

A Study of Nutritional Deficiency Disease in Women in Bihar during Pregnancy

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ABSTRACT

The nutrition at the optimal level in women is very important for their own health and also for the future generation's health. It can cause serious health issue if a mother not gets nutritional food at the time of pregnancy and also it gives confrontational outcomes such as childhood death and children born with some disease and so on. The Bihar is the state in India which has known for its lowest health profile it is due to the deficiency, and also people are undernourished. The relationship between nutrition and birth outcomes is subjective to many factors that include demographic factors and socioeconomic factors. India has the fastest rising economies around the world and now this is facing calamities for growing the below nourishment in children as well as in mother. The Survey by National Family Health Survey has reported that approximately 23% of the women in India have the body mass index which has below to the normal in which most of the women are from Bihar. The main goal of this study is to measure the health change in the Bihar with the help of different indicators and compare those results with the changes at the national level that is based on national family health survey three and four. The indicators which are selected for comparing at the national level are Obesity, Anaemic status of the women in reproductive period and in pregnancy.

1. Introduction

The problem related to nutrition may cause many issues in women health and undernutrition and poor nutrition may also affect the reproductive outcomes of the mother. Motherly nutrition has played the main role in the growth and the development of the women in Bihar. Motherly or Maternal nutrition is known as the needs of the women at the time of pregnancy periods and after delivery. Undernutrition or poor nutrition for the women at the time of pregnancy may cause confrontational birth results. It is the multidimensional concept for measuring the status of health in India or in society. The status of the health of women in India can be observed with the help of multiple indicators which is to be classified as Socioeconomic, Geographic status, and education level and also on health care services provided. Because health is the main factor that adds to the well-being of the human and their economic growth. If the women are in poor health and undernutrition may give birth to the child with low weight. And also after birth, they are not able to provide much food and care to their children. In Bihar, all other family members are directly or indirectly depends on the Women for their daily routine job and poor nutrition of women extremely disturbs themselves and also to their families.

2. Research Methodology

The relevant data has been collected for this study is from National Family Health Survey 3 and National Family Health Survey 4 sheets of facts this survey was conducted in the year 2004 to 2005 and in 2015 to 2016 with the help of International Institute of the population studies and on behalf of the Department of Health and the family welfare (Government Of India). The various indicators that are selected for health status are mainly on the basis of fact sheets of National Family Health Survey which was done from 2004 to 2005 and 2015 to 2016. These indicators are categorized into three dimensions such as

women status, factors of women health and maternal health of the women. Other than this IMR indicators have not only indicates the health of the mother, but also it shows the status of nutrition in the women, and also nutritional status at their babies. This is very important to know what type of data may be collected that support the study.

There are many research method which is used to collect the data for the study such as the primary method of data collection and a secondary method of the data collection. In **primary data** collection methods, the data is collected from the researcher and the data which is collected for the first time if the primary data. This type of data collected with the help of Interview, Delphi Technique, projective techniques, questionnaire method, and group interview and many more. In the primary method of data collection, the collected data are fresh. While in the **secondary data** collection method the information is taken or collected from someone else for the purpose of the current research. The data may be in the form of mathematical calculation, measurements and many more this data are very helpful for the research and also for finding the accurate results. Secondary data mainly comes from articles, sales reports, financial statements, and corporate information, feedbacks from dealers and distributors, business magazines, Social books, and journals that support the study. The main advantage of collecting secondary data is that they take less time and also it is easily available for the researcher. The secondary data collection method is also less expensive than the primary method of the data collection where there is a requirement of money and time as well for conducting the survey.

This study basically needs a secondary data collection method which helps to recognize the details of the maternal women who were suffering from nutritional deficiency disease in Bihar. The secondary information which helps to finalize the

information regarding different indicators factors are from National Family Health survey 3 and 4 which was conducted from 2004 to 2005 and 2015 to 2016. The NFHS- 3 and NFHS- 4 help to study the information which is related to the Nutritional status of women in Bihar including Body mass index, Obese in women, weak women pregnancy, eating of the Iron Folic acid at the time of pregnancy, delivery with cesarean and many more. There are also some other indicators are as the literacy of women, child marriage, HIV knowledge and also the consumption of tobacco by women also affects women at the time of pregnancy.

3. Motherly Malnourishment at Indian Developments

The range of malnourishment to the intake of unnecessary diet before and at the time of pregnancy is top to the serious penalties. The position of the women due to poor nutrition at time pregnancy are like short physique that is due to the undernutrition of the mother's own infantile, low body mass index rate at formation, and insufficient gain of weight with poor intake of the nutrition may cause serious consequences at the time of giving birth. The Body Mass Index is an important measure for malnourishment in the reproductive age of women at 20 to 49 years. Less than 18.5 Kg and also more than 25 Kg of BMI is known as undernutrition (thinness) and overweight (Fat). The BMI of 22.9 % in women is considered as normal. This normal BMI is compared less in National Family Health survey 3 where more than one-third of the women are underweight in which more women are belonging from the rural areas as compared to the urban area this is very less in urban areas.

There are several other data may also be collected from National Family Health Survey 2 and 3 and these data were analyzed to find the impacts of the motherly nutrition under their children. The various analysis shows that the distribution of proportion to the lost children who are come from the underweight mother has increased from 42.8 in the year 1998 – 1999 to 53 in the year 2005 – 2006. The nutrition of the child is directly depending on the motherly nutrition in Bihar and also related states such as Uttar Pradesh, Madhya Pradesh and also Rajasthan.

Bihar comes in the highest population density states in India and stands on the third position after Uttar Pradesh, Bihar is the most populated state after Uttar Pradesh and Maharashtra. In Bihar 89% of the total population has live in the rural areas and where there is no reachable facility related to health and also the literacy percent in women of Bihar is about 49.6 which is also very less as compared to other states. The women do not get sufficient nutritional diet at the pregnancy this is only because of poverty. Bihar is also affected by floods every year due to this they have to suffer from losses. This all situations may directly affect the health of women in Bihar the main reason for not taking a nutritional diet is lack of money, services like food and care, education and low infrastructure.

4. Findings

There are some findings which depend on the Indicators/Dimensions according to National Family Health Survey three and four (NFHS-3 and 4) and shows improvement or changes in Bihar according to NFHS 3 and 4.

Sr. No. (Dimensions)	Sr. No. (Indicators)	Dimension/Indicators	NFHS 3 (%)	NFHS 4 (%)
1.		Status of Health		
	1.	Mothers had at least four pre-birth visits	11.20	14.40
	2.	Consumption of iron-folic acid by women for more than 100 days at the time of pregnancy	6.30	9.70
	3.	Post-delivery care received by health personnel	13.40	42.30
	4.	Official Birth	19.90	63.80
2.		Nutritional status		
	5.	Body mass index is below normal	45.00	30.40
	6.	Mothers with overweight and fat	4.60	11.70
	7.	Weak pregnant women	60.20	58.30
3.	8.	Infant Death Rate	61.00	48.00
4.		Factors of women health		
	9.	Literate women	37.00	49.60
	10.	Women married underage	60.30	39.10
	11.	Women with knowledge of HIV	11.70	10.10
	12.	Using of Tobacco	8.00	2.80

5. Discussion

This discussion should be done on the basis of the above findings where all the statement is accurately defined according to National Family Health Survey 3 and 4.

Good nutritional food may increase the resistance of the body and also supports to fight with the diseases and other infections which were comes in the women in Bihar. Undernourishment and poor diet for the women affect the mother at the time of pregnancy result, for example, the low weight of the child's, premature birth and so on. The undernourishment also increases the risk regarding women

health and form some diseases like hypertension, diabetes, and cancer. The Body Mass Index is the important measures for the nourishing position of the women in Bihar. The percentage of women with below BMI is 45 according to NFHS 3 and that is decreases to 30.40 according to NFHS 4, this shows that below average BMI of women in Bihar is refining better than from early days.

Fatness and overheavy weight are related to the increasing the risk of non-communicable diseases like high cholesterol, metabolic syndrome, diabetes, blood pressure and many more. The percentage of over heavyweight and fat 4.60 this is according to NFHS 3 and that changes to 11.70 according to NFHS 4. The infant mortality rate also decreasing in Bihar because this according to NFHS 3 this is about 61 percent which is a very serious cause of not in taking nutritional diet by pregnant women in Bihar. But according to NFHS 4, this is improving and reduces to 48 percent. These are some of the

important factors which have to be discussed here and there are many other results which are mentioned in the above table.

6. Conclusion

From the above discussion, it is concluded that the status of health regarding women living in Bihar has shown some improvement but still, they are not matched with the national level nutritional status of Bihar is below the national level. This condition comes to Bihar when majority of women at the time pregnancy is weak this is due to lack of nutritional diet. However there are improvement shown in many factors on which women in Bihar are lacking somewhere these factors are like Literacy rate, child marriage, high consumption of tobacco by women is also decreases which earlier may cause infant mortality or premature birth like problems. There are also many other factors which lead to nutritional deficiency in women in Bihar such as poverty, lack of money, and lack of knowledge. That is why the government needs to improve its health programs in Bihar due to which the motherly health status in Bihar get increases.

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