

Nutritional Awareness and Health Status of Pregnant Women

Dr Alka Agarwal*

Associate professor, Department of Home Science

Baikunthi Devi Kanya Mahavidyalaya, Agra

Abstract - Pregnancy is a unique cycle that is offered with dynamic physiological variation. Fetal advancement outstandingly is joined by different physiological, biochemical and hormonal changes. Frequently this impact requests for extra fundamental nutrients prerequisites to sustain a developing embryo. Maternal hunger is known to weaken pregnancy results. In India, pallor is assessed to contribute around 20% of every single maternal passing, multiple times more serious gamble of unexpected labor and low birth weight children, cerebrum harm in babies brought into the world to seriously pallid moms. In this way the study was intended to evaluate the nourishment status and horribleness factors in relationship with financial foundation and the pervasiveness of iron deficiency among country pregnant women. Clearly 45% of women in our examination were shown to be frail. Our examination reports that Poor Nutrient admission and expanded dreariness level during pregnancy were noted to be major causative variables for low hemoglobin status among pregnant women. Subsequently the clinical manifestations were more pervasive among pregnant women connected with lack of nutrient. Henceforth forward guaranteeing right nutrient stock during pregnancy could bring out certain pregnancy results

Keywords- *Pregnancy, women*

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INTRODUCTION

According to nutritional perspective, the Indian culture is a double society, comprising of a little gathering of all around took care of and an extremely enormous gathering of undernourished. Because of male predominant society the food dispersion inside the family is a significant issue. Women eat less and finally in the family. The taking care of practices for female kids, juvenile young ladies are unfair which lead to poor nutritional status of youngsters. Weakness is the most widely recognized nutritional lack issue on the planet. Lack of iron weakness is the most wide spread micronutrient lack during pregnancy influences one billion individuals worldwide and the United Nations Children's Fund's (UNICEF) underscores this worldwide issue and objective to lessen the predominance of sickness (counting iron inadequacy) to 33% by 2010. Predominance of pallor in every one of the gatherings is higher in India when contrasted with other agricultural nations . In India around 80 % of pregnant women are iron deficient, 19% of maternal passings are credited to paleness. The commonness was most elevated in Bihar (87.6%) trailed by Rajasthan (85.1%) and Karnataka (82.7%) . As indicated by NFHS-3, around 57.9% women are frail of which 54.6% are in metropolitan regions and 59% in provincial regions . Practically general lack of zinc in pregnant moms in non-industrial nations . Nutritional issues during pregnancy sway on women's

personal satisfaction, however thusly on her infant's prosperity after conveyance, her relatives and local area also. The nutritional status of the mother is the main determinant of pregnancy results, including the birth weight of the infant. Commonness of Low Birth Weight infants in India ran between 26% to 57% in the metropolitan ghettos and 35% to 41% in country regions. Among every one of the social determinants of maternal mortality, status of women in the general public assumes significant part. Women in unfortunate family have diminished admittance to nourishment, rest, wellbeing schooling and medical care - which are all fundamental for safe pregnancy. This study endeavors to get familiar with the elements related with nutritional status of antenatal moms and their awareness regarding care during pregnancy.

Nutritional issues

The significance of good wellbeing influences the mental, physical, formative, social and work execution of pregnant women. Lack of iron because of paleness is as yet the most well-known nutritional reason. It very well may be connected with folate lack, particularly during pregnancy. Pregnant women structure an enormous gamble bunch that needs unique consideration. As indicated by the WHO, in non-industrial nations, the frequency of frailty in pregnant women is 56% (WHO, 1992). The

commonness of sickness in India is 60-70%. In India, iron deficiency is the subsequent driving reason for death, representing 19% of every maternal demise.

Maternal nourishment - can likewise be a critical element in influencing women's wellbeing during pregnancy and adulthood. In the present circumstance, country women need to keep away from the risks of food, keep a sound invulnerable framework and stay away from frailty. Nourishment during pregnancy can be particularly significant in youthful moms who have not yet finished their development and improvement. Appropriate maternal consideration is fundamental for solid intra-uterine development and can influence the child's introduction to the world weight. Different investigations in various pieces of India have shown that the low birth weight rate (infants weighing under 2500 grams) goes from 15% in Trivandrum to 46% in Baroda. Around 33% of kids in India have low rates of birth. Weight reduction among numerous hopeful moms recommends ailing health. Nonetheless, it has additionally been shown that birth weight has improved because of further developed medical care as well as sustenance during pregnancy. How much calories and protein in Indian women during pregnancy and lactation, particularly in the lower financial status, is probably going to be considerably deficient. Early lack of healthy sustenance in pregnant women is regularly exacerbated by not enhancing their eating regimen to meet the nutritional necessities of pregnancy. The immediate outcome is weight reduction during pregnancy and the conveyance of low birth weight infants. Absence of nourishment is probably going to be a main consideration influencing store tallness and birth weight in late pregnancy. adverse consequence. To give quick development, which incorporates bone arrangement, blood creation, and building muscle, mind, and different tissues, the baby needs instant nutrients. Consequently, it is vital that the mother really focuses on the nature and nature of her food during pregnancy and particularly after conveyance until the twelfth week as it will decide the wellbeing of her child.

In a study of pregnant women in the United States, the normal pregnancy weight is 6.9 kg, going from 6.3 kg to 7.7 kg in the most unfortunate gathering. Comparable insights have arisen in different examinations. A study of 85 rustic pregnant women from Varanasi observed that both intrauterine development in calories and protein expanded essentially in both metropolitan and provincial pregnant women. They further uncovered that paying little mind to moms from metropolitan or provincial foundations, north of 2000 kcal and 75 grams of protein weighed 3000 grams, normal load around 49.4 cm Crown heel length and head outline Gave birth to babies and 33.5 cm, separately. He added that assuming maternal admission was under 1,500 kcal and 45.0 grams of protein, fetal development would be fundamentally lower in both country and metropolitan subjects. With respect to style of food utilization,

country women in Orissa couldn't track down better food, in any event, for a solitary food thing. 62.9% and 26.4% of metropolitan women were polishing off beats, beans, milk or yogurt day by day, however this number was just 37.5% and 8.1% for their rustic partners.

To the extent that the utilization of suits, eggs, poultry, meat or fish by rustic women is concerned, these figures of 2.2%, 0.6% and 1.6% obviously show the low status of provincial women in Orissa. Women who consume less calories than prescribed because of numerous monetary and monetary reasons, for example, ignorance, destitution and confusions, which will make it simpler to get less nutrients, work on the personal satisfaction in their provincial regions. It requires earnest endeavors. In a semi-rustic Egyptian population, the normal moderate energy admission from plant sources was 2000 Kcal/day during the second and third trimesters, a high carb consumption in early pregnancy smothers the advancement of channels, particularly However, in the event that how much milk protein diminishes late, such an impact on pregnancy can prompt long haul ramifications for youngsters in danger of coronary illness. The normal nutritional worth of hopeful moms in the low-pay group Nutritional issues The significance of good wellbeing influences the mental, physical, formative, conduct and work execution of pregnant women. Lack of iron because of pallor is as yet the most well-known nutritional reason. It tends to be connected with folate inadequacy, particularly during pregnancy. Pregnant women structure a huge gamble bunch that needs exceptional consideration. As per the WHO, in non-industrial nations, the occurrence of weakness in pregnant women is 56% (WHO, 1992). The predominance of paleness in India is 60-70%. In India, pallor is the subsequent driving reason for death, representing 19% of every maternal passing.

Pregnancy is a time of extraordinary physiological and mental pressure for the women as she sustains a developing embryo in her body. The advancement of baby goes with different physiological, biochemical and hormonal changes happening in the maternal body. This thusly regularly impacts the requirements for nutrients and the viability with which the body utilizes them. Maternal pre pregnancy sustenance influences intrauterine development and birth weight.

Sustenance isn't just significant for the unborn but at the same time is significant for the wellbeing and personal satisfaction of women and for the soundness of their babies. Maternal unhealthiness disables pregnancy results, increments maternal mortality, and retards youth advancement. Eighteen million low-birth weight children are brought into the world to undernourished moms every year. This is one of the excellent reasons for baby mortality in agricultural nations.

Sickliness during pregnancy keeps on being a typical clinical issue with high paces of predominance (35 to 75%) in many emerging nations. The central issue about the antagonistic impacts of frailty on pregnant women is an extraordinary gamble of pre-birth mortality and grimness for the population.

OBJECTIVE OF THE STUDY

1. o study on nutritional awareness health status of pregnant women
2. o study on Clinical Manifestation Related To The Nutrient Deficiencies of pregnant women
3. o study on Maternal history of of pregnant women

RESEARCH METHODOLOGY

Maternal mortality is at present an issue of much worry on the worldwide wellbeing plan. The wellbeing status of a lady could influence the probability that she will foster intricacies during pregnancy and furthermore her capacity to endure these difficulties. Viewing htlah 's'nemow ssorca eht efil ,elcyc si nemow tnangerp fo sutats gniebllew eht ylsuoivbo eht si eguh yllaicepse ;selbairav ynam yb detcapmi gnieb no speak ycnangerp gnirud ssenilkcis lanoitirtun secap hgih htiw eussi lacinilc lacipyrt aof pervasiveness (35 to 75%) in many emerging nations. The central issue about the antagonistic impacts of iron deficiency on pregnant women is an incredible gamble of pre-birth mortality and bleakness for the population. Poor socio-conservative and instructive statuses are the chief purposes behind a high pervasiveness of pallor in our population. Multifactorial circumstances locally will more often than not impact mother status, as well as in new brought into the world because of unfortunate sustenance, which could lead malicious impacts.

Research Design

The examination is an unmistakable population based Study and led utilizing appropriate pre-ried polls to study Nutrition, Biochemical and Clinical status in country pregnant women.

The study was done in two stages:

- **EMOGRAPHIC ASSSSMENT:** Demographic qualities, SocioEconomic Status, Family Type, Education and occupation status
- **UTRITIONAL ASSESSMENT:** I. Nutritional anthropometry, ii. Dietary appraisal utilizing food recurrence method, dietary conduct and sustenance and wellbeing information

assessment utilizing pretested surveys. iii. Clinical examination: maternal history, medical conditions connected with nourishment, clinical signs and side effects for weakness and iv. biochemical analysis utilizing cyan meth hemoglobin method.

Study Population:

Pregnant women matured 18 to 32 years were surveyed for nutritional and wellbeing status. The mean time of study members was 21.6 ± 2.79 . Out of 176 enlisted pregnant women; 100 women who deliberately concurred for nutritional assessment and biochemical analysis were oppressed for the study by utilizing a Purposive irregular examining method.

Study Area:

The situational study was directed in the PHC of Akola Village Agra locale, Uttar Pradesh, India.

Statistical Analysis:

The got data were examined by utilizing XLSTAT-7.5.2 rendition at $\alpha = 0.05$ importance level, chi-square tests, rate, Mean and Standard Deviation. Genuinely results were outlined in view of the degree of importance

DATA ANALYSIS

Fetal advancement is joined by numerous physiological, biochemical and hormonal changes happening in the body, which impact the requirements for nutrients and adequacy with which the body use them. Nutritional status of lady is likewise impacted by her financial foundations while specific demographic elements impact the physiological issues. In this way a bunch of such factors are thought of and issues during pregnancy are broke down against these factors for a superior arrangement. In India, iron deficiency is assessed to add to 20% of every maternal passing, multiple times more serious gamble of unexpected labor and low birth weight children and multiple times higher gamble of pre-birth mortality and higher gamble of mind harm in babies brought into the world to seriously frail moms. Consequently it was proposed to explore factors impacting the nutritional status among the rustic pregnant women.

Demographic profile of the women: D

The women included for the study were between 18 to 32 years age. A scrutiny of the table demonstrates the dispersion of chosen women, into various age gatherings. Women matured 18 - 20 years 46 percent of the study bunch, while a significant level of women

was in the most prolific period i.e., 20-29 years (63 %) in the gathering. Little rates were over 29 years.

Other data of subjects, for example, religion followed by kind of family financial status and training level. A higher level of the women had a place with Hinduism (71 %) trailed by Muslim (28%). Joint family was prevailed (79%). Just 21% were from little or family unit. It is important that a large portion of the women had instructive capability above seventh norm (44%) and 45 %were beneath seventh, while uneducated people were just 11%.

Table 1: General Information Regarding The Pregnant Women

Characteristics		Percentage (%)
Age	18-20	46
	>20	64
Caste	HINDU	71
	MUSLIM	28
	CHRISTIAN	1
Education level	<= 7 th	45
	>7 th <10 th	44
	NIL	11
Type of family	JOINT	79
	NUCLEAR	21
Economic status	BPL	78
	APL	22

Maternal history:

Insights about wedded life, age at marriage, number of pregnancy and method of conveyance during the past pregnancy were likewise noted. It is critical that main a little level of women answered to encounter fetus removals (12%) and just 4.2% of women had still birth. Similarly it is broadcasting to vibe that they had ordinary conveyances than caesarian area.

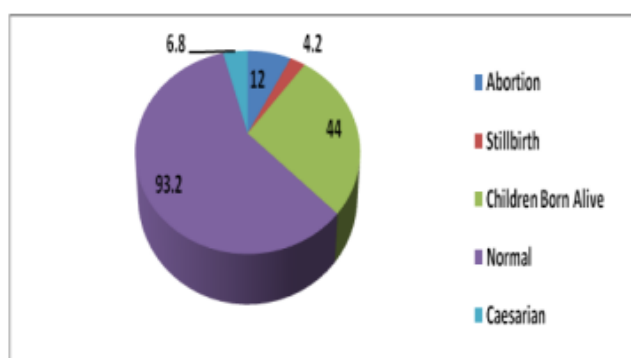


Figure 1: Percentage Distribution Of Selected Women According To The Maternal History

Morning disorder is suggestive of pregnancy among the members of the study, significant rate communicated to have encountered this. Around 18 to 24% women experienced queasiness and retching. Over half women communicated to have pica. Chalk, tamarind and mango were found to prevail among the

gathering. Most moms are malnourished, weak and had short pregnancy stretch.

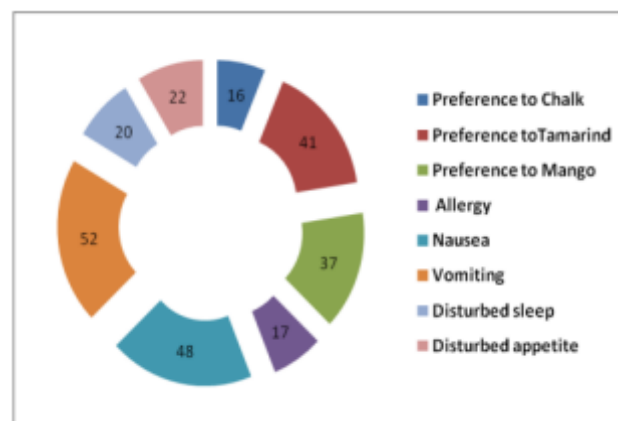


Figure 2: Pregnancy Induced Clinical Features Experienced By The Subjects (%)

The physiological transformation that guarantees during pregnancy is known to impact the typical conduct. Hunger and rest design are changed during pregnancy. It was seen that 46% of the women experienced upset rest and over 55% with loss of hunger. The justification behind such perception isn't clear.

Clinical Manifestation Related To The Nutrient Deficiencies

It is apparent that event of side effects for lack of nutrient was in the gathering with pale and level nails in higher rates. Oral ulcer and pale tongue was seen in just 5% of the women, pale and dull eyes were seen in 30% of the women, while rotted and pigmented tooth was seen in almost 43%.

This could be evidently because of unfortunate oral cleanliness. Edema of the feet was seen in one of the subject. None of the women griped of night visual impairment.

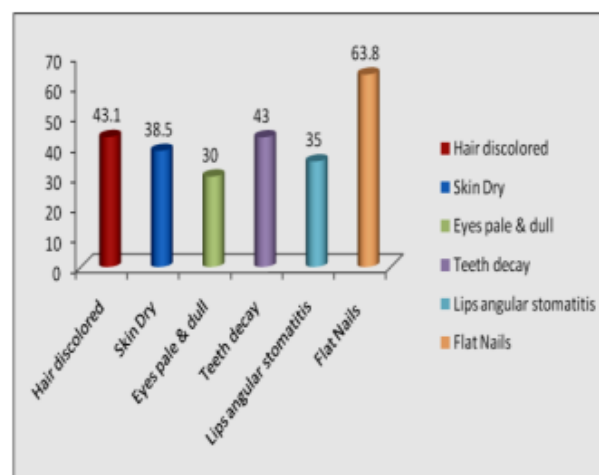


Figure 3: clinical manifestation of nutritional deficiencies prevalent among pregnant women (%).

Table 2: Mean Blood Hemoglobin Status Of Selected Pregnant Women

Cut-off levels indicative of anemia	2 nd trimester <11 HB(g/dl)	3 rd trimester <11 HB (g/dl)
Mean	10.6	10.7
+SD	2.06	0.9

The mean hemoglobin status of women is introduced in the table. It very well may be seen that mean hemoglobin in women was 10.6 ± 2.06 and 10.7 ± 0.9 hemodilution, an ordinary physiological peculiarities known to happen in the subsequent trimester. Indeed this could the justification for a drop in the hemoglobin levels in the two gatherings. The mean hemoglobin levels among the women were comparative in second and third trimester.

Characterization of subjects into grades of iron deficiency, when hemoglobin focus characterized by WHO reference standard was utilized as rule, 6.0, 15.0, 23.0 percent of women were in extreme, moderate, and gentle grades separately.

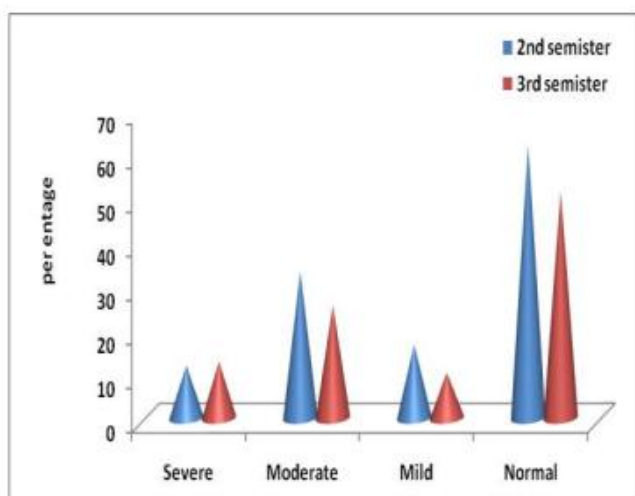


Figure 4: classification of women into grades of anemia (%).

There was no measurably critical relationship among age and conjugal status ($p > 0.05$). The relationship of iron deficiency with social class was genuinely huge ($p = 0.000$). An immediate relationship was found to exist between the commonness of weakness and financial class at the essential wellbeing community. This relationship was measurably critical. Extreme weakness was essentially connected with instructive status ($p = 0.02$) and financial status ($p = 0.03$).

Anthropometric Assessment

Weight is a mark of the nutritional status among grown-ups. The mean load among the pregnant women in various trimesters was between 40.5 to 48.5 kg. In excess of 24 BMI in pregnant women has been considered as should be expected because of the required expansion in body weight which is equivalent to 120 percent of BMI (22 ± 2).

Table 3: mean statures and loads of pregnant women and their weight record (BMI).

Trimester	Height	Weight	BMI	
			>24	18-24
First	149.5±0.6	42.5±7.2	18	82
Second	152±5.4	40.5±5.9	37	63
Third	152±6.0	48.5±6.4	24	76

Women particularly in the third trimester displayed persistent energy inadequacy (48.5 ± 6.4 kgs). The lower body loads in the third trimester are reminiscent of a low weight gain during pregnancy as well as lower pre-pregnancy body loads. Consequently the correlation of BMI proposes 63 to 82 percent of women in various trimesters had ongoing energy lack while 18 to 37 percent were ordinary.

A scrutiny of the table furnishes data about the women chose with ordinary and beneath typical boundaries. Every one of the boundaries were viewed as essentially unique and lower among the women.

Table 4: anthropometric profile of pregnant women included for the study.

Measurements	2 nd trimester Mean ± SD	3 rd trimester Mean ± SD
Weight(kg)	40.5±5.924	48.5±6.426
Fundal height(cm)	19.3±1.783	25.8±2.888
MUAC(cm)	21.1±1.905	22.1±1.569
Abdominal circumference(cm)	75.6±3.310	87.3±7.363
BMI (kg/m ²)	17±0.762	17.3±0.580

Women showed significantly lower estimations. BMI was viewed as a lot of low when contrasted with the typical reach. Stomach boundary and fundal tallness have been habitually alluded to as characteristic boundaries regarding the fetal turn of events. Introductory estimation as shown in different reports is in excess of 100 cm, for stomach periphery and 32-33 cm for fundal tallness. In the current examination it tends to be seen that the estimation in the stomach circuits was not attractive. Fundal tallness was 19.3 and 25.8 in second and third trimester separately which was again not as wanted. This demonstrates that study population was under hazard of pregnancy.

Clinical indications of lack of iron were consistently circulated among the pregnant women ($p > 0.01$),

Where as markers like BMI and caloric admission showed huge distinction ($P < 0.01$). Most noteworthy level of women having inadequate caloric admissions were viewed as unskilled and having a place with lower financial status while least number of salaried moms were found to consume lacking weight control plans.

CONCLUSION

In this manner it tends to be reasoned that the major contributory elements that has impacted hemoglobin status among chose pregnant women were unfortunate admission of fundamental nutrients including iron, calcium. Too there was as expansion in clinical issues connected with nutritional hardship due unfortunate sustenance and wellbeing status, nutritional information, instructive capability, and family financial status. Dietary counsel and mediations to forestall unfavorable wellbeing results should be custom fitted to fulfill the needs of pregnant women from low financial status to further develop their own good dieting practices and wellbeing results.

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Corresponding Author

Dr ALKA AGARWAL*

Associate professor, Department of Home Science

Baikunthi Devi Kanya Mahavidyalaya, Agra