



# Health and Nutritional Status of Tamluk Municipality: A Case Study of Ward No. -7

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## **Abstract:**

Human being always wants to get the better opportunity in their living, food, cloths, health, nutrition and basic amenities. The sanitation facility is one of the important attributes among different amenities. Ward people's perception and satisfaction level regarding the receiving of that amenity are examined here. On the other hand, health and Nutrition is very important indicator for human development because those are closely associated with sanitation facility. In this context the health and Nutrition status of ward's people are also evaluated. Some perception study has carried out on different aspect of health and Nutrition in these accounts. The present study is totally based on primary data with the help of survey schedule and questionnaire. Body Mass Index (BMI) was used to assess the nutritional status of the study areas. It is observed that in different places of Tamluk municipality the residences are being suffering in different malnutrition problems and diseases. Generally this scenario has seen in the slum area of the ward.

**Key Words:** *Nutrition, Body Mass Index (BMI)*

## **I. Introduction:**

The nutritional status is an important health indicator for assessing the health status of entire population. Reduction in malnutrition is a Millennium Development Goal (MDG) to improve child welfare. Tamluk town is an ancient town and it is located in the right bank of Rupnarayana River. In our daily life we have seen that the peoples of Tamluk municipality are facing many problems regarding the receiving and utilising of public services. Sanitation system is the big problem among different public services. Besides, we also have seen that in different places of Tamluk municipality the residences are being suffering in different malnutrition problems and diseases. Generally this scenario has seen in the slum area of wards. The ward-7 is no exception in this case. This is the main burning issue in this context.

Keeping this view in our mind we have selected our study area particularly one wards of Tamluk Municipality. The present study has tried to represent the actual scenario of wards in respect of public services as well as the malnutrition and health problems of peoples who live in this ward. In this case, some perception and satisfaction level test and anthropometric test has conducted by our self on wards people to know the health and nutrition status, and utility on daily public services (sanitation) which are provided by municipality.

## II. Objectives:

The main objective of the study is to analysis the health and nutrition status and utility on daily public services (sanitation) which are provided by municipality.

## III. Data Base and Methodology:

The study area has been done by primary data only. The primary data collected by interviewed on questionnaire basis. Simple Random sampling method was applied for the selection the sample. Body Mass Index (BMI) was used to assess the nutritional status of the study areas. The Formula of Body Mass Index (BMI) is given Below,

$$\text{Body Mass Index (BMI)} = \text{Weight in Kg/Height in Mt}^2$$

## IV. Discussion and Analysis:

### A) Health Condition:

Health is the wealth of human beings. In this chapter we have discussed the health status and medical services of peoples of ward number 7. This service is not properly circulated from municipality but this is one type of amenity. Peoples have been receiving this amenity from various govt. or private organisation (hospitals or private chambers) according to their requirement. From that point of view this service gives some relief to the peoples.

### Type of doctor's availability

For proper maintaining the health peoples have been going to the hospital or private practitioner's chambers in certain duration. Most senior peoples of our societies or families are depending on doctors. So the availability of doctors is the prime factor in this case.

Table-1: Type of Doctor's available of ward no-7 of Tamluk Municipality

(Sample size: 45 families)

Type of Doctor's available in family	Ward No- 7	
	No. of families	Percentage
Govt. Hospital's Doctor	10	22.22
Private practitioners	29	64.44
Quack Doctor	6	13.33
Total	45	100

Source: Primary Survey, 2022

From the above table it is said that, in ward-7 the percentages of visiting private practitioners (64.44%) are higher than the other type of doctor's availability. Besides, the percentages of visiting govt. hospitals doctors are (22.22%) and quack doctors are (13.33%) respectively. So it clear from the above description that maximum family in this ward are depends on private practitioners as compared to others.

### Type of used medicines

Medicines are very essential commodities to maintain the health as well as mentality of peoples. The medicines are used according to their needs which give proper care and nourishment of health.

Table-2: Type of Used Medicines of ward no-7 of Tamluk Municipality

(Sample size: 45 families)

Type of used Medicines	Ward No- 7	
	No. of families	Percentage
Homeopathy	10	22.22
Allopathy	35	77.78
Total	45	100

Source: Primary Survey, 2022

From the following table it has seen that in ward-7 maximum families' intake allopathy medicines (77.78%) as compared to homeopathy medicines (22.22%) because in this ward peoples are more depends on private practitioners which already describe in preceding paragraph. So the tendencies of peoples to intake the allopathy medicines naturally higher as compare to the other type of medicine.

### Expenditure on medicines and doctors

Medicines and doctors are important to survive in life because human beings have been suffering in various diseases continuously or irregularly. In this case, medicines and consultant with doctors are so essential. Hence, the expenditure on medicines and doctors are very relevant.

Table-3: Expenditure on Medicine and Doctors in last one month of ward no-7 of Tamluk Municipality

(Sample size: 45 families)

Expenditure on medicine and Doctors in last one month	Ward No- 7	
	No. of families	Percentage
<500/-	11	24.44
500-1000/-	12	26.67
1000-1500/-	11	24.44
> 1500/-	11	24.44
Total	45	100

Source: Primary Survey, 2022

From the above table it is demonstrated that in ward-7 highest percentage of expenditure on medicine and doctors (26.67%) are present in second option (500-1000/-). Besides, percentage of expenditure on medicine and doctors (24.44%) are remains same in other three options. So it is said that in last one month 12 families have spent the expenditure on medicines and doctors low to moderate range (Rs- 500-1000).

### Type of diseases

Diseases are very common in human life. It is depends on environment and the nature of daily life. Here, this attribute has analysed to see the people's health status within two wards.

Table-4: Type of Diseases of family members of ward no-7 of Tamluk Municipality

(Sample size: 39 patients)

Type of diseases of family members	Ward No- 7	
	No. of patient	Percentage
Arthritis	5	12.82
Diabetes	14	35.9
Blood pressure	4	10.26
Heart problem	7	17.95
Others	9	23.08
Total	39	100

Source: Primary Survey, 2022

From the above table it is observed that, in ward-7 a large portion of peoples has been suffering in Diabetes (35.90%). Besides, Heart problems (17.95%) and other problems (23.08%) are takes moderate share in it. Rest of other diseases like Arthritis (12.82%) and Blood pressure (10.26%) are takes low share in it. From the above picture it is said that in this ward peoples are spend their life very lazily. As a result this incident has occurred.

### B) Sanitation System:

Sanitations are the prime services in our societies. The municipality has given this facility in every ward along road side. Some perception survey has carried out through questionnaires to find out the actual scenario of this ward. This parameter is closely related with health and nutrition.

Table 5 People's perception regarding construction of public toilet near locality of ward no-7 of Tamluk Municipality

(Sample size: 45 families)

Construction of Public Toilet near locality	Ward No-7	
	No. of families	Percentage
Yes	14	31.11
No	31	68.89
Total	45	100.00

Source: Primary Survey, 2022

From the above table it is demonstrated that, in ward-7 maximum responses have come from the second option (68.89%) as compared to the first option (31.11%). So the maximum wards peoples are not support the construction of public toilet near the locality because it spread the pollution in environment which is closely related with human health and nutrition.

### C) Nutrition level:

The nutritional status is an important health indicator for assessing the health status of entire population. Reduction in malnutrition is a Millennium Development Goal (MDG) to improve child welfare. In the presented study, BMI, selected body mass components, and nutritional status have been analyzed. The following table portrays the gender wise BMI in the selected people of the said ward of Tamluk municipality.

### Anthropometric Survey

Table-6: Gender-wise Percentage of Anthropometric Parameters of Ward No-7, Tamluk Municipality

(Sample size: 30 Persons)

Age in (Year)					Weight in (Kg)					Height in (cm)				
Age Group	Male	%	Female	%	Weight	Male	%	Female	%	Height	Male	%	Female	%
20-30	2	13.33	2	13.33	30-40	0	0	1	6.67	140-150	3	20	7	46.67
30-40	3	20.00	4	26.67	40-50	3	20.00	4	26.67	150-160	6	40	7	46.67
40-50	4	26.67	4	26.67	50-60	5	33.33	7	46.67	160-170	6	40	1	6.67
50-60	3	20.00	4	26.67	60-70	7	46.67	3	20.00	Total	15	100	15	100.00
>60	3	20.00	1	6.67	>70	0	0	0	0					
Total	15	100.00	15	100.00	Total	15	100.00	15	100.00					

Source: Primary Survey, 2022

Table-7: Gender-wise Value of Body Mass Index (BMI) of Ward No-7, Tamluk Municipality

(Sample size: 30 Persons)

Sample No.	BMI Value	Remarks
01	18.3	U
02	21.1	N
03	26.3	O
04	24.2	N
05	24.03	N
06	24.8	O
07	22.2	N
08	27.4	O
09	21.4	N
10	18.5	U
11	21.5	N
12	24.8	O
13	27.7	O
14	19.1	N
15	24	N
16	23.3	N
17	17.9	U
18	24	N
19	25.1	O
20	22.9	N
21	21.7	N
22	24.6	N
23	30.1	O
24	18.8	U
25	27.88	O
26	22.2	N
27	24	N
28	23.6	N
29	16.6	U
30	16.6	O

Source: primary Survey, 2022

(Note: U=Underweight, N=Normal weight and O= Overweight)

(Note: it should remember that if – 1. The BMI value is less than 18.5 it is said Underweight 2. The BMI value is 18.5 to 24.5 it is said normal weight 3. The BMI value is greater than 24.5 it is said over weight. The unit of Body Mass Index is (Kg/Mt<sup>2</sup>).

Table-8: Gender-wise Percentage of Weight Types of Ward No-7, Tamluk Municipality  
(Sample size: 30 Persons)

Type of Weight	Male	%	Female	%
Normal	10	62.50	6	42.86
underweight	3	18.75	2	14.29
overweight	3	18.75	6	42.86
Total	16	100.00	14	100.00

Source: primary Survey, 2022

From the previous tables it is said that we have taken four parameters namely sex, age, weight and height. On the basis of those parameters we have calculate the Body Mass Index (BMI) of every individuals in this wards. We have taken 30 samples of individuals randomly. From the above diagram it is keenly observed that-

- The percentages (62.50%) of normal weight male are higher as compare to the percentage of normal weight female.
- The underweight tendencies are little bit low as compare to normal and overweight conditions. In this case the percentages (62.50%) of underweight male are higher (18.75%) as compare the percentage of underweight female.
- Lastly the situation is dramatically reverse. Here the percentages (42.86%) of overweight female are higher as compare to the percentage of overweight male.

After the observations it is said that in both case normal and underweight conditions the percentages of male are higher than the female but in the overweight condition the percentage of female are higher than the male. The main cause of this incident is-

- The females always like the sedentary life.
- They always intake fast foods and Jung foods.
- They do not carry out any type of exercise.

Besides, their intake capacities of foods are not proper. So the calories intake and loss the energy are not properly balanced. As a result this incident has being occurred.

### V. Scope and Limitations

With the help of this survey we have shown the health, sanitation and nutritional status of peoples of ward no-7. Basically this survey is socio-economic type. It gives a clear framework of societies. Hoe the peoples are adjusted with common attributes of life. Hence, the study has tried to find out the actual scenario, the problem and remedies of the peoples of societies.

- During data collection time I have faced that the peoples are not familiars with this survey.

- Basically the females are very sigh. They are not interested to give any data according to our questions.
- In the case of anthropometric measurement the females are no cooperative mentality. They do not give any scope to measure their body organ.

## VI. Conclusion

### Major findings

As this study has depicted on two wards in comparative mode, certainly some findings are very prominent in this account. The major findings are as follows-

1. In case of sanitation it has seen that in ward-7 maximum families' opinions (68.89%) are against the construction of public toilet near locality
2. In the case of doctors availability it has seen that in both ward-7 maximum families (64.44 and 52.50%) are depends on private practioners as compared to other types of doctor's availability.
3. In ward-7 it has seen that maximum peoples are suffering in Diabetes (35.90%) as compare to other diseases.
4. In this ward few females are overweight 942.86%) than males. Besides, in the normal (62.50%) and underweight (18.75%) conditions males are higher as compared to females.

### Suggestions:

On the basis of major findings which have already described in above, some suggestions are given in this situation. Those suggestions are as follows-

1. Municipality should construct public toilet in locality in proper manner. Broadly speaking, within wards where the areas are open and no houses are concentrated, the toilet may be constructed there. In this situation one thing must be kept in our mind that, any type of bad smell would not spread from that toilet and one guard should post there.
2. To check Diabetes and Blood Pressure peoples should give up the unhealthy activities. Regularly morning work and exercise are very important in this account. Besides, peoples should take balance diet with proper care and interval.
3. Some health camp to increase the awareness of peoples should be arranged in Tamluk town in holiday. So the huge mass could attend that programme and get some precious ideas from that programme.
4. To decrease the overweight of female regular exercise, food habit change and give up the sedentary life should be very necessary.
5. The intake of foods and burn out the energy should be properly maintained otherwise dangerous situation have waited for us.

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