

# **STUDY ON PREVALENCE OF ANEMIA AMONG PREGNANT WOMEN**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

**By**

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**Abstract:** The present study was undertaken to find out the prevalence of anemia among pregnant women in Gandhinagar taluka. One hundred rural women in their second and third trimester of pregnancy were included in the present investigation.

The findings of the study revealed that majority of the women were between 18-25 years of age; belong to nuclear family and having small family size. The education status of women was low. Majority of women working as agricultural labour and having very less income.

Majority of the subjects studied had 1-3 pregnancies followed by 4-6 pregnancies and belong to multipara group. Most of the pregnant women had second trimester in the present investigation and visited the hospital every month. The age at marriage of these pregnant women was varied from 18-20 years.

Anthropometric measurements revealed that height of the majority of women was found between 150-160 cm and weight between 43-51 kg and most of the subjects were observed less than 18.5 BMI.

Dietary information of the study subjects shows that a majority woman was vegetarian and their diet also very simple. However, none of the pregnant women taken any special food during pregnancy.

The food consumption pattern of the pregnant women showed that the consumption of various foods except cereals was irregular and infrequent. Wheat was the staple cereal consumed through out the year by all the pregnant women. The consumption pattern of pulses, roots and tubers, other vegetables, milk product was very low among pregnant women, while green leafy vegetables were not included in their daily diet as consumption of these vegetables was largely depends upon the availability during different seasons. Similarly, fruits were not included in their daily diet. They consumed mango, banana and guava as the main fruits, because these were seasonal fruits and were available at a cheaper rate. The fruits like apple was consumed by a very few pregnant women. The consumption of animal foods except milk, meat, egg, fish or poultry was noticed only in few pregnant women.

A highly significant correlation of dietary iron with haemoglobin level of pregnant women was estimated and found that age, family type and family size of the pregnant women did not have

any relationship with level of haemoglobin among pregnant women and highly significant relationship were observed between occupation, family annual income, education and level of haemoglobin.

Thus, it can be concluded from the above findings that iron deficiency anemia is the most widespread nutritional problem in the pregnant women. This problem arise form the many overlapping factors leading to iron deficiency which is responsible for anemia due to poor quality and quantity of diets. This is the predominant factor and cumulative effects of other non-nutritional factors like socio-economic as well as repeated number of pregnancies.

The result of the present study revealed that pregnant women of Gandhinagar taluka are still living under the poor nutritional status. Therefore, such women shall be aware about the nutrition and its importance. Similarly, they should be taught about family planned to improve their health and nutritional status.

**Keywords:** Women, Anaemia, Food, Nutrition, consumption