HEALTH AND NUTRITION STATUS OF WOMEN AND CHILDREN IN INDIA

LATHA .M.T*; DR. SHIVANAND NARI**

*JUNIOR RESEARCH FELLOW, DOS IN ECONOMICS AND CO-OPERATION, UNIVERSITY OF MYSORE, MYSORE.

**ASSOCIATE PROFESSOR OF ECONOMICS, KARNATAKA UNIVERSITY, DHARWAD.

ABSTRACT

A woman in her life-cycle goes through number of challenges in terms of her health and nutritional requirements as these are not just dependent on availability and access to health and nutrition services, but also the health and nutritional status of one generation contributes, through mothers, and through infant and childhood experience, to the strength, health, and longevity of the next generation, which enables members of that generation to work harder and longer and to create the resources which can then be used to assist the next generations to prosper. Poverty and economic dependence, gender bias and discrimination, limited freedom of choice over sexual and reproductive aspects and lack of decision-making have an adverse impact on health of women. The National Family Health Survey 2005-06 (NFHS-3) highlighted the prevailing situations in country with the data that, 56% of women are anemic, 30% of new born babies are of low birth weight (LBW) and 47% of children are underweight, stunted and wasted. All these data converge at one point towards the continuing challenge to achieve nutrition security and its effects of ignoring the problem of nutrition insecurity especially in rural parts of India. In this background this paper analyzes health and nutrition status of women, and her contribution to economic development.

KEY WORDS: Anemia, Children, Nutrition, Underweight, Women.