



A STUDY OF PLANNED INTERVENTION BY IDENTIFYING THE STATUS OF NUTRITIONAL ANEMIA AMONG THE WOMEN RESIDING IN TRIBAL AREAS OF NAVI- MUMBAI.

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ABSTRACT

Anemia is world-wide common problem of women. According to the National Family Health Survey (NFHS)-(III) more than half of women in India (55%) have anemia, including 39 % with mild anemia, 15 % with moderate anemia and 2 percent with severe anemia.[1] The nutritional anemia is common and associate with malnutrition food scarcity, and socio-economic situation and general nutritional unawareness. The present study was aim for planned intervention by identifying the status of anemia among the women residing at wavanje village near to urban area Navi-Mumbai. The findings revealed that majority of the population. 73.33% were Hindu and 26.6 percent were Muslim and their nutritional pattern as 80% were consuming non-vegetarian type of diet. And in spite of non-vegetarian it was seen that all the subjects' hemoglobin level was less than the standard value that is less than 12gm/dl. Further with the help of paired 'T' test it was observed that planned nutrition education intervention plays a significant role in knowledge awareness for reducing anemia level among the women residing at tribal area of wavanje village of Raigadh district.

Key words: anemia status of tribal non-vegetarian women, planned intervention

Introduction

Anemia continues to be major public health problems worldwide, particularly among women. It is a common health problem among the women of 18-45yrs of age. Anaemia affects over 800 million women worldwide. In India, it is estimated that 52% of non-pregnant women of reproductive age are anaemic [2]

It is well-known fact that the Indian women have to play traditional key 'role' as Annapurna. Which explains her role as a food providers/care taker of a family members. This role remained dormant & dominant & influenced by indigenous & cultural food practices at large extent over the periods. Which tend to neglect her own health .

Empowering women with Nutrition knowledge is like creating an asset to invest for future of their own & family health. Women need of specific 'Nutrients' is more crucial than Men especially at different Stage of their life like: teenage, pregnancy, lactation menopause. These are the important phases of life nearly for the period of 30-40 years. And Women's unique role as child bearer tends to drive their special nutritional needs.

Empowering women with knowledge of specific nutrients to restore and sustain optimum health and wellness is the core function and responsibilities of health care providers.

Some dreadful facts about women nutrition & health as according to the World Health Organization's 2009 Global health risks' report, iron-deficiency anemia accounted for 400,000 deaths and 1.5% of the global Disability Adjusted Life Years in 2004. WHO has estimated that prevalence of anaemia in developed and developing countries in women is 14 per cent in developed and 51 per cent in developing countries and 65-75 per cent in India .[3] Anaemia is a condition that is very common in India, especially in Indian women. About 50 per cent of children, adolescent girls and women are anaemic due to inadequate dietary iron, less folate intake due to low vegetable consumption, perhaps low B12 intake and poor bioavailability of dietary iron from the fibre. [4]

As per ICMR Studies, adolescent girls suffers due to problem of anemia is much more than in the pregnant women which is neglected since many years & over the years there has been some increase in obesity which is the root problem of many Non – communicable diseases.

Overall 52 percent of women in India have some degree of anemia & 40 percent in every population subgroup are anemic[5].

Under normal physiological condition the blood loss vis-à-vis anemia in women is a dreadful fact. During menses the normal amount of blood loss is about 20-60 ml per month during the period. The total iron requirement of 55kg weight of women is 1000mg during pregnancy. During/after delivery more than 500ml blood loss takes place. Vicious circle of predisposing and contributory factors leads to chronic blood loss vis-à-vis chronic anemic state among women which adversely affect women health and their children.[6]

Anemia which has mild to serious concern on health of women as fatigue lack of physical capacity, poor concentration, to poor pregnancy outcomes, increase the risk of premature delivery, low birth weight babies & underlying cause of maternal & infant death. More than one third (36 percent) of women in India are undernourished as per NFHS data. Women who are undernourished are more likely to have children who are undernourished mainly from rural/tribal area. In children, severe anemia can impair growth and motor and mental development. Children may exhibit a shortened attention span and decreased alertness. Children with severe iron-deficiency anemia may also have an increased risk for stroke. So anemia not only affects women but the future citizen of the nation also. This has to be compensated by proper diet and dietary supplements. Thus the objectives of the study were to assess the level of hemoglobin percentage among women. And to determine the association between the pre-test knowledge and the Post-test knowledge score among women.

2. METHODOLOGY

The study design was quasi-experimental in nature, with assessment of knowledge regarding anemia among women of reproductive age between 15-45 yrs. Pre-Structured questionnaire prepared to assess the knowledge. The sample comprised thirty women at Wavanje village tribal Community. Sampling technique used for the study was non probability convenient sampling. The data was analyzed by descriptive and inferential statistical analysis methods.

3. RESULTS AND DISCUSSION

Demographic characteristics.

SECTION I: 36.6% of the women's were in the age group of 35-45 years and 33.3% were in the age group of 15-25 years of age and 30% were in the age group of 25-35 years. 43.33% are

educated up to secondary education , 16.16% were illiterate and no women's belonged to the graduate education.60% of the women's belonged to the joint family. Majority of the family 76.66% belonged to monthly income range of more than 4000rs/month.Majority of the population 73.33% were Hindu and 26.66% were of Muslim community. See fig- 1.

FIG-1.RELIGION

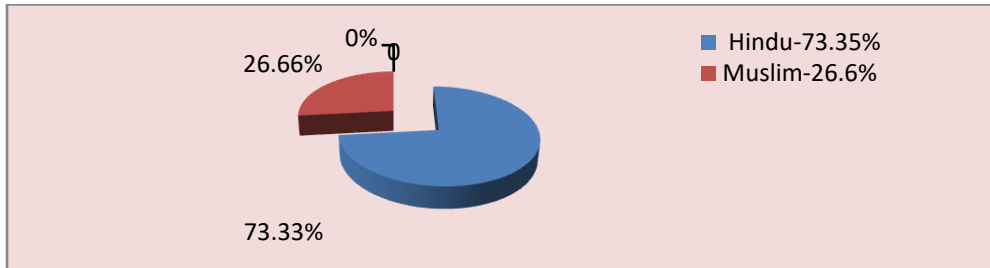


FIG-2.DIETARY PATTERN

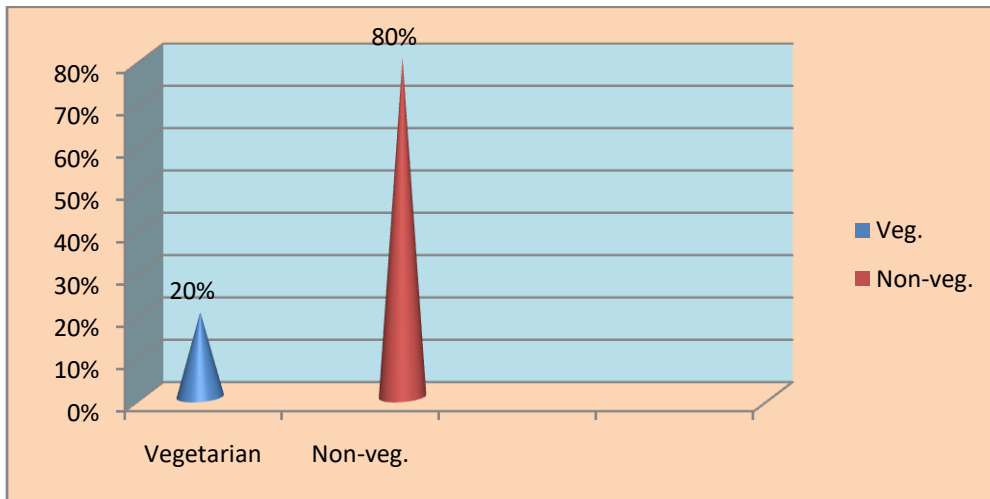


FIG2-With regard to the nutritional pattern 80% were consuming non-vegetarian type of diet, whereas only 20% were of vegetarian.

SECTION II-

TABLE-1:- Data showing haemoglobin % of the subjects

S No	Hb%	S no.	Hb%	S no.	Hb%
1	8	11	10	21	9
2	9	12	9	22	8
3	7.5	13	9	23	8.5
4	8	14	8	24	8.5
5	7.5	15	9	25	8
6	11	16	9.5	26	7
7	9	17	9.5	27	7
8	8	18	8	28	8
9	10	19	7	29	9
10	9	20	9	30	9

The haemoglobin estimation was done by using Shale's Haemoglobin meter. After the haemoglobin estimation of the 30 women between the age group 15-45 years it was seen that all the subjects had haemoglobin level less than the standard value that is less than 12gm/dl

SECTION III

TABLE 2:Data showing mean distribution of mean value.

	Combined mean
PRE-TEST	2.025
POST TEST	2.223

TABLE 3: Data showing pretest and post test knowledge score

	MEAN	S.D	C.V%
PRE-TEST	2.025	3.04	150%
POST-TEST	2.223	4.5	202%

Further with the help of paired 'T' test it was observed that planned nutrition education intervention plays a significant role in knowledge awareness for reducing anemia level among the women

CONCLUSION

The health care provider/nurses work with the community at the grass root level to educate them so to empower in health situation. The present study aimed to assess the knowledge and testing for anemia of the women of reproductive age group .The need based intervention has definite impact value. The findings revealed that majority of the population 73.33% were Hindu and 26.6 percent were Muslim and their nutritional pattern as 80% were consuming non-vegetarian type of diet. The study by Khanna G L A. et al "A Comparison of a Vegetarian and Non-Vegetarian Diet in Indian Female" results shows "hemoglobin concentration were high in non-vegetarian". [8] In present study it was seen that all the subjects' hemoglobin level was less than the standard value that is less than 12gm/ with mild to moderate anemia in spite of non-veg diet. The planned intervention showed significant difference between pre-test and post- test value. It was observed with paired 'T' test that planned nutrition education intervention plays a significant role in knowledge awareness for reducing anemia level among the women residing at tribal area of wavanje village of Raigadh district.

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