

EFFECT OF NUTRITION INTERVENTION ON FOOD CONSUMPTION AND HAEMOGLOBIN LEVEL OF RURAL PREGNANT WOMEN

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ABSTRACT

Effect of nutrition intervention on food consumption frequencies and haemoglobin level of rural pregnant women was determined. Total 90 pregnant women from three villages of Parbhani Tahashil, Maharashtra, India, were divided into experimental (n=60) and control group (n=30). Nutrition intervention was given for four months (weekly 1 session of 2 hrs) by means of lectures, chart, and leaflet, folder, demonstrations and nutrition game. Data regarding food consumption frequencies of subjects before and after nutrition intervention was collected by using pretested survey schedule by personal interview method. After nutrition intervention significant increase was observed in the food consumption frequencies of cereals, pulses, nuts, green leafy vegetables and fruits in the experimental group when compared to the control group subjects. Blood haemoglobin content of experimental group subjects was significantly higher (10.26 g/dl) at the end of intervention than the control group (9.21 g/dl). Study clearly demonstrates the beneficial role of nutrition intervention in improving the food consumption frequencies of rural pregnant women and there by improvement in the haemoglobin content.

KEYWORDS: Anaemia, Food Frequency, Nutrition Intervention, Pregnant Women