

Health and Nutritional Status of School Teachers (With Specific Reference to Government Schools of Rawalpura, District Srinagar)

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Abstract:

Objective: The study was carried out with the aim to assess the health status of the respondents by their clinical examination, by anthropometric measurements and by dietary survey.

Materials and methods: The present investigation comprised school teachers. The tool used for data collection was questionnaire and personal interview. Data was analyzed in the form of percentages and master chart.

Results: This study shows that majority of the respondents were having good health status and were not taking any type of medicine. Majority of them had no history of some major surgery done. Their clinical examination revealed that maximum had normal weight and hemoglobin level.

Conclusion: It was concluded that the overall nutritional status of the respondents was satisfactory.

Keywords: Nutrition, health, adults, respondents,

I. Introduction:

Nutrition and fitness go hand-in-hand, and they help patients to avoid illness and obesity. Nutrition is a part of the diet, but fitness also requires exercise and daily activity. Using proper nutrition and fitness, a patient can lose weight, remain healthy and also provides the body with the vitamins necessary for good fitness. Nutrition helps the body repair after damage, protects DNA from free radicals, prevents premature aging and also prevents obesity. Knowing with foods are nutritious is accomplished by reading food labels. The FDA requires food manufacturers to provide a list of nutrients in food packages.

We need a nutritious diet for our well-being and good health. When our body receives all the nutrients in appropriate amounts so as to meet the needs of the body, then we are in the state of good nutrition and we have a normal nutritional status. However, when the nutrients provided in the diet are inadequate or not utilized properly, it results in a state of imbalance in the body. If this continues for some time, it may develop into a severe problem which may even prove fatal. When there is a lack or excess intake of one or more nutrients and/or faulty utilization of nutrients in our body, it leads to the state of imbalance in the body and this condition is known as malnutrition.

There are two types of malnutrition. The condition of health of a person that results due to the lack of one or more nutrients is called under nutrition. However, when there is an excess intake of nutrients, it results in over nutrition. Thus the condition of malnutrition covers both the states of under nutrition and over nutrition. We must have seen people who eat energy rich foods in amounts more than what is required by their body become fatty/obese; this is result of over nutrition. This state of being obese is harmful as it may lead to serious health problems, but under nutrition is more common around us.

Man needs a wide range of nutrients to perform various functions in the body and to lead a healthy life. During adulthood nutrients are required for the purpose of energy, replacement of worn out tissues and maintenance of body functions. Though there is no growth during adulthood, so protein is required for the replacement of worn out tissues. The nutritional requirement of other age groups is sometimes extrapolated from adult's requirements. Keeping in view the importance of good nutrition the present study was undertaken with the following objectives:

1. To assess the health status of respondents by their clinical examination.
2. To assess the nutritional status of the respondents by their anthropometric measurement and compare it with standards.
3. To find out the nutrient intake of the respondents with the help of food frequency.

II. Material & Methods:

A study was carried out to assess the "Health & Nutritional status of school teachers (with specific reference to Government schools of Rawalpura, District Srinagar)". Information was gathered with the help of a comprehensive questionnaire which was designed in such a manner so as to obtain information regarding personal information, clinical assessment, anthropometric measurements and dietary survey. Dietary survey includes qualitative & quantitative. In qualitative, information was regarding the meal pattern of the respondents & their intake of different food stuffs. In quantitative information was collected regarding the nutrient intake.

This was done by food frequency scrutinized and condensed into master chart. All information was brought into proximity and the percentages were calculated so as to emphasize the majority and minority of responses from Government Teachers of Rawalpura.

III. Results:

The findings of the present study would be beneficial and helpful not only to teachers but also to health related workshop to sensitize society towards maintaining healthy life style. This information would be valuable to show the way forward for improving the health status of teachers by implementation of well-designed programs for health and nutrition education and other intervention measures. In this study majority (42%) of the respondents were in the age group of 40-50 years followed by (28%) who were in the age group 30-40 years and rest of them were in the age group of 20-30 and 50-60 years of age and majority belongs to the nuclear family. It was found that 24% of the respondents had monthly income of more than 60,000 followed by 36% of the respondents were having monthly income in the range of 40,000-50,000 and rest of them showed variations in their monthly income. The study revealed that majority of the respondents (58%) had not suffered from any health problem. However (42%) were having some health problems like thyroid, hypertension, diabetes etc. and were on medication. Half of the respondents felt fatigued while climbing stairs or doing any heavy activity. 16% of the respondents were anemic. It was also revealed that 34% of the respondents were overweight and 2% had thin built. During the research it was revealed that maximum respondents take green leafy vegetables every day and in their diet pulses, cereals, milk and milk-products is also included. As per degree of weight and height on the basis of BMI, it is evident that majority had normal weight whereas 28% were overweight. Some of the respondents skip their lunch and they consider their work pattern as the reason for this.

IV. Discussion:

The present study was conducted with an objective to assess the nutritional status of Government School Teachers (with specific reference to Government schools of Rawalpura, District Srinagar). During this study it was found that their nutritional status was satisfactory. According to Sop, et al. (2010) carried out a study on the nutritional status, food habits and energy profile of young adult and study revealed that good nutrition is the cornerstone for survival, health and development for current and succeeding generations (Tontisirin and Yamborisut, 1995). In Cameroon, as in many developing countries the double burden of malnutrition is affecting the whole population's health. Its main roots are poverty and poor knowledge on food composition for optimal uses of available foods to maintain nutrition security. No study has addressed eating pattern of young adult and no national nutrition programme is available to the reduction of the malnutrition in the country. Majority 58% had not suffered from any health problem and had not gone through any type of major surgery. However 42% were having some health issues like thyroid, hypertension, diabetes etc. and some of the respondents are on medication. In Lefebvre and Bouchard (2004) studied that 194 millions of people aged 20-79 years are diabetic and 300 already obese percentage. If the parent is obese the children have 40% of chances to become obese and 80% if both parents are obese. Although some 50% of the respondents felt tired while climbing stairs or doing any heavy activity while as rest of them did not complain any of such fatigue or tiredness while doing any kind of activity whether it is household chores or any related work. As per the degree of weight and height on the basis of BMI and it is evident that majority of the respondents 64% had normal weight whereas 28% were overweight and rest of them had different nature of weight. According to Nasrin and Rehman (2009) studied mothers nutritional status in an impoverished nation. The aim of this study was to assess and to identify the factors associated with nutritional status of rural mothers in Bangladesh. Bangladesh Demographic Health Survey data 2004 for last five years were used for this study. Women's nutritional status was defined in terms of Body Mass Index (BMI/wt. in kg/ht in m²). Descriptive and multivariate logistic regression methods were employed in analyzing the data. It was observed that although maximum numbers of rural mothers were nourished (56.3%) a large portion of them was acute malnourished (43.7%) and the mean height for all ages of women is 150.43 centimeter's. This study elucidates that maternal weight was consistently lower for older women and women with higher fertility. 14% of the respondents perceived that their job always disturbs the meal pattern whereas rest of them said that their meal pattern. Some of the respondents had a habit of skipping meal because they felt hectic to carry their lunch.

On the basis of the present findings some recommendations has been forwarded to adults (school teachers) to maintain their healthy living.

1. People at this age do not have to include nutrients for growth and strenuous activities of youth, but their diet must provide means for maintaining body tissues so that its integrity is not threatened.
2. Adequate proteins, minerals and vitamins with a sufficient amount of calories should be taken to maintain a desirable body weight.
3. Haphazard food choices that may be rich in fats and heavy in sugar should be avoided.
4. In addition to the inclusion of fruits and vegetables, milk and dairy products, bread and cereals etc. one must lower the fat, refined sugar and salt in the diet.
5. Short breaks during working hours to have fruits/ juices, milk, tea or soup would reduce fatigue and increase work production.
6. Adults should realize that maintaining a nutritious diet is like planning a sound financial program for old age. They should scrutinize their daily food carefully to see that their dislikes do not eliminate important nutrients.
7. Good diet will foster a vigorous maturity and can do much to delay the ravages of old age.
8. Our daily newspapers should include articles regarding to maintain healthy life style so that every common person get aware.
9. In schools and colleges seminars/ symposiums should be conducted to educate the employees to have optimum nutrients in their daily meals.

V. Conclusion:

The data was collected from the Government School Teachers of Rawalpura area regarding their eating routine and dietary habits and it was concluded that the overall nutritional status of the respondents was satisfactory. Most of the respondents had a good health and did not suffer from any kind of illness. These respondents also had a normal level of hemoglobin and most of them had normal range of BMI and the assessment of the clinical examination revealed that majority of the respondents did not show any sign of deficiency.

Moreover the intake of food stuff by most of the respondents was quite satisfactory. Even though they had a habit of skipping the meals.

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