



A Comparative Study of Food Consumption and Nutritional Status of Women in West Bengal

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ABSTRACT The study tries to assess the nutritional status of women of age 15-49 years and draws a comparative picture of food intake and BMI of women residing in West Bengal. It also tries to understand the effect of the food intake, wealth index, education and occupation on anemia and BMI. Logistic regression, Pearson Chi-square test and t test have been used for analysis of the data provided by NFHS 3 (2005-2006). It is observed that 45.3 percent of rural women and 19.7 percent of urban women were underweight. Prevalence of anemia was high in rural areas. In case of food consumption, economic status and education; urban women are in better position than rural women. Women's health in rural West Bengal is thus facing a serious nutritional challenge. The study calls for immediate improvement of food consumption and nutritional status of women, especially in rural areas.