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Impact of nutrition and health education on adolescent girls to be future mother

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Abstract

Adolescents undergoing rapid growth and development are one of the nutritionally vulnerable groups who have not received the attention they deserve. Improper nourishment during adolescence may increase the severity of under nutrition and affected their further nutritional status followed as complications during pregnancy and lactation period in future.

Keywords: Impact, nutrition, health education

Introduction

A woman's involvement in shaping the child health surpass that of any other member of the family, therefore it is the mother who need to be targeted and made nutritionally wiser in building a healthier tomorrow. Education and empowerment are very much essential for the overall growth of woman in particular and the society at large. Family Life Education (FLE) is the key factor thereby equipping mother with the knowledge and expertise essential for their role as a homemaker and especially as a mother. Adolescent age lays the foundation for adult life which is relatively more important for girls because they are would be mothers too. Their empowerment on abovementioned issues will bring a positive change in our society and improve the vital statistics.

Objectives

- To study the socio-economic status of adolescent girl.
- To study the awareness and knowledge of adolescent girl regarding nutrition and health education.

Methodology

The study was conducted in Kanpur and Farrukhabad districts. Ten schools (five from Kanpur and five from Farrukhabad district) were selected in this study. Total 300 girls were selected in this study. Dependent and independent variables were used such as age, caste, education, B.M.I., etc. The statistical tools such as S.D., weight mean and correlation coefficient etc. were used.

Results

Table 1: Distribution of adolescent girls according to education

Education	Kanpur (n=150)	Farrukhabad (n=150)	Total (n=300)
8th standard	20 (13.3)	25 (16.7)	45 (15.0)
9th standard	30 (20.0)	26 (17.3)	56 (18.7)
10th standard	29 (19.3)	33 (22.0)	62 (20.7)
11th standard	35 (23.3)	26 (17.3)	61 (20.3)
12th standard	36 (24.0)	40 (26.7)	76 (25.3)
Total	150 (100.0)	150 (100.0)	300 (100.0)

(Figures in parenthesis indicate percentage of respective values)

Education is an important factor in acquiring knowledge for gain knowledge of better health and nutrients intake.

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Table 2: Knowledge of adolescent girls regarding nutritional health education

Response	Kanpur				Farrukhabad			
	Control (N=30)		Experimental (N=120)		Control (N=30)		Experimental (N=120)	
	Count	Per cent	Count	Per cent	Count	Per cent	Count	Per cent
Ignorant	9	30.0	35	29.2	7	23.3	27	22.5
Partially correct	11	36.6	39	32.5	12	40.0	36	30.0
Correct	5	16.7	27	22.5	6	20.0	42	35.0
Wrong	5	16.7	19	15.8	5	16.7	15	12.5
χ^2	0.5239 P > 0.05				2.757 P > 0.05			

Adolescent girls should be encouraged to develop a good regimen of personal health and hygiene to prevent diseases, build up health reserves and help maintain a fit and decent appearance. Such a regimen should include personal

cleanliness, dental and gum care, cleanliness of dress and surroundings, getting sufficient hours of sleep, recreation and exercise and routine medical care and immunization.

Table 3: Consumption of nutrients intake by adolescents

Nutrients	Control group (Mean+SD)	Experimental group (Mean+SD)	RDA	Per cent increase of decrease from post group
Calories (Kcal)	1908+212	2771+201	2200	25.9 (+)
Protein (g)	26+12	46+8	44	4.5 (+)
Calcium (mg)	841+81	1331+112	1200	19.9 (+)
Iron (mg)	9+2	12+3	15	20.0 (-)
Zinc (mg)	6+2	9+2	12	25.0 (-)
Vitamin -A (μ g)	680+53	119+76	1000	11.9 (+)
Vitamin -C (mg)	40+14	46+16	60	23.3 (-)
Vitamin -D (mg)	5+4	12+3	10	20.0(+)
Folic acid (mg)	110+24	122+28	180	32.2 (-)

(Source: Food and Nutrition Board, National Academy of Science, National Research Council, Recommended Dietary Allowances, 10th ed. Washington, 1989)

The physical changes of adolescence have a direct influence on a person's nutritional needs protein, calcium and iron. Adolescent need additional calories to provide energy for growth and activity. Boys ages calories each day. Adolescent girls need approximately 2,200 calories each day. This is a significant requirement. To meet these calorie needs, teens should choose a variety of healthful foods dairy products, whole grains, fruits and vegetables.

Conclusion

A woman's involvement in shaping the child health surpass that of any other member of the family, therefore it is the mother who need to be targeted and made nutritionally wiser in building a healthier tomorrow. Education and empowerment are very much essential for the overall growth of woman in particular and the society at large. Family Life Education (FLE) is the key factor thereby equipping mother with the knowledge and expertise essential for their role as a homemaker and especially as a mother. Adolescent age lays the foundation for adult life which is relatively more important for girls because they are would be mothers too. Their empowerment on abovementioned issues will bring a positive change in our society and improve the vital statistics.

Recommendations

1. Department of school education and higher education should develop and design curriculum to raise the level of awareness on nutrition, reproductive health and early childhood care which should be taught. To create a core of adolescent and youth leaders empowered on above mentioned issues which in turn enhance and spread this message among peers and community.
2. Adolescents learn about sexuality and secondary sex characteristics from their peers or other inappropriate source. Peer leader should be trained on issues like

sexuality and secondary sex characters.

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