

**An Economics Study Of Health Status In Malnutrition Of Special
Reference In Meelaneelitha Nallur Block.**

M. Chellathai^{*}

PhD Research Scholars
Department of Economics and Research Centre,
Sarah Tucker College,
Affiliated to Manonmaniam Sundaranar University,
Tirunelveli-12,
Tamil Nadu, India.
E-mail id: mchellathaihellam5036@gmail.com

Dr. J. Nirmala^{*}

Head & Associate Professor
Department of Economics and Research Centre,
Sarah Tucker College,
Affiliated to Manonmaniam Sundaranar University,
Tirunelveli-12,
Tamil Nadu, India.
E-mail Id: nirmalajohnson15@yahoo.co.in

ABSTRACT

Malnutrition is a ***“man made disease ‘which often ‘starts in the womb and ends in the tomb”***. Malnutrition and the associated retarding influences cause a lot of morbidity, growth faltering, developmental retardation and significant mortality. There is a wide range of medical and paramedical professional interested in the subject of nutrition and child development the examples of the former are general pediatricians, developmental pediatricians, neurologists, endocrinologists, psychiatrists and physicians; and of the latter are nutritionists, dietitians, home science experts, clinical psychologists and special psychologists and special educators. It is important to link them for prevention and management of nutritional disorders. There is a need for a comprehensive paper that addresses the issue of nutrition and child development for use those who are interested in nutrition and child development including medical and paramedical students and practitioners. As growth and development go hand in hand, these two aspects are combined in this paper in relation nutrition.

- To identify the health problem of children in Meelaneelithanallur block due to malnutrition
- To suggest a few recommendations to improve the health status of the children in Meelaneelithanallur block.

Using both secondary and primary data from a sample 400 children in health sector – Nurses, Anganwadi teachers, women in primary health centre, midwife.

Key words: child development, nutrition, malnutrition, health problems.

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INTRODUCTION:

Man needs difficulties; they are necessary for health- Carl Jury.

Health is not a static state—it is dynamic, ever changing. Man has travelled the solar system, but he is unable to prevent diseases like the common cold. Health is a positive state of well being in which harmonious development of physical and mental capacities of individual lead to enjoyment of rich and full time. “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”- WHO in 2007.

The selection of foods best suited for promoting good health has been found out by trial and error by continued use. Use of milk of different mammals as foods for infants has been practiced from very early times. A considerable amount of information is now available on the nutritive value of foods and nutritional requirements. The present knowledge of nutrition has been built upon the observations made by several pioneers during the nineteenth century and early part of 20th century.

MALNUTRITION:

Malnutrition is another serious health concern that India is found among all segments of the population, poor nutrition among women in childhood continues throughout their lives without full physical development. According to the NFHS-3 Survey, mother’s education plays a significant role in deciding the level of malnutrition among her children women.

Malnutrition among women is further exacerbated or compounded by heavy work demands, nutritional needs, eventually culminating into increased susceptibility to illness and consequent higher mortality (Khan: 2011).

Malnutrition and Economics

Nutrition surveys carried out in many developing countries have shown that the diets consumed by a large majority of the population are based mainly on cereals, roots and tubers and contain small amounts of legumes and vegetables and negligible amounts of milk , meat, fish and eggs. A fair percentage of the populations do not get enough food to eat. The diets are in general lacking in calories, proteins, certain vitamins, viz., calcium and iron. Protein-calories malnutrition is widely prevalent among weaned infants and preschool children. Diseases due to deficiency of vitamin A and anaemias are also present among children and expectant and nursing mothers.

The Important causes for this state of affairs are: (i) large increase in population, (ii) low purchasing power,(iii) illiteracy, ignorance ,superstition and food fads(iv) low per capita availability of land and productivity of soil and milch cattle ,(v)low level of industrialization and (iv)insanitary conditions leading to large incidence of infectious disease which aggravate malnutrition.

Objectives of the Study

- To identify the health problem of children in Meelaneelithanallur block due to malnutrition
- To suggest a few recommendations to improve the health status of the children in Meelaneelithanallur block.

STATEMENT OF THE PROBLEM

Health is an important aspect for the survival of human. The concepts, knowledge, skills and infrastructure for healthcare have been evolved through the evolution of human civilization in various societies. However, due to gender bias the health priorities for men and women have been different in different traditions and different societies. Health is wealth” is an adage. More importance is given to health even from the time immemorial and so people have been taking all efforts to attain and it pervades all areas of knowledge. To economists health is an important factor for economic development and to sociologist it is vital for social

development. It is very important to medical people to control both communicable and non-communicable diseases.

REVIEW OF LITERATUR

Kumar (2013) Point out that a report on the 2013 deliberation of the Kolkata group at its 10th workshop which focused on healthcare, the status of women and social just ions. The Kolkata group is an annual forum that deliberates on ways of advancing social justice, human development and human security in India. Themes in the past have included equity, security, and basic education, right and resources, child rights and development, economic progress and social values, and eliminating injustices in India. However during the same period, Bangladesh overtook India in terms of a wide range of basic social indicators, life expectancy, child survival, fertility rates, immunization rates, and even some (not all) schooling indicators such as estimated “mean years of schooling” there are also major decisional problems that lead to the gross neglect of the interests of women and children in family decision.

HEALTH PROBLEM

Human misery and waste of human life from malnutrition, more stark in some regions than in others, occur in both world hemispheres. These effects are more profound and widespread in less developed areas of the world but are present in the more developed nations also. The most intelligent approach to protection against the anemia of folic acid deficiency is the use of a well-balanced, varied diet providing optimal overall nutrition. Clinical manifestations of pernicious anemia are anorexia, nausea, vomiting, diarrhea, abdominal pain, and weight loss. General signs of anemia are present-weakness dyspnea, and palpitation. There may be a characteristic lemon yellow tinge to the skin, and the liver and spleen may enlarge. Some patients may experience spinal cord degeneration, which produces difficulty in walking, in sense of position, and in vibratory sense in the legs. Characteristics changes in the development of red blood cells result in a wide variety of abnormal sizes and

shapes. The normal free gastric hydrochloric acid is absent. The vitamin B₁₂, deficiency of pernicious anemia is secondary to an inherent lack of intrinsic factor in the gastric juice. The cause of this defect is not known; heredity is thought to be a factor. The following table is an attempt by the researches to highlight the health problem of the sample.

TABLE

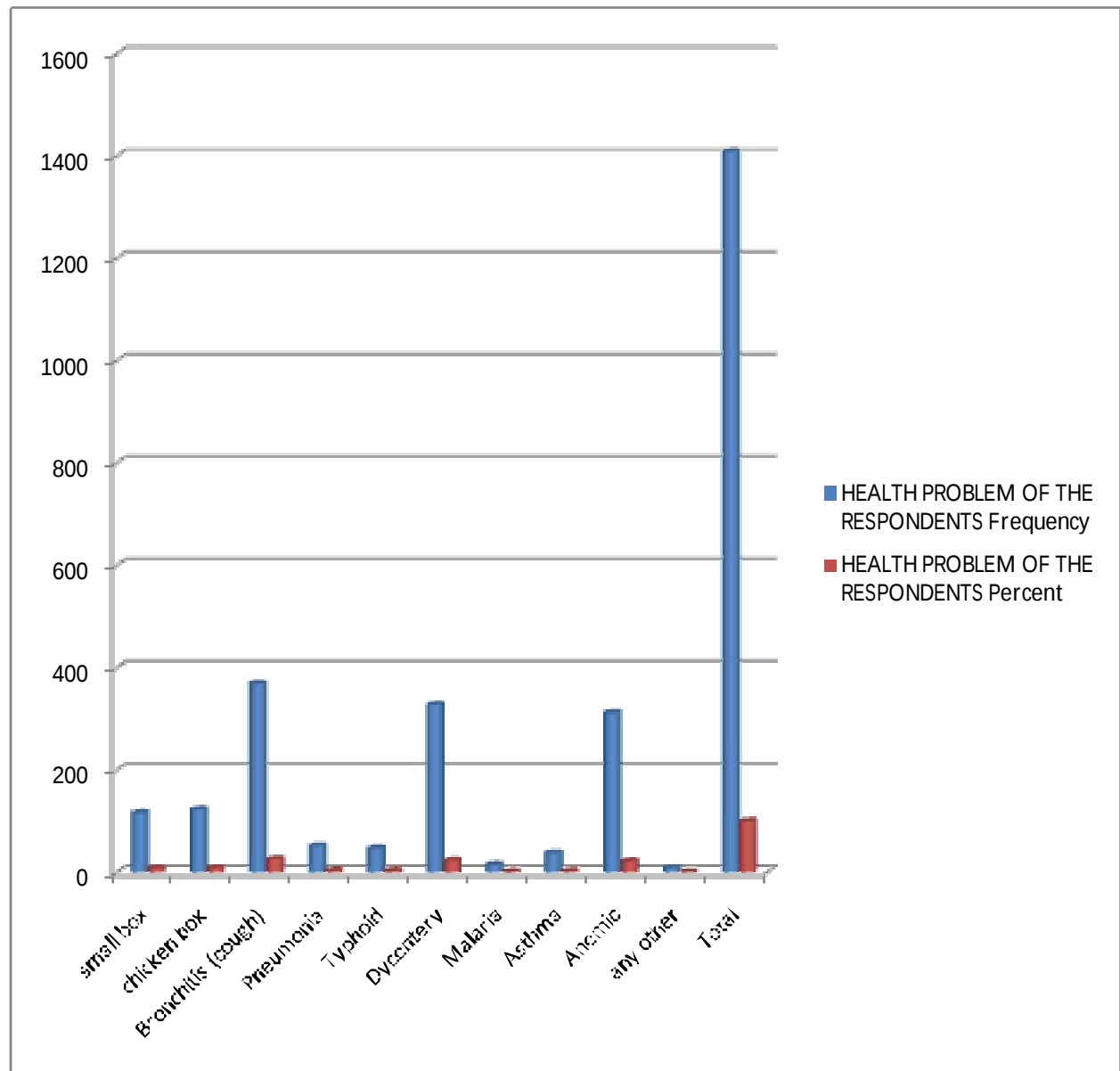
HEALTH PROBLEM OF THE RESPONDENTS		
HEALTH PROBLEM	Frequency	Percent
small box	116	8.2
chicken box	123	8.7
Bronchitis (cough)	369	26.2
Pneumonia	52	3.7
Typhoid	47	3.3
Dysentery	328	23.3
Malaria	15	1.1
Asthma	38	2.7
Anemic	312	22.1
any other	9	0.6
Total	1409	100

Source: Primary data

It is observed from Table4.3 that out of the 400 respondents, 116 are affected by small box, and it is 8.2%.123 are affected by chicken box and it comes to 8.7% .369 are affected by Bronchitis (cough) it is 26.2%.52 are affected by pneumonia and it comes to 3.7%.47 are affected by Typhoid and it comes to 3.3%.328 are affected by Dysentery and it is 23.3%.15 are affected by Malaria and it is 1.1%.38 are affected by Asthma and it comes to 2.7%.312 are affected by Anemic and it comes to22.1%.9 are affected by Any other diseases and it is 0.6%.

Health problem is expressed in the following figure

Fig 1.1
Health Problem of the respondents



FINDINGS:

Researcher has made some observations and derived some conclusions while carrying out the research work. These observations are summarized below in the form of findings:

- The analysis of data regarding health Problem of the respondents shows that 26.2% of the respondents are affected by Bronchitis (cough). 23.3% of the respondents are affected by Dysentery. 22.1% of the respondents are Anemic. And 8.25% of the respondents are affected by small box. It conveys the truth that the most of the respondents are affected by Bronchitis (cough) in Meelaneelithanallur Block.

SUGGESTIONS

Following suggestions are given to improve the health of children,

- The government is awareness camps to the parents regarding child health, mentality, and various mind related issues should be regularly conducted through anganwadi. This is better opportunity for the child and her mother.
- Government should increase number of doctors and nurses in the primary health centers, and the government should make necessary arrangement to open HSCS within Meelaneelithanallur Block. Besides government should earmark more funds for the procurement of drugs and medicines, which may be supplied free of cost for the needy.

Conclusions

The present study helped to focus on the major sickness among the children, the main reason for the malnutrition, water prone diseases for children, the economic background of parents of malnutrition children etc and helped to know the fact that the care from parents to their children matter much, they should care their children with enough knowledge about their health condition there is a big role for the government to spend enough fund in order to build a strong, healthy and empowered future India.

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