To Study of Hospital Staff Nutritional Assessment Status

Dissertation for the Degree of Master of Science
Foods and Nutrition
By
Chaudhari Payal
Under the Guidance of
Dr. Neeta Chaudhari
Asst. Professor
Department of Home Science
Children's University,Gandhinagar
Year:2020-21

Abstract: Nutritional assessment is the interpretation of Anthropometric, Bio-Chemical (Laboratory), Clinical, and Dietary data to determine whether a person or groups of people are well nourished or mal nourished (over nourished or under nourished). Body mass index (BMI) is a simple index of weight-for-height that is commonly used in classifying overweight and obesity in adult and individuals.The study was conducted to find out the Nutritional Status subjects of Civil Hospital, Ahmadabad. For this total 50 persons staff members were selected and they were studied for their Socio Economic details, Personal details, Medical Information, Dietary Information and an Anthropometric Parameters. Data express that age wise distribution of the respondent with respect to Occupation of the respondents. Age was classified in to different categories such as 25 to 35 years of age, 35 to 45 years of age, and 45 to 55 years of age. Data observed that life style of the respondents in which 2 percent doctor, 18 percent nurse and 22 percent administration staff had regular eating pattern. Data depicted Body Mass Index wise distribution of respondents. The 30 percent doctor, 24 percent nurse and 16 percent administration staff had 18 to 24.9 percentage of Body Mass Index. It shows they had normal Body Mass Index. Here 8 percent doctor 6 percent nurse and 16 percent administration staff had Body Mass Index 24.9 to 30 percent. It shows that they were obese. When only 6 percent nurses were below 18 percent Body Mass Index.Study conclude that type of work was direct co relate with Body Mass Index of the individual. When type of work in heavy and moderate the individual had normal body mass index and if the person had sedentary type of work it source their over body mass index. All the anthropometric measurements varied significantly pertaining to age and BMI categories.

Key words: Clinical, and Dietary data, Nutritional assessment, well nourished or mal nourished