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The iceberg of malnutrition – A cross sectional study

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This study has never been conducted in Pakistan before. Related researches have been carried out in neighboring countries, and my aim is not only to find current prevalence of malnutrition in target areas, but also to determine how a mother's education and professional working status affect the nourishment status of the child. This is a cross sectional study in which children under 5 years of age were assessed by weight for age and height for age. A comparison was made between children of different socioeconomic strata, a structured questionnaire was developed, and a door-to-door survey was conducted. Data was analyzed by SPSS version 17. Regarding weight for age, the cut off values included were according to the WHO growth chart published in J.E Park. The height for age was calculated according to the Z score guidelines for cutoff values by WHO. For variation in the socioeconomic status, the study was conducted in two target populations with stark difference in socioeconomic status. The prevalence of malnutrition in children under 5 years of age of Lahore was determined to be 22.7%. The malnourished children were higher in percentage in housewife group, i.e., 62.2%, compared to only 37.8% in working women group. This is a surprise as the normal perception in our culture leads to the belief that the order should be reverse. There was a difference of 9% between housewives and working women as far as preference for home-made weaning food for children was considered. However, working women are slightly more prone to opt for commercially prepared foods like Cerelac etc. This study provides a base line for further research on factors associated with malnutrition in children among population of Pakistan.

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Occupational discomfort faced by women working in an unorganized sector

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Work is an important task of human life. It is the expression of the basic need to accomplish, to create and to feel meaningful. Work area is the place where we spend most of our working hours and energy, we judge ourselves and measure our self-worth by the work we do. Rewarding work is an important and positive part of our lives but when work denies people an opportunity to utilize their creativity, intelligence and decision making ability, it cause stress and discomfort. The present study was conducted to study the occupational postural discomfort among workers. Research design for the present study was cross sectional cum experimental in nature. Women respondent working in different unorganized sectors were selected for the study. The sample size was 120. Purposive random sampling technique was used to select the sample using self constructed and pre-tested interview schedule along with Body Mapping Scale. Results showed that irrespective of their occupation, main reasons of postural discomfort were sitting without back support, excessive pressure on the shoulders, bending of knees for long time, keeping back straight for long hours and pain in legs due to standing posture for long. Results collected from body map showed that most of the females complained of pain in most of the body parts. Regarding type of postural discomfort, most of the respondents reported pain in neck, shoulder, muscles, joints, knee, arms, fatigue and even burning sensation in feet. The results of the findings imply that the informal sector is understood to imply the use of labour-intensive working methods as all were self-employed. The results could help in understanding postural discomfort among workers who work in unorganized sector and will also help researchers in designing comfortable work station for the workers working in these sectors which include sectors like beauty parlor, convenience stores, pottery making and many more.

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