

# HUMAN WELLNESS - A HOLISTIC APPROACH

---



WELLNESS  
— everyday —

Editors

---

R. Bhuvana Indumathi | R. Bhuvaneswari  
K. Rani | K. Gomathi | M. Kanimozhi

12	<b>Antioxidant Activity of Aegle Marmelos Fruit Extract</b> Dr. A. Nirmala	67
13	<b>Modification Techniques of Starch on Human Wellness</b> Mrs. K. Rani & Dr. R. Parimalavalli	75
14	<b>Formulation and Standardization of Instant Soup Mixes using Functional Foods for Obesity</b> Dr. S. Thilgavathy	80
15	<b>Development and Evaluation of Physicochemical Characteristics of Vegetable Puree</b> Dr. R. Balasasirekha & K. Saranya	92
16	<b>Antioxidant Potential of Black Rice (Oryza Sativa L.) On Cancer</b> Ms. B. Thanuja & Dr. R. Parimalavalli	103
17	<b>Anthropometric Measurements of the Selected Type II Diabetics</b> Dr. K. Gomathi & Dr. M. Amirthaveni	112
18	<b>Effect of Functional Food Mix Supplementation on Adults with Cardiovascular Disease</b> Dr. S. Sugasri & Dr. U.K. Lakshmi	117
19	<b>Prevalence of Anaemia Among College Going Adolescent Girls</b> <b>Mrs. C. Helen</b>	121
20	<b>Assessment of Knowledge, Attitude and Practice Among Anemic Adolescent Girls (16-18 years)</b> Mrs. R. Bhuvana Indumathi & Dr. R. Parimalavalli	125
21	<b>Determinants of socioeconomic factors, nutritional status and scholastic performance of intellectually disabled children</b> Dr. P. Magdalene Virjini	131
22	<b>Role of Probiotics in Human Gut Health</b> Mrs. R. Bhuvaneswari & Dr. P. Nazni	137
23	<b>Connotation of Life Style in Disease Management</b> Mrs. R. Arivuchudar	141
24	<b>Anticancer Activity of Green Synthesized Silver Nanoparticles From Ocimum Basilicum L. Leaf Extract Against Human Breast Cancer Cell Line (MCF-7)</b> Mrs. S. Geetha, V. Indra & S. Setharaman	146
25	<b>A Study on The Health Conditions of Rural Women with Special Reference to Valaiyakaranur Village, Salem District</b> Ms. R. Thiruppathi & Dr. J. Sathya	154



# PREVALENCE OF ANEMIA AMONG COLLEGE GOING ADOLESCENT GIRLS

Human Wellness - A Holistic Approach

Helen.C,

Assistant Professor, Dept of Human Nutrition & Nutraceuticals, Fatima College, Madurai.

## ABSTRACT

Adolescence is considered as a nutritionally critical period of life with a highest prevalence of anemia among women. The nutritional status of this period is important as it impacts on the outcome of the pregnancy. Therefore the present study was undertaken to assess the prevalence and the severity of anemia among adolescent girls. The present study was conducted with a total of 600 adolescent girls (17-19 years of age) in a college at Madurai. A pre-tested preformed was used to obtain the details of the socio-demographic variables. Haemoglobin level was estimated to diagnose the prevalence of anemia. The cutoff point of hemoglobin level of less than 12gm/dl (WHO) was taken as the reference value. The findings of the study revealed that the prevalence of anemia was 84 % with severe anemia being 16%, that of moderate anemia being 22% and that of mild anemia being 62%. It was evident from the findings that as age advances, the mean haemoglobin decreased. The prevalence of anemia was considerably high among the girls who belonged to the low socio-economic status. Thus, this study highlights that adolescent girls are at a higher risk for anemia. Interventions and strategies aimed at overcoming anemia should be the prime target.

Key words : Adolescence, Anemia, Prevalence

## INTRODUCTION

Adolescents in India constitute one-fifth of the total population (Roy et al 2000) and are the important human resource that needs to be given ample opportunity for holistic development towards achieving their full potential. They are the citizens who will shape the future of the nation. Among adolescents, girls constitute a vulnerable group, particularly in developing countries when they are married at an early age and get exposed to a greater risk of reproductive morbidity and mortality (Panat, 2013). Adolescent girls are particularly prone to iron deficiency anemia because of the increased demands of iron by the body. This anemia not only affects the present status of health of the adolescent girls, but also shows its deleterious effect when these girls become mothers. A higher prevalence of anemia was noted by J Rajaratnam *et al.* in Tamil Nadu. Toteja GS *et al.* found 90.1% prevalence of anemia among adolescent girls from 16 districts of India, with 7.1% having severe anemia. There is the 'vicious cycle of anemia' for women in India since girls are married and enter motherhood with poor iron status at very young ages. Iron deficiency anemia causes waste of educational resources and health care, decreased productivity due to increased mortality and disease in mothers, and finally decreased physical and mental capacity in the large part of the country.



## ABOUT THE EDITORS

**Mrs. R. Bhuvana Indumathi** is presently working as Head and Assistant Professor, Department of Home Science, Sri Sarada College for Women, Salem. Her area of expertise is Food Science and Quality Control. She has extensive teaching experience for more than 10 years. She had presented many papers in National and International conferences. She has undertaken one UGC minor research project.

**Mrs. R. Bhuvaneswari** is an Assistant Professor in the Department of Home Science, Sri Sarada College for Women, Salem. She is specialized in Food Science and Nutrition. She has rich teaching experience of 15 years inclusive of 10 years in this institution. She has presented papers in National and International conferences and also published a chapter in the book on 'Environmental Issues'.

**Mrs. K. Rani** is an Assistant Professor in the Department of Home Science Sri Sarada College for Women, Salem. She is specialized in Food Science and Nutrition. She has 20 years of teaching experience with 8 years in this institution and rest in other institutions. She had presented papers in National & International conferences and also published a chapter in the book on 'Environmental Issues'.

**Dr. K. Gomathi** is working as Assistant Professor in the Department of Home Science, Sri Sarada College for Women, Salem. Her research area is Food Science and Clinical Nutrition. She has 5 years of research and 2 years of industrial experience. She has published 7 International, 5 National journal papers and one International book. She visited AVRDC - The World Vegetable Centre, Taiwan for BMZ / GIZ funded project.

**Dr. M. Kanimozhi** is working as Assistant Professor in the Department of Home Science, Sri Sarada College for Women, Salem. She has nearly 5 years of teaching experience. Textiles and Apparel designing is her area of specialization. She has published 6 International, 13 National journal papers, 12 book chapters and contributed one book for PRIDE. She has completed one UGC minor research project and one DST NIMAT (EAC) project.



WELLNESS  
— everyday —

## HUMAN WELLNESS - A HOLISTIC APPROACH

Price : Rs.545/-

ISBN : 978-93-80800-87-5



Published by : Q Books, CBE - 18.