Short Communication

Dietary diversity among women in the reproductive age group in rural Warangal district, Telangana, India

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ABSTRACT

A study was conducted on the sixty reproductive age group women following dietary diversity questionnaire in Warangal rural district of Telangana. Study indicated that majority of the women had dietary diversity score (DDS) and food variety score (FVS) above 5 and 4 respectively. Mean body mass index (BMI) was 22.1 ± 3.31 kg/m^2. Sixty per cent of them had a normal BMI range. One third (28.6 ± 6.5%) of them were malnourished.

Keywords: Dietary diversity; women; BMI; DDS; FVS

INTRODUCTION

Dietary diversity is a qualitative measure of food consumption that reflects household access to a variety of foods and is also a proxy for nutrient adequacy of the diet of individuals. Monotonous diets based on starchy staples lack essential micronutrients and contribute to the burden of malnutrition and micronutrients deficiencies (Shashikantha et al 2016). Micronutrient malnutrition remains one of the largest nutritional problems worldwide. Especially there is anemia prevalence high in rural population of India (Onyeneho et al 2019). Intake of diverse diet is a cost-effective strategy to overcome malnutrition problem (Arimond and Ruel 2004, Kennedy et al 2011).

METHODOLOGY

Sixty rural women of reproductive age group were selected for the present study from Warangal district and a cross sectional study was conducted for a period of 2 months. A pre-tested questionnaire was used to obtain the information regarding their socio-demographic profile and types of food consumed. Dietary diversity score was measured using the food and agricultural organization (FAO) guidelines (Kennedy et al 2011). Weight, height and waist circumference of the participants were measured to determine their nutritional status.

RESULTS and DISCUSSION

The mean age of the study subjects was 31.7 ± 8.17 years. Majority of them had dietary diversity score (DDS) and food variety score (FVS) score above 5 and 4 respectively. The mean waist circumference of the women was 79.31 ± 10.58 cm. Data in Table 1 show that about half of the women (50.6) had BMI 18.5-24.99 kg/m^2 followed by 28.6 per cent having BMI of <18.50. Hence sixty per cent of them had normal BMI. On application of logistic regression, those aged between 15-30 years had better odds of having DDS of 5 and above. Subjects with normal BMI range also had better odds of having DDS of 5 and above.

The study showed that most of the women in the reproductive age group were consuming a diverse diet with minimum score of dietary diversity and those subjects with better dietary diversity score had their body mass index in the normal range.

Table 1. Distribution of the respondents according to their body mass index (BMI) (n= 60)

Body mass index (kg/m^2)	Respondents	
	Number	Percentage
<18.50	17	28.6
18.50-24.99	36	50.6
25.00-29.99	7	11.6
>29.99	05	6.5

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