Minor Research Project submitted to UGC

**TITLE OF THE PROJECT**: - “A Study of Nutritional Status of Male Workers of Textile Mill at Jam.”

**DESIGNATION**:- Assistant Professor

**DURATION OF THE PROJECT**: - 2 Years

**NAME OF INVESTIGATOR** :- Mrs. Vinaya B. Shahane

**SUMMARY OF FINDINGS**

Nutritional survey of the textile workers at Jam rrevealed that majority of the Textile Workers missed regular pattern of three meals a day. Majority of Workers in Textile Industry had heavy breakfast cum lunch and dinner as a meal pattern. Almost all the Textile Workers began their day’s activity by 6 a.m., breakfast cum lunch was consumed outside their homes prepared early in the morning. Dinner was mainly consumed in their homes and was usually prepared by other members of the family. Most of subjects were non vegetarian with few exceptions, but the consumption of the same was once or twice a week. Their staple cereals wheat, jowar and rice. The general observations were that the Textile Workers used higher amount of edible oil in their diet. Consumption of vegetables and fruits were low which could be due to their poor socio-economic status. It is found that 46% workers earn between 3 to 5 thousand rupees per month, 22% of them earn up to 7 thousand rupees, 30% of them earn up to ten thousand rupees while only 2% of them earn between 10 to 20 thousand rupees per month.Thus, they cannot afford to avail a diet giving them daily at least 2100 k.cal due to their low per capita income which in this case comes out to be Rs. 432 /- .

Correlation coefficient values of anthropometric measurements (table 4.9) and clinical signs with education and income indicate that workers having high level of education depict better anthropometric measurements. These workers in fact show few clinical signs of nutritional deficiencies. Their diets were also deficient in iron, calcium and vitamins. Hiwarkar et.al in their diet survey of a rural population, found 83.33 per cent of families were consuming diets less in proteins and calories. Hence, poverty is the main cause for their poor nutritional status.

The low body mass index of more than half of the workers in the present study suggest that the workers were not meeting their energy requirements. It is evident that differences in anthropometric measurements and indices are due to variations in socio-economic and nutritional status and the differences were statistically non- significant. Thus, the study reveal that in spite of poor economic conditions they manage their food items from their available income. Still, their nutritional status is not an excellent one. It has been observed that poor nutritional status is one of the most serious health problems. The problem of poor nutritional status is severely influenced by poverty, illiteracy and unawareness regarding basic nutrients.

Overall sickness was lower (15.0 %) in good housing conditions than poor and fair conditions (85.0 %). Percent prevalence of sickness revealed that ailments such as aches, gastric problems, general weakness, respiratory problems and fever were higher in textile workers suffering from anemia (53%)

Nutrition promotion offers numerous benefits for a company, including decrease in absenteeism, decrease in staff recruitment and training costs through reduced staff turnover, reduction in the number of worker compensation claims and gains in productivity through improved health and morale9.

The results of such a study carried out on representative segment of Textile workers would provide information and useful guidelines not only for food policies but also to assess the impact of the nutritional programs currently in progress and for future planning in the state of Maharashtra.