



Assessment of physiological parameters of farm women of Deesa, Gujarat

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ABSTRACT

Rural women are engaged in various strenuous activities related farm, livestock and house hold throughout the day. Rural women play a key role in Indian agriculture and allied sectors. However, they are least concerned about their health. Assessment of their body composition parameters of rural women can be an appropriate base for planning and implementing interventional programmes for improving their health status at grass root level. The present study reports health status of rural women of Deesa taluka in Gujarat by assessing their body composition parameters. It is apparent from results that only one-fourth rural women fell under normal range of BMI and PBF. Looking into the type of body, 30 per cent rural women were standard type, rest were either underweight low fat or over weight. Their mineral and protein components were also below normal range. This is an urgent need to make them aware about altering their diet to get proper nutrition. Interventional programmes must be implemented to improve the situation.