



Health and Nutritional Status of Women Teacher Employees

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Abstract

When we think of the national growth and nutritional health, we must think of the nutritional status of women in India Health is defined by the World Health Organization (WHO) as the state of complete physical, mental, and social well being and not merely the absence of disease and infertility Nutrition is concerned with social economic, cultural and psychological implication of food and eating. In short nutrition science is the area of knowledge regarding the role of food in the maintenance of health food has the power to change womans life. It has the power of to set her up for success and provide a basic for her to think critically about the world around her. It has the power to determine her path in life.

Keywords : Health, Nutritional Status, Women, Teacher Employees

Introduction:

Human nutrition is a complex multifaceted scientific domain indicating how substances in foods provide essential nourishment for the maintenance of life. Nutrition and fitness go hand-in-hand and obesity nutrition is a part of the diet, but fitness also requires exercise and daily activity.

Nutrition (also called nourishment or aliment) is the provision to cells and organisms, of the materials necessary (in the farm of food) to support life, Many common health problems can be prevented or alleviated with a healthy diet.

We need a Nutritious diet for our Well-Being and good health, when our body receives all the nutrients in appropriate amounts So as to meet the needs of the body. The groups are some time extra plated from adults' requirements. Keep in view the importance of good Nutrition the present study was undertaken with fallowing objectives

Objectives:

- To assess the Nutrition status of the respondents by their anthropometric measurement and compare it with standards.
- To find out of the nutrient intake of the respondents with the help of frequency.

Working Condition of Women Employees:

Generally the conditions of women workers in India are dismal, Due to unfavourable working conditions and work place environment they suffer from various illnesses. In order to understand the occupational, aspects of health. It is necessary to have a detailed examination on of women's work and its effects in terms of physical and mental health.

Material and Method:

A study was carried out to assess the "Health And Nutritional Status Of Women Teacher"(with specific reference to Government school Chousala, Beed District.) information was gathered with the help of a comprehensive questionnaire which was designed in such a manners so as to obtain information.

The present study was carried at out on the 20 women teacher employees from chousala. All teachers from primary school were aged 20 to 45 years. Estimate their physical health status researcher had examined BMI, VO2 Max, Mental Stress,

BMI: - Body mass index was calculated bythe ratio of body weight to the height (Mt.) square.

VO2 MAX: - was calculated by Varghese et. al (1996)

Formula which is given below

$$\text{VO2 Max (1/min)} = 0.23 \times \text{body wt. (kg)} - 0.03 \times \text{age (hrs)} + 1.625.$$

$$= \frac{\text{VO2 Max (Lit) / min}}{\text{Body Weight (Kg)}}$$

Body Weight (Kg)

Stress Index: - The purpose of this stress index questionnaire is to increase a awareness of tress in one's life. There are 20 question in the e questionnaire stress was categories in to three category.

- **High Tress**
- **Average Stress**
- **Low Stress**

Conclusion:-

The finding of the person to study would be beneficial and helpful not only to teacher but also to health related workshop to sensitize society towards maintaining healthy life style. In this study majority (42%) of the respondent were in the age group 40-45 years fallowed by (28%) who were in the age group 30-40 years and rest of them where in age group of 40-50 years fallows (28%). Who were in the group 30-40 years and rest of them where in the age group of 20-30

The study revaluated that majority of the respondents(58%) had not suffered from any health problem however (42%) were having some health problems like thyroid, hypertension, diabetes, etc.

Result:

During the research it was revaluated that maximum respondents take green leafy vegetables every day and in their diet , pulse, creels, ,ilk and milks products, is also included the date was collected from the Government. School women teacher chousala are a

regarding, eating, routine and dietary habits and it was concluded that the overall nutritional status of the respondents was satisfactory

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