

# Assessment of Health & Nutritional Status of a Small Group of Pregnant Women of District Hospital Ambikapur, Surguja, Chhattisgarh

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**Abstract:** *Pregnancy is a critical period involving the development of one or more offspring within a woman's uterus. Childbirth typically occurs around 40 weeks from the start of the last menstrual period. this study investigates the dietary habits, & habits of pregnant ladies particularly in the third trimester. using a sample size of ten pregnant women & 24 hours dietary recall method the study found significant variation in nutrition & health outcomes based on the age, socio economic status & rural vs urban living conditions. The research emphasises the need for comprehensive prenatal care, education on proper nutrition to ensure the health & the safety of both mothers & their babies particularly in low income & rural areas.*

**Keywords:** Pregnancy nutrition, prenatal care, maternal health, anaemia, undernutrition, malnutrition, diet related non communicable diseases Socioeconomic status

## 1. Introduction

Pregnancy is the time during which one or more offspring develops inside a woman's uterus. Pregnancy may end in a live birth, a miscarriage, an induced abortion or a stillbirth. Childbirth typically occurs around 40 weeks from the start of the last menstrual period. Good nutrition is an important component of a healthy lifestyle of pregnant women and a healthy baby. The message for the pregnant ladies is to eat better, not more. This can be achieved by proper diet on a variety of nutrient dense, whole food, including fruits, vegetables, legumes, whole grains, healthy fats that include nuts and seeds and fish, in place of poorer quality highly processed foods.

Malnutrition is very dangerous during pregnancy. There are multiple forms of malnutrition, including under nutrition (wasting or stunting), inadequate vitamins, overweight, obesity and resulting diet - related non - communicable diseases. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low - and middle - income countries.

Nutrition is a critical part of health and development. Better nutrition is related to improving infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease) and longevity of life.

## 2. Objectives

- Assessment of diet of pregnant ladies in their third trimester of pregnancy.
- To know the frequency of pregnancies with safe delivery of a baby.
- To find out the additional intake of pregnant ladies with their nutrition.
- To find out the educational & economic status of the families of pregnant women.
- To find out the health problems & habits of pregnant

women.

- To know whether pregnant ladies have early pregnancy or at normal age.

## 3. Methodology

For conducting the survey of pregnant ladies, a questionnaire has been prepared. Assessment has been done by anthropometric measurements, diet survey, socio economic survey, biochemical reports of the pregnant ladies etc. The sample size was 10 (n=10). Diet survey was conducted by ICMR Recall method for the last 24 hours. Their personal information like age, weight, education, frequency of their pregnancies, Income level of their family, Urban or rural was collected by interview etc.

## 4. Analysis

Adolescent pregnancy causes serious health and social as well as economic consequences. Such girls are at high risk of pregnancy and there should be growing attention being paid to improving access to quality maternal care for pregnant and parenting adolescents.

In the survey, out of ten pregnant ladies, three ladies (30%) are under the group of early pregnancy. Five women (50%) are under the common age group 22 - 30 years. Two pregnant ladies (20%) are under the age group 31 - 40 years.

Special care should be given to them and their baby as pregnancies in adolescents should be considered at high - risk pregnancies. Hence, it is necessary to emphasise the need for comprehensive prenatal care for pregnant adolescent children because insufficient prenatal care can be harmful to both the mother and her foetus.

As the time of pregnancies increases, there will be harm for both the mother and the child as well. This is because the mother's body must adjust to the situation or should be well nourished for the further pregnancy. If such a situation is not developed and the lady becomes pregnant, then mother and

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baby both are at risk of their life.

In the survey, out of ten pregnant ladies, seven pregnant ladies (70%) are to deliver their first baby. Two women (20%) will give birth to their third child. One pregnant lady (10%) will give birth to her fourth child.

Suggestion is given to all the ladies to eat a well - nourished and healthy diet with full medication so that their baby will be at low risk.

Education plays a great role in everyone's life. For pregnant ladies, the education of benefits of good nutrition, adequate rest, good hygiene, family planning and exclusive breastfeeding, etc. has been given. The rural area ladies lack this knowledge leading to pregnancy at high risk.

Information about health education specially required during gestation period is given to the pregnant ladies. Moreover, the importance of breastfeeding is advised to them.

Poverty considerably heightens family stress and increases the risk of social and emotional problems in pregnancy. How income groups in the society are not able to fulfil the requirements needed during gestation and safe life of babies. In the survey, out of ten pregnant ladies, eight ladies (80%) belong to a low income group of family. Two ladies (20%) belong to the middle income group of the family. No women belong to the high income group. The education level was also poor.

Childbearing populations experiencing poverty during pregnancy are at risk of multiple health issues. Due to the low income level of the family, malnutrition during pregnancy has the potential to lead to later health disparities in children, such as obesity, diabetes and heart diseases.

Staying active during pregnancy can help the mother feel better right and it can help the foetus to develop properly. The recommended weight gain should be gained. Gaining less than the recommended amount of weight in pregnancy is associated with delivering a baby \

who is too small.

In the survey, out of ten pregnant ladies, two ladies (20%) are thin built. Six ladies (60%) are with normal bodies. Two ladies (20%) are with obese body built.

Having a high BMI can harm fertility by inhabiting regular ovulation. Also being underweight is associated with a higher miscarriage rate and smaller babies. The primary weight management strategies during pregnancy are dietary control, exercise and behaviour modification.

Infection during pregnancy can pose a threat to the baby. An injection that goes untreated can lead to preterm labour and rupturing of the membranes surrounding the foetus. Also, disease due to infection during gestation can lead to pregnancy loss, stillbirth, preterm birth or life - threatening disease to new - born. Sickling is a most common problem that persists during pregnancy (anaemic problem).

In the survey, out of ten pregnant ladies, four ladies (40%) are suffering from sickle cell anaemia. One woman (!0%) is suffering from jaundice disease. One lady (10%) is suffering from high blood pressure. Four ladies are disease free.

Communicable diseases can be dangerous if not diagnosed and treated correctly. Expectant mothers should take proper precautions and measures to prevent the diseases. Pregnancy - related infections can harm both mother and unborn child through vertical transmission. But it's really great to find that four women are disease free.

Some studies discovered that mothers living in rural areas had a higher risk of developing anaemia, preterm or post term pregnancies whereas ladies in urban areas have a choice of hospitals for little issues. It is necessary to carry out health education in the area of adequate nutrition among pregnant women, especially in rural areas for giving safe life to both mother and baby.

In the survey, out of ten pregnant ladies, seven ladies (70%) belong to rural areas and three ladies (30%) belong to urban areas.

The diet of pregnant women from the rural environment compared to that of women from urban areas, can be characterised. It is necessary to carry out health education in the area of adequate nutrition among pregnant women, and those who plan pregnancy, directed primarily to all women from the rural environment.

In gestation, nutrition is more important than ever. There is more need for folic acid, iron, calcium and vitamin D. But taking too many supplements can be harmful. Hydration is another special nutritional concern during pregnancy. This is because the body needs even more water to stay hydrated. Making healthy food choices everyday will help the woman to give her baby a better and well nourished growth. The survey found that hospital authority provides lunch and dinner. In both the normal diet containing each food group is given i. e., chapattis, sabzi (different each day), rice and dal (different each day).

Eating healthily during pregnancy will help the baby to develop and grow well. The variety of foods and supplements taken are essential in the time of pregnancy. A healthy, well - balanced diet can also help to reduce some pregnancy symptoms, such as nausea and constipation. Also, proteins, vitamins and water as per recommended diet should be taken. During pregnancy, milk and milk products are very essential for a woman. Among the food and beverage groups, milk and dairy products are most effective for promoting foetal growth and neonatal birth size.

In the survey, out of ten pregnant ladies, every woman is not able to manage the additional nutritional requirement. It includes nuts, fruits (orange, yellow, citrus fruits), pulses. All women were taking beverages (esp. tea) both time morning and evening. Only a few ladies are eating fruits like apples and bananas.

From a nutritional point of view, particular attention should be paid to women of childbearing age following exclusion

diets, especially during pregnancy and lactation, due to the increased risk of not reaching the adequate supply of nutrients to support maternal and infant health.

Drinking alcohol during pregnancy increases the risk of miscarriage, premature birth and mother's body having a low birth weight. In the report survey, out of ten pregnant ladies, no ladies are taking alcohol and drugs. Also no one has a smoking habit. There is no safe time for alcohol use during pregnancy. Alcohol can cause problems for the baby throughout pregnancy, even alcohol use in the first three months of pregnancy can cause the baby to have abnormal facial features. In rural areas, these ladies know this habit is dangerous.

## 5. Summary

The present study was conducted in a small group of pregnant ladies of the government. Hospital of Ambikapur town. The study highlights the impact of socioeconomic factors & educational status on the health & nutritional status of pregnant women. It underscores the necessity of targeted health education & nutritional guidance, particularly for the early age pregnancy or those who are in low-income groups & in rural settings. The sickle cell anaemia & undernutrition problem has been observed. Nutritional awareness is very necessary for these women for better outcomes. Hospital is providing meals to these women it still needs to be improved. Proper prenatal care, including balanced diet & proper nourishment & regular medical checkups, is crucial to mitigating the risks associated with early age pregnancy & ensuring the well-being of both mother & child. the findings advocates for increased access to quality maternal care & comprehensive prenatal education to improve health outcomes for pregnant women & their offspring.

## References

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