
SOCIO-ECONOMIC STATUS AND DIETARY PRACTICES OF SELF-HELP GROUP MEMBERS OF SELECTED BLOCK OF VADODARA DISTRICT, GUJARAT, INDIA

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ABSTRACT

INTRODUCTION: *Self Help Groups (SHGs) typically belong to low- to middle-income socio-economic backgrounds, where financial constraints, education levels, and access to resources influence their health and well-being. Proper dietary practices are essential for them as they help prevent malnutrition, improve immunity, and reduce the risk of lifestyle diseases such as diabetes and hypertension.*

OBJECTIVES: *The present study was planned with the broad objective to assess socio-economic status and the dietary food patterns of SHGs in Waghodia Block of Vadodara District.*

METHODOLOGY: *Under Vadodara district, one block was selected purposively under which 1 Cluster Level Federation (CLF) was randomly selected and 120 SHG members were enrolled for the study. All SHG members were interviewed using pre-tested semi structured questionnaire. Dietary information was elicited using 24 hr. dietary recall method.*

HIGHLIGHTS OF THE FINDINGS: *Around 64% of the SHG members fall under APL category. Forty-eight per cent of them were educated till primary, 30% of them were educated till secondary, and 13% were illiterate. Forty-one percent of them were self-employed, 40% of them are skilled workers, and 13% of them are involved in agriculture.*

From 24 hr. dietary recall, 92.5% of the members had adequate dietary diversity as they had consumed ≥ 5 food groups in a day.

CONCLUSION: *It was found that dietary diversity among SHG members was found to be good yet there is a need to create awareness about Food, Nutrition, Health and WASH (FNHW) concept under Deendayal Antyodaya Yojana- National Rural Livelihood Mission (DAY-NRLM) for improving nutritional status thereby facilitating livelihood.*

KEY WORDS: *Socio-Economic Status, Dietary Practices, Self- Help Group Members, DAY-NRLM.*

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