

WOMEN AND NUTRITION IN HIMALAYAN REGION : A CASE STUDY

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INTRODUCTION

Despite spectacular increase in food grain production in recent decades the problem of chronic malnutrition continues to exist extensively, especially among children and women, because they are caught in the relentless sequence of ignorance, poverty, inadequate nutritious food intake and disease. About 40% women in sub-Saharan Africa suffer from iron deficiency i.e., anemia, as against approximately 60% of women in South Africa and India. This rises to a staggering 83% during pregnancy. India has the highest number of female mortality during pregnancy and childbirth. According to the states of the World's Children Report, 410 out of 1 lakh new born babies in the country loose their mother during the delivery itself. Likewise India, women of Uttarakhand Himalaya also perform agricultural practices (primary activities) and contribute to a major share of family economy in terms food grains, oilseeds, vegetables, fruits, milk, wool, fuel, fodder etc. In this part of Himalaya, excess workloads coupled with inadequate intake of nutritious food have led to malnutrition problem among the women. Infact cooking less than required, eating cold or left over of sometimes even sleeping meals have been reported not only in the region but also in several developing countries as fuel saving strategies. This practice over a longer period can result lower nutritional levels. United Nations has fixed some important priorities to achieve the target in 15 years i.e., by 2015. These priorities have been earmarked on the basis of Human Development Report, which reflects the major problem of basic needs and environment. The report (1997-98) says that almost 81 crore people of the world are suffering from hunger and lower nutrition. Nearly 1 crore 10 lakh children's die during pregnancy or at the child's birth. World's developed vs. poor countries of Africa ratio of women's death during child's birth is one to 4085 and one to 13 respectively.

The main objective of this study is to calculate the nutritional status of a most vulnerable section of the society i.e., women as per their stages i.e., general (non lactating-non pregnant), pregnant and lactating with the support of their socio-economic backgrounds, housing and sanitation pattern, hygiene pattern, food habits, etc. An attempt has been made to measure the magnitude of mal nutritional-chronic energy deficiency among the samples.

METHODOLOGY

A total of 136 sample women from 14 villages situated in different geo-physical divisions of Kumaun Himalaya-Tarai (3 villages), Bhabar (3), Dun (1 village) were randomly selected for the study (Fig.1). Among the married women between the ages of 15 to 59 years old, ten except six samples from village Bharatpur No. 1 of three categories-general (39 Nos.), pregnant (44 Nos.) and lactating (53 Nos.) from all segments of the society were selected from the sample villages. Data pertaining socio-economic, housing condition, environmental sanitation pattern, hygiene pattern, food intake, etc. of the sample was collected with the help of structured interview scheduled during survey in 1999-2000. Overall information of the region was gathered from secondary sources (Pant, 1995, 1996, 1998). Each food items taken by the women during the survey was collected in local units and then converted into standard units and finally converted into various nutrition (i.e., energy protein, fat, minerals and vitamins) categories, and then percentage departure has been compared with the standard requirements for each group (stage) of women separately (Gopalan *et al.*, 1993). Body Mass Index (BMI) has been computed using the

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