

Management of Nutritional and Physical and Health Related Issues of Housewives

Saloni Azad

University: Deen Dayal Updhaya Kaushal Kendra, Indore

Course: B.Voc Nutrition & Dietetics

Abstract

Good nutrition is the basic element of good health. When the nutrients found in the food we consume are in improper amounts, it may evolve into a serious problem which may even prove fatal. Housewives play multiple roles in the family and the society as taking care of family and managing other work. This is the reason that women's health status is very important. Due to pressure of household responsibilities, most of the women do not get enough time for their own self. This way of living is driving the society to consuming more ready to eat convenient food which is high in calories and fat percentage. Women contribute to about half of our country's population. In India, women are more vulnerable to disease and illness because of the culture and traditional practices which affect women's nutritional practices. Nutrition Status is a measure of complete health of women. If a mother have poor nutrition status, she has greater risk to her health and as well as to her child. Diet is the foundation constituent affecting health. It has been found out that 40-50 years of age of women are prone to suffer from many diseases. The World Health Report mentioned top ten risk related to health of housewives; underweight, obesity, hypertension, anemia, infertility, PCOS, osteoporosis, cardiovascular disease, diabetes, breast cancer. To manage all these nutrition and physical health problems, certain practices can be initiated like eating a well balanced diet which is low in fats, high in cereals, pulses, vegetables, fruits and nuts, indulging in any physical exercise because and inactive life is the cause of health problems, having relaxed eight hours sleep, doing yoga and meditation daily and making efficient behavioral nutrition interventions like increasing the knowledge of nutrition among housewives. This will upgrade the dietary behavior. This study shows the nutritional and physical health problems among housewives and the measures to control this problem in a effective way.

Keywords: Housewives, women, nutrition, physical health, diseases

I. Introduction

Women play different roles in the family as a care taker and as money earner. Lack of time due to household work can affect their diet and health. Health status is an important implication of children's health. Many women do not get enough time to take care of themselves. This type of lifestyle is pushing the society to eat more ready to eat food that is high in fat and energy which ultimately affect their health. The health of women is linked to their status in the society. Women who have poor health are likely to give birth to low birth weight babies. The multiple roles of household, child rearing, that women carry out has implications for physical and mental health. The World Health Report mentions the top 10 risks, in terms of burden of disease they cause. The ten leading risk factors are underweight, unsafe sex, high blood pressure, tobacco consumption, alcohol consumption, unsafe water, sanitation, iron deficiency, high cholesterol, and obesity, anemia, PCOD, infertility, thyroid, osteoporosis, breast cancer. Together this accounts for more than one third of all deaths worldwide.

Nutrition status is a sign of overall well being of a population. Adequate nutritional status is important for good health of women and of their offspring's. Poor nutrition status indicates greater health risk to both mother and children. This is the reason that women in India are suffering from a dual burden of malnutrition.

Body Mass Index has been recommended by WHO as a tool for identifying overweight and obese peoples. Waist circumference and waist/hip ratio has been used as measures of central obesity and body mass index has been used for general obesity.

Clearly, there is need to develop effective behavioral nutrition interventions by educating them that can positively change the dietary behavioral of women.

Management of nutrition, physical and health related issues can be controlled by educating women about nutrition knowledge which influences their attitude and practices towards good nutrition.

With this focusing on their sleep cycle and physical activity can positively affect the health of housewives.

II. Conclusion

The study reported the nutritional, physical and health related issues occurring in housewives. Therefore, women's needs to be aware about the problems faced by women's and its preventive measures. Healthy eating, involving in certain type of activity, doing meditation and yoga daily can help you stay healthy and free of disease.

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