

Clinical and Haematological Profile of Urban Working Women as Influenced by Nutritional Counselling

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ABSTRACT A sample of seventy working women aged 35-45 yrs belonging to middle income group were selected randomly and divided equally into two groups viz. Experimental (E) and Control (C). Nutrition Counselling (NC) was imparted to group E through modules, printed booklets, lectures, demonstrations, visual aids etc. by nine individual and three group contacts for a period of three months. All the subjects had lower haemopoetic indices at T_1 , but at T_2 there was significant ($P \leq 0.05$) improvement in the overall haematological profile in group E, while no improvement was observed in case of group C. It was observed that iron deficiency anaemia was highly prevalent in both the groups, but the condition improved in group E at T_2 as the subject started taking whole grain cereals, pulses, and green leafy vegetables. Various disorders like diabetes, hypertension, obesity, high serum cholesterol, arthritis, etc. were seen in majority of the subjects in both the groups but there was overall improvement in the clinical picture of the subjects in the group E at T_2 with the impact of NC. So the perusal of data clearly indicated that there is need for educating the women by changing their attitudes regarding nutrition and health through nutrition counselling.