

Impact of Industrialization on Nutritional and Health Status of Pregnant Women and Their Obstetric Outcome

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ABSTRACT Sixty pregnant women 30 each in Group I(Industrial area) and Group II (Non industrial area in the age group of 20 to 28 years, belonging to low income group having monthly per capita income of Rs 969.83 and Rs 631.87 of Bathinda city were selected during 7th month of pregnancy . The mean daily intake of energy, proteins, carbohydrates, vitamins B12, niacin, iron, folic acid, sodium and zinc was inadequate when compared with ICMR standards. Common symptoms of iron deficiency were pale conjunctiva, paleness of skin, pallor of tongue and fatigue. The mean birth weight was 1923.3+359.0 and 2320+426.3 gram in Group I and II respectively. It was further observed that 16.67 and 30.0 percent of newborns had respiratory infections and fever at the time of birth. It could be due to poor hygienic status, higher maternal exposure to pollutants in Group I. It is concluded that inadequate nutrient intake, poor sanitation and exposure to environmental pollutants resulted in higher incidence of prematurity and low birth weight in subjects of Group I.