

"A STUDY TO IDENTIFY THE DIETARY PATTERN OF PEOPLE LIVING IN TRIVANDRUM"

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ABSTRACT:

Food is the prime necessity of life. The food we eat is digested and assimilated in the body and used for its maintenance and growth. Nutrition is the study of nutrients and the processes by which they are used by the body. This study is a descriptive study to identify the dietary pattern of the people living in Trivandrum. Forty five families were selected by systematic random sampling technique. The structured interview schedule was devised for data collection. The tool was tested for reliability and validity. The collected data were planned to be analyzed by using descriptive statistics and to be presented in the form of tables and graphs. Interpretation of the findings of the data collected from 45 families. revealed that all the (100%) families were consuming calories less than the normal and majority of the families were consuming protein (77.8%), carbohydrate (86.7%) and fat (60%) less than ICMR standard.

BACKGROUND OF THE STUDY:

Food is the prime necessity of life. The food we eat is digested and assimilated in the body and used for its maintenance and growth. Nutrition is the study of nutrients and the processes by which they are used by the body. Nutrients are chemical in foods that are required by the body for energy, growth, maintenance and repair. Some nutrients are

essential; they cannot be made by the human body and must be provided by foods. These include protein, carbohydrate, fats, minerals and vitamins. Nutrition is the corner stone of each health dimension (Michele Grodner 1996 & Swaminathan. M, 2007).

NEED FOR THE STUDY:

“Food is one of the important and basic biological needs of man. Food is the foundation for good health. It is essential for life, growth and repair of human body, regulation of body mechanism and production of energy for work” (Kasthuri Sundar Rao, 2005).

STATEMENT OF THE PROBLEM:

A study to assess the dietary pattern of people living in Trivandrum.

OBJECTIVES:

1. To assess the dietary pattern of people include
 - quantity of food consumption
 - quality of food consumption
 - frequency of food intake
 - food habits
 - food fads
 - practices related to dietary pattern
2. To compare people mean dietary intake per day with ICMR standard

METHODOLOGY: RESEARCH DESIGN

Descriptive design with cross sectional survey approach was used to identify the dietary pattern of people living in Trivandrum.

SETTING OF THE STUDY

The study was conducted at Kannamoola, Trivandrum.

POPULATION

The population of the present study was people residing at Kannamoola, Trivandrum.

SAMPLE SIZE:

The sample size consisting of 45 families residing at Kannamoola, Trivandrum.

SAMPLE TECHNIQUE:

Systematic random sampling was used to select the families for the present study

FINDINGS :

All the families were Hindus (100%). Majority (75.6%) of them were from nuclear family. Highest percentage (40%) of the families was in the income group of Rs.1001 – 3000. Almost all (97.8%) were non vegetarians. Highest percentage (55.6%) of the families was obtaining food items from the market.

All the (100%) families were consuming calories less than normal and majority of the families were consuming protein (77.8%), carbohydrate (86.7%) and fat (60%) less than ICMR standard. Majority of the people were following good food hygiene.

It was observed that 40% of families believed that food habits were widely influenced by cultural beliefs, 48.8% of the families believed in cold and hot foods, 35.6% believed in special food inclusion during pregnancy, 57.8% believed in special food to be avoided during pregnancy, 28.9% of them believed in special food inclusion during lactation, 17.7% believed in special food avoidance during lactation, 68.7% of them believed in colostrums feeding, only 6.7% of the families believed in certain food not to be given to the children of below three years of age, 28.9% believed in diet restriction during menstruation, 97.7% of families were not taking beef and 2.2% of families were not taking non vegetarian food items.

CONCLUSION:

On the basis of the present study, most of the people were consuming food stuff less than the ICMR per ACU. Majority of the people follows good food hygienic practices. Majority of the people believe in cultural beliefs and food taboos.

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