

Bibliography

APPENDIX-1

QUESTIONNAIRE SCHEDULE

GENERAL INFORMATION :

Name : -----

Address : -----

Age : -----

Caste : -----

Qualification : -----

Occupation : -----

Height (cm.) : -----

Weight (Kg.) : -----

Body Mass Index : -----

Income Group : -----

Food Habits : Veg. Non Veg. Ova Veg.

No. of Family members: -----

NUTRITION QUESTIONNAIRE

How many meals do you have daily?

Two Three Four Any other

What is the time gap between two meals?

4 hrs 6 hrs 8 hrs 10 hrs

Which kind of food do you prefer?

Spicy Fried Normal Any Other

Is your meal time certain or uncertain?

Yes No

FOOD FREQUENCY TABLE

CEREALS & PULSES

Cereals	Daily	Twice a Day	Twice a Week	Weekly	Monthly	Occasionally
Missi Chapati						
Stuffed Parantha						
Upma						
Poha						
Bread						
Dosa						
Pulses						
Moong Dal Tubar Dal Masoor Dal Chhole Rajmah						

MEAT, FISH AND POULTRY PRODUCTS

	Daily	Twice a Day	Twice a week	Weekly	Monthly	Occasionally
Egg						
Fish						
Meat						
Chicken						

MILK AND MILK PRODUCTS

	Daily	Twice a Day	Twice a weak	Weekly	Monthly	Occasionally
Skimmed Milk						
Skimmed Milk Curd						
Butter Milk						
Whole Milk						
Whole Milk Curd						
Paneer						
Khoa						

SOYA PRODUCTS

	Daily	Twice a Day	Twice a weak	Weekly	Monthly	Occasionally
Soya Milk						
Soyabean Dal						
Soya Badi						

NUTS OIL & SEEDS

	Daily	Twice a Day	Twice a weak	Weekly	Monthly	Occasionally
Almond						
Cashew Nuts						
Dry Coconut						
Sesame Seeds						

VEGETABLES

	Daily	Twice a Day	Twice a weak	Weekly	Monthly	Occasionally
Green Leafy Vegetable						
Root and Tubers						
Other Vegetable						
Mixed Vegetable						

BERVERAGES

	Daily	Twice a Day	Twice a weak	Weekly	Monthly	Occasionally
Tea, Coffee						
Fruit Juicers						

24 HOURS DIETARY RECALL METHOD

LIFE STYLE PATTERN

- Do you exercise Daily?
 Yes No
- Which type of Exercise you do?
 Walking/Jogging Other Exercise
- Do you take alcohol?
 Yes No
- Do you Smoke?
 Yes No
- Do you take tobacco?
 Yes No
- Do you take Aerated Drinks?
 Yes No
- Are you exposed to Sunlight?
 Yes No
- If Yes, What time?
 - (i) 6.00 A.M. To 9.00 A.M.
 - (ii) 9 .00 A.M. To 12.00 Noon
 - (iii) 12.00 Noon To 3.00 P.M.

REPRODUCTIVE HEALTH HISTORY

- At what age did you started with your menstrual cycle?

HEALTH CONDITION AND MEDICATION

- Did you face any Health Problem?
 Yes No

- If yes, then which type of problem?
- Do you have any health problem?
 B.P. Heart Diseases Renal Diseases Arthritis
 Diabetes Thyroid Joint Pain

- Do you take calcium supplement in your diet?
 Yes No

- Have you ever taken Hormone Replacement Therapy?
 Yes No

APPENDIX -2
ABBREVIATIONS

Abbreviation	Meaning
i.e.	That is
et al.	(et al ibi) and other
etc	And so forth
BMI	Body Mass Index
Kg	Kilogram
Cm	Centimeter
Mg	Milligram
Wt.	Weight
Ht.	Height
SD	Standard Deviation
WHO	World Health Organization
Non-veg	Non vegetarian
Veg	Vegetarian
df	Degree of freedom
NS	Non- significant
*	Significant
**	Highly significant
yrs	Years
LIG	Low Income Group
MIG	Middle Income Group
HIG	High Income Group
Fig.	Figure

SIGNIFICANT FIGURES :

+Suggestive/Poor significance (p value: $0.05 < p < 0.10$)

*Moderately significant (p value: $0.02 < p < 0.05$)

**Highly/Strongly significant (p value: $0.01 < p < 0.001$)

USED FORMULAE :

$$\text{Mean} = \frac{\sum_{i=1}^n x_i}{n}, \quad S. D. = \sqrt{\frac{\sum_{i=1}^n (x_i - \bar{X})^2}{n-1}} \quad (\text{If } n < 30)$$

$$\text{and } S. D. = \sqrt{\frac{\sum_{i=1}^n (x_i - \bar{X})^2}{n}} \quad (\text{If } n > 30)$$

where $\sum_{i=1}^n x_i$ = Sum of all observations and

n = Number of subjects included for study according to inclusion criteria.

$\sum_{i=1}^n (x_i - \bar{X})^2$ = Sum of squares of deviations from Mean.

The probability value, Z-value for normal distribution is calculated by the given formula

$Z = \frac{\bar{X} - \mu}{\sigma}$, where \bar{X} is sample mean, μ is population mean and σ is the standard deviation.

The chi-square test tells the presence/absence of an association between two events and the formula for 2x2 tables is-

$\chi^2 = \frac{(ad-bc)^2 \times N}{C_1 \times C_2 \times R_1 \times R_2}$; If any cell value is less than 5 than formula for 2x2

table with Yate's correction is $\chi^2 = \frac{\left(|ad-bc| - \frac{N}{2}\right)^2 \times N}{C_1 \times C_2 \times R_1 \times R_2}$; Otherwise the general formula to calculate the chi-square probability value-

$\chi^2 = \sum \frac{(O-E)^2}{E}$ where O is observed value and E is the expected value.

The present chapter is concerned with the tabulated and statistically analyzed data. The organization and analysis of the numerical findings are presented under the following heads:

ANNEXURE II

ANEMIA CATEGORY

Severe	< 7g/dl
Moderate	7-9g/dl
Mild	9-11g/dl
Normal	>11g/dl

Source : B. Sri Laxmi Dietetics

WEIGHT STATUS ACCORDING TO BMI RANGE

Weight Status	BMI Range
Under Weight	< 18.5
Normal	18.5 to 24.9
Pre Obese	25 to 29.9
Obesity (I)	30 to 34.9
Obesity (II)	35 to 39.9
Obesity (III)	40 and Above

Source: Adapted from WHO 2004

ANNEXURE III

SUGGESTED GUIDE OF FAO/WHO EXPERT COMMITTEE FOR INTERPRETATION OF CLINICAL SIGNS

<p>DIETARY OBESITY Excessive weight in relation to Height or other skeletal indices, Excessive skin-folds Excessive abdominal girth in Relation to chest girth.</p> <p>UNDER NUTRITION Lethargy, mental and physical (starvation), Low Weight in relation to Height or other skeletal indices, Diminished skin folds, Exaggerated skeletal prominences,</p> <p>LOSS ELASTICITY OF SKIN</p> <p>PROTEIN CALORIE DEFICIENCY DISEASES</p> <p>Oedema. Nyscye wasting Low body weight, Psychomotor change, Dyspigmentation of hair Easy pluckability of the hair, Thin, sparse hair, Flakky paint dermatosis, Diffuse depigmentation of the skin</p> <p>THIAMIN DEFICIENCY Loss of ankle jerks, Loss of knee jerks, Sensory loss and motor weakness Calf muscle tenderness Cardiovascular dysfunction, Oedema</p> <p>NIACIN DEFICIENCY Pellagrous dermatosis, Scarlet and raw tongue, Tongue fissuring, Molar and suborbital pigmentation,</p> <p>VITAMIN A DEFICIENCY Xerosis of skin, Follicular hyperkeratosis, Xerosis Conjunctivae, Keratomalacia, Bitot's Spot</p>	<p>VITAMIN C DEFICIENCY Spongy and bleeding gums, Follicular hyper keratosis type II, Petechiae, Ecchymoses, Intramuscular of superiosteal Haematoma. Epiphyseal enlargement (painful)</p> <p>VITAMIN D DEFICIENCY Active rickets (in children) Epiphyseal enlargement (Over 8 months of age), painless bleeding of gums, Craniotabs (under 1 year of age), Muscular hypertonia, Healed rickets (in children or adults) Frontal or parietal bossing Knock-knees or bow-legs Osteomalacia (in adults) Local or generalized Skeletal deformities,</p> <p>IRON DEFICIENCY Pallor of mucous membranes, Koionychia, Atrophic lingual papillae</p> <p>IODINE DEFICIENCY Enlargement of thyroid</p> <p>EXCESS OF FLOURINE (FOUROSIS) Mottled dental enamel (difficult to Distinguish in early stages from enamel hypoplais)</p> <p>RIBOFLAVIN DEFICIENCIES Angular stomatitis, Cheilosis, Magenta tongue, Central atrophy of lingual papillae, Noso-labial dyssebacea, Angular papebritis Scrotal and vulval dermatosis Corneal vascularization</p>
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Source : FAO / WHO Tech. Rep. Ser. 258 (1951)

Figure 3.1 DESIGN OF RESEARCH PROCESS AND METHODOLOGY

