

VIDYASAGAR UNIVERSITY

A Project Work
On

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A Comparison study on Nutritional and Health Status between Menopause and Non menopause Women

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by
Barsha Jana

Roll:1125129 No.:200105

Regn. No.: 1290683 of Session: 2021-2022

Dept. of Nutrition

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Bhupatinagar, PurbaMedinipur;Pin-721432

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20/11/2023
EXAMINED

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(UGC recognized as College with Potential for Excellence;
Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Barsha Jana** (Roll:1125129; No.: 200105; Reg. No.:1290683 of **Session: 2020-2021**) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed her project work under my guidance on the topics '**A comparative Study on Nutritional and Health Status between Menopause and Non-menopause woman'40-50years**, for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date:22/12/2022.....

.....Rikta Jana.....
(Prof. Rikta Jana)
SACT Teacher
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Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:

(Barsha Jana)

ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between Menopause Non menopause women. The survey was carried out at Madan mohan pur , PurbaMedinipur, West Bengal. The data was collected for Menopause women(n=20) and for Non menopause women (n=20).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps) BMI, were carried out. The participans were asked about their total working time and diseases. It was found that there was no significant ($p>0.05$) differences in BSA ,Waist circumference ,Hip circumference MUAC , Diastolic pressure Pulse rate, Biceps, Triceps between Menopause and Non menopause women. But it has noticed that the (triceps, bicep) were significantly ($p<0.05$) lower in shopkeepers as compare to Menopause and Non menopause women , whereas total working time of Menopause and Non menopause women were significantly ($p<0.05$) higher as compare to service holder. It was observed that more percentage of Menopause women were suffering from headache, fatigue, ear problems ,Night sweats, Anxiety, Loss of hair, Sleep problem, as compare to service holder whereas, more percentage of Non Menopause were suffering from obesity, high blood pressure and joint pain, skin diseases, eye problem and ear problems ,Night sweats, Increased urination, Memory loss, Anxiety, Loss of hair, Sleep problem, peptic ulcer diseases, anemia, hypertension , underweight, Eye discomfort and redness, thyroid, abdominal pain as compare to Non-Menopause women.

Keywords: Menopause women, Non-Menopause women, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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Plate 1: Different activities during survey of Menopause Women of Bhagwanpur-II Block area



Plate 2: Different activities during survey of Non Menopause Women of Bhagwanpur-II Block area