pregnant women have 78% normal BMI and 22% overweight during the 3rd trimester, 57% of pregnant women have normal and 43% overweight BMI zone.

Key Words: Pregnant Women, Malnutrition, Height, Weight, BMI Zone.