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Food and nutrition security and its association with women and children health of deprived community

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The basic food is a significant physical input to improve nutritional status. People can satisfy their basic nutritional requirements on a regular basis, adequate and safe food with the respective energy are essential pre-condition for an active life. While, better dietary diversity helps ensure adequate intake of essential nutrients, especially to keep one in a healthy position and the value of a diverse diet has long been recognized. The basic aim of this study was to understand food and nutritional security and health status of women and children of deprived community in rural areas. Women and children food habits, diet diversity also examined. To fulfill the study objective primary data (N=300 women & 585 children) was collected from selected areas during November 2016 to March 2017. Bi-variate and multinomial techniques are performed in STATA 12 software to examine data. The result depicts, about 30 percent households belonged from moderately food insecure category followed by severely food insecure (21.7%).

Study findings reveal that women and children health extensively linked with food security. Whereas, about 27 percent women belonged to underweight and 11 percent form overweight category respectively. Likewise, the percentage of underweight women increased from 23.9 to 29.2 percent among food secure to severely insecure food categories. Further, malnutrition (stunting & wasting) among the children were gradually increased from food secure to severely insecure food category (46.3 to 55.4 & 37.3 to 49.2 %). Mother's food habits make the impact on their own health as well as their children. The children educational performance statistically associated with health and high values of the chi-square test. Midday Meal in school and food in Anganwadi Centre plays a significant role to enhance women and children health. Furthermore, target-based intervention, strengthening PDS and ICDS may help to achieve the target and ensure food and for everyone.

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