

Nutrition Security Among Women of Command and Non- Command Areas of Kota, Rajasthan

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ABSTRACT In India, agriculture is the main stay of the economy which in turn is affected by the vagaries of rainfall, if irrigation facilities are available production will be more, resulting in better nutritional status of people. Therefore the present study was conducted on women of command and non command areas of Kota, Rajasthan. Hundred non pregnant and non lactating women between the age of 25 and 40 years engaged in farm activities in addition to their household and child care practices were studied. Interview schedule was developed to collect the information Nutritional status was assessed by dietary survey (Twenty four hours recall method) and anthropometric measurements. The findings indicated that in command areas more number of families had better socio economic status, significantly higher intake of all the nutrients except β -Carotene and comparatively less prevalence of chronic energy deficiency (2%) than in non command area (6%). It is concluded that there was better nutrition security among the women of command area than those of non command area.

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