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Women and Health

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Introduction:

According to WHO definition of Health is "state of complete physical, mental and social well being and not merely the absence of disease or infirmity." The extent to which an individual or group is able to realize aspirations and satisfy needs and to change or cope with the environment.

Continuing accumulation of scientific evidence demonstration that nutrition is one of the most important determinants of health for the individual that specific nutrition habits of various populations can significantly decrease the overall risk of several chronic diseases. Traditional diet is the diets of native populations. Proper nutrition requires the proper indigestion and equality important, the absorption of vitamins, minerals and food energy in the form of carbohydrates, proteins and fats. Dietary habits and choices play a significant role in health. A healthy diet is one that is arrived at with the intent of improving or maintaining optimal health. Health can be brought about by an imbalance of nutrients, producing either an excess or deficiency which in turn affects body functioning in a manner.

Objectives:

- To study the education and women.
- To study nutritional knowledge to the women.
- To study health problems of women.

Methodology: Secondary data is used for this study.

Result And Discussion:

Education and Women: Literacy levels give a clear picture of the educational situation of Indian girls and women. Most Indian women are illiterate and most Indian illiterates are female. Whether a girl will be enrolled in school and once she is enrolled how long she will be allowed to continue is linked to socio-economic status. Females are clearly at a disadvantage in India with regard to education. India in particular had consistently documented a strong relationship between a mother education and her children's survival that is the more educated the mother the more likely it is that her child will survive.

Women who have had such exposure are better prepared to move beyond the traditional confines of household and village to see themselves as able & entitled to cope with the world. The more educated a woman is the more likely she is to want and to be able to obtain contraceptive services, modern preventive and curative health care, immunizations and schooling for both her male and female children and the less likely she is to want her daughters to marry early.

Women have always worked to produce goods and services for themselves and their families. Work done by a woman has included the processing and preparation of food and clothing household care repair and similar household tasks. India is primarily an agricultural country and women working outside their homes are not a new phenomenon as they have been working in fields by the side of their men from time immemorial. Woman from the economically least privileged strata of society have been working since long for ages in factories as menial servants and as unskilled labourers. Due to this type of work women suffers most of health problems.

Health Problems of Women:

In countries where kwashiorkor is the major form of protein- energy malnutrition, the measurement of Plasma albumin is important as is blood hemoglobin there is anaemia. Women's bodies go through major changes throughout their lives leading to differences in health concerns for varying age groups. During times of physiological change, women are more susceptible to mental health issues like depression, anxiety and eating disorders. Women's health involves a variety of gender specific issues like estrogen production, mental health sexual health, sexual health and fertility concerns women go through dramatic mental and physical changes as their reproductive system to go through major changes.

Women can take charge of their health by eating a proper diet, seeking the proper screenings and maintaining a healthy lifestyle. Women bear exclusive health concerns such as breast cancer, cervical cancer, menopause and pregnancy. Women suffer higher Heart Attack death compared to

men. Depression and anxiety exhibit more frequently among female. Urinary tract conditions present more often in females and sexually transmitted diseases can cause more harm to women.

Cancer:

Most common cancer affecting women are breast and cervical cancers. Detecting both these cancers early is the key to keeping woman alive and healthy. The latest global figures show that around half a million women die from cervical cancer and half a million from breast cancer each year. Breast cancer which typically originates in the lining of the milk ducts, can spread to other organs and is the most aggressive cancer affecting the global female population.

Cervical cancer originates in the lower uterus while ovarian cancer starts in the fallopian tubes. While both conditions for similar pain, cervical cancer also causes discharge and pain during intercourse. The nutritional importance of breast feeding needs to be stressed in all public health programs about so does the rational introduction of other forms of feeding.

Reproductive health:

Early marriage is likely to have adverse physical consequences for adolescent girls by prematurely exposing them to the risks of pregnancy. The incidence of other complications of pregnancy, including obstetric fistulae and eclampsia are also more common in adolescent girls (Mathai 1991). Sexual and reproductive health problems are responsible for one third of the health issues for women between the ages of 15 and 44 years.

Adolescent girls face a number of sexual and reproductive health challenges complications from those pregnancies and child birth are a leading cause of death for those young mothers. Many suffer the consequences of unsafe abortion. The reproductive cycle greatly affects many stages of a woman's life. The pluralism characteristic of so many aspects of Indian society and culture is evident in beliefs about health, illness and healing and extends to the ways in which the various types of Medical Systems are used Indian women's reasons for seeking abortion. Contraceptive failure was reported by 42% of clients in government approved institutions in 1990- 91 (Chhabra and Nuna 1994). It is observed death rate that higher among women during reproduction period

Maternal health:

Many women are now benefiting from massive improvements in care during pregnancy and childbirth introduced in the last century.

Mental health:

Depression is the most common mental health problem for women & suicide a leading cause of death for women. Helping sensitize women to mental health issues and giving them the confidence to seek assistance is vital

Benefits of regular exercise:

Benefits of regular exercise were resistance to fatigue, stronger back muscles, which can help manage back pain and strain as your belly grows. Improved posture, smaller gain of body fat, stress relief, Improved sleep and management of insomnia for that purpose regular exercise is very important for healthy life.

Importance of Nutrition:

Nutrition is the study of the relationship between diet and states of health and disease. Absence of adequate nutrients can cause certain diseases to take hold that can potentially result in death. Deficiencies excesses and imbalances in the diet can produce negative impacts on health which may result in diseases such as Scurvy, obesity or osteoporosis.

All available evidence shows that both the mothers own vitamin status and that of the milk she produces are very sensitive to dietary intake. In the Gambia there are marked biochemical signs of Vitamin deficiency reflecting the poor maternal diet.

Today safe and quality food is a matter of global concern, regardless of the barriers of culture and religion. Along with growth of Civilization, there is an increasing demand among people for safe and quality food. Safe and quality food is our basic right. But unfortunately today this basic right is often denied due to a handful of those who indulge in adulteration of food.

Eating is an essential part of daily life for everyone because the essential requirements of food are to meet physiological needs of the body and psychological and emotional requirements.

Conclusion:

Women and health is very important aspect of the family. Women gives first priority to the family health by taking balanced diet and regular exercise for healthy life. Women were needs to take care of her

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