



Household Food Security and Nutrition status among women of reproductive age in Pyuthan Municipality, Pyuthan

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Introduction

Malnutrition is one of the major public health challenges in developing countries like Nepal. Usually referred to as a silent emergency, it has devastating effects on children, women, society and future human kind¹.

An underlying cause of under nutrition is household food insecurity².

NDHS found that 18% of reproductive age (15-49 years) women were malnourished.

There are limited published articles on household food security and nutrition status of women. This study aims to focus on assessing the household food security and nutrition status of women of reproductive age group

Objectives

This study aims to :

- assess the situation of household food security and nutrition status in the households with women of reproductive age .
- determine the association between household food security and nutrition status among women of reproductive age .

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Methods

Quantitative study was done in Pyuthan municipality, Pyuthan district of Nepal.

- 346 household with women of reproductive age group were selected through multistage sampling.

Data was collected through semi structured questionnaire.

- Household Food Insecurity Access Scale (HFIAS) used to measure household food security and categorize into **food secure and food insecure**.⁴

- Women empowerment was measured through women empowerment index (WEI) questionnaire were adopted from NDHS survey and categorize into

low empowerment (0-2), moderate empowerment (3-4) and highly empowerment (5-7)³

- Anthropometric measurements were taken using SECA scale and stadiometer,

Based on BMI, nutrition status was categorized as underweight, normal and overweight

Data were entered in EpiData 3.1 version and analyzed in IBM SPSS version 22.

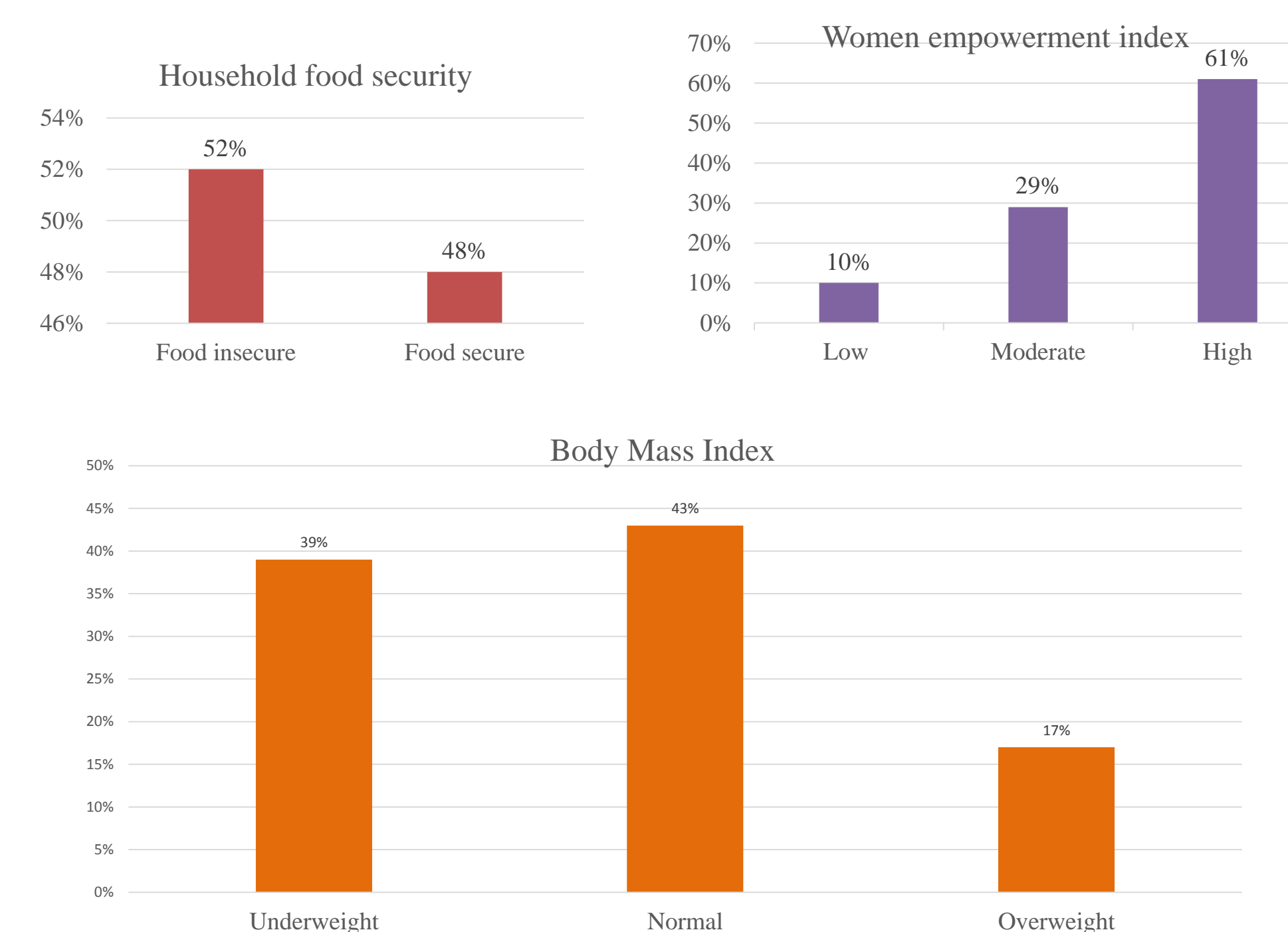
Limitation

The study was limited to underweight status of women and overweight of women was not calculated.

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Results



Unadjusted OR and Adjusted OR of factors associated with household food insecurity

Characteristics	COR (CI 95%)	AOR (CI 95%)
Ethnicity		
Under privilege	17.47(9.97-30.62)*	5.10(2.53-10.26)
Privilege	Ref	Ref
Occupation		
Not working	1.95(1.18-3.22)*	3.85(1.52-9.71)*
Working	Ref	Ref

Unadjusted and adjusted OR of factors associated with underweight of women of reproductive age

Characteristics	COR (CI 95%)	AOR (CI 95%)
Household food security		
Food insecure	12.35(0.78-22.49)*	4.94(2.17-11.25)*
Food secure	Ref	Ref
Family type		
Joint and extended	1.96(1.12-3.42)*	5.50(1.58-19.07)*
Nuclear	Ref	Ref
Women empowerment index		
Low empowered	18.61 (6.18- 56.04)*	4.067(1.05-15.61)*
Moderate empowered	4.90(2.83-8.46)*	3.28(1.55-6.97)*
Highly empowered	Ref	Ref

Key Findings

- Household food insecurity was found 52%.
- Underweight and overweight among women of reproductive age was 39 % and 17 % respectively.
- Underprivileged group 5.101(AOR= 5.101, CI: 2.535-10.266) and not working women (AOR= 3.854, CI:1.528 - 9.718) was found to be positively associated with household food insecurity.
- Underweight women were four times more likely to belong from food insecure households(AOR=4.944 CI: 2.172-11.251).
- Women from joint and extended were more likely to have underweight than (AOR= 5.505, CI: 1.589-19.078) than nuclear family.
- Underweight women had lower empowerment level (AOR=4.067, CI: 1.059-15.619) than highly empowered women.

Conclusion

Household food security was significantly associated with nutrition status of women .The findings of study indicate that household food security, women empowerment is more important factor for addressing the under nutrition than other demographic and socioeconomic factors. So findings appoint as attention needed on addressed for programs targeting the women and child health and nutrition status in Nepal.

References

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