

Challenges and Opportunities for Nutrition Education Programs in Rural Community

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Abstract

Malnutrition is a disorder that can occur at any time. It has been seen that most of the rural people are not aware about their nutritional status and they face challenges. This study will show that various prophylaxis programs will help to combat malnutrition and help to educate the rural people to develop themselves.

Index Terms

Anaemia, Combat, Iron Deficiency, Malnutrition, Menarche, Night blindness, Nutritional Status, Prophylaxis Program.

INTRODUCTION

It has been that nutrition education programs are important for all. It provides various kinds of knowledge as well as, it helps people to be aware about the current scenario and the problems that are associated with lack of nutrition. It shows that rural areas are not developed enough, mostly in the developing countries the rural areas are not developed and they are facing a lot of problems regarding malnutrition. Most people are not aware about nutrition as well as they are not educated enough. Various kinds of malnutrition are faced by them such as Iron deficiency anemia, vitamin A deficiency, Iodine deficiency and many more. Different National and International Agencies such as WHO, UNICEF, CARE, NIN have taken initiative to work on this. Various kinds of nutrition education programs are arranged by these agencies to combat malnutrition. Nutrition Education program is a kind of education that can raise people and combat malnutrition.

LITERATURE REVIEW

It has been seen that various kinds of National and International Agencies are helping to take initiative and they also provide free health checkup and free elementary education as well as free food supplements are provided to the people of the rural people (Barakabitze *et al.* 2019). It has been seen that nutrition education is helping the rural people to develop themselves and it helps to recover from malnutrition as well. Various prophylaxis programs are arranged by the agencies and that will help to recover from the current problematic situation.

Vitamin A prophylaxis program

Most of the children in rural areas are suffering from Vitamin A deficiency disorder. The Scientific name of Vitamin A is Retinol and it is found in yellow and orange vegetables such as - Pumpkin, yellow capsicum, tomato,

carrot, cabbage, these are the plant source of vitamin A, and the animal sources are egg yolk, cod liver oil, liver, halibut oil and many more (Tumilowicz *et al.* 2019). In this prophylaxis program, men, women, pregnant mothers, lactating mothers are able to learn about the deficiency disease of vitamin A and they are getting knowledge and awareness about the deficiency syndrome of Vitamin A. It is obvious that free supplementary feeding is given to the people of rural areas and supplement of Vitamin A is given to the children 1, 00000 I. U. to prevent the disorder. It has been seen that due to deficiency of Vitamin A people suffer from night blindness, xerophthalmia, cirrhosis of cornea, bitot spot and that ultimately leads to blindness (McIsaac *et al.* 2019). This program will help to gather the information related to Vitamin A deficiency and even the overdose of Vitamin A and it will help to combat such kinds of diseases.

Iron prophylaxis program

It has been seen that iron deficiency is very common in developing countries; it is obvious that most of the teenage girls, pregnant mothers, lactating mothers suffer from this kind of disease (Adenle *et al.* 2020). On the other hand it has been seen that most of the rural people are not aware about this kind of disorder. UNICEF has taken initiative to provide iron and folic acid tablets among the teenage and pregnant and lactating mothers and also provide the education to inform the people of society to come forward and fight against malnutrition. It has been seen that the onset of menarche (onset of first menstrual cycle) is an important factor when she realizes that she is a complete woman now and from that time iron supplementation must be needed, during the time of pregnancy if the mother is deficit or malnourished the child will not get the proper nutrition and that will lead to unhealthy baby birth. During the time of lactation due to loss of huge amounts of blood during the time of delivery the mother will face the anemic condition and as a result she needs more nutrition supplement in the form of diet

to recover from that situation (Rose *et al.* 2019). This kind of prophylaxis program provides the iron and folic acid tablets as well as iron supplementation is also given to the children and the women of the rural area. This will help to gather the knowledge about the disease as well as combat the anemia.

METHODS

Methods or methodology is a part to conduct the research work thoroughly. It has been seen that in this research work a descriptive method is used, this kind of research approach will help to gather the data from the authentic sources (Blair *et al.* 2022). It has been seen that primary data is collected with the help of questionnaires by the survey method, and the Interview method is also applied for further investigation for providing the data. 100 samples are collected from the various regions and 80s are selected for the further investigation for the research study work. The privacy was maintained in case of any sensitive issue and the research work was resourceful as the pattern of data was intact.

DATA ANALYSIS

In this research study work, the primary data collection method that means random sampling method is used for the collection of data, in this survey and interview method is applied (Habtu *et al.* 2023). 100 samples are selected from the various regions and provided the online questionnaire, and then 80s are selected as per the necessity of the research study work. 80 samples are then prepared for the Interview method. The pattern of the questionnaire is an open-ended questionnaire, and after collecting the data, the data was analyzed as per need of the study. In this research work Spss method is used for the analysis of the data, it has been seen that various kinds of techniques are used in SPSS method such as ANOVAs, Model summary, chi square test, descriptive statistics and many more data analysis methods are included in this. This analysis will help to show the result and it shows that the research was fruitful and obviously the importance of the work. SPSS is the best method for analyzing the primary data (Tsegaye *et al.* 2023). It is easy to access and it will help to show the proper result of the research work, it is an easy process and the results are accurate by nature and it is less time consuming and pocket friendly also.

CONCLUSION AND RECOMMENDATION

Conclusion

It has been seen that rural development is an important criteria and that can be done with the help of nutrition education. Most people of rural areas are not aware about their health condition and most of them are suffering from malnutrition. This kind of problem can be removed if various kinds of nutrition education can be provided. On the other hand, education is a weapon that can help to provide knowledge about the various components or nutrients and their functions and malfunctions and that will help to combat

malnutrition. It is important to gain knowledge and spread awareness among the people and that can help to make a disease free world.

Recommendation

From the above discussed topic, it can be recommended that nutrition education is the one of the most important factors among all. It has been seen that development of the rural area is necessary with the help of nutrition education. It is obvious that due to lack of education most rural people are not aware about the health condition as well as they are not able to understand what is profitable and what is not, seeing this, it can be recommended that aware program can be held by taking the help of agencies and provide nutrition education to combat malnutrition and provide awareness among them and that will help to develop the nutritional status of the rural people.

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