

ABSTRACT

Abstract Title:

A Study on the health and nutritional status of vegetarian and non-vegetarian hypertensive women prevalence among rural coastal in East Medinipur, West Bengal, India

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Introduction: The world's most common condition is hypertension. Untreated hypertension has an impact on several organ systems. It is advised to follow a low-fat, low-sodium diet to prevent hypertension. Diabetes and hypertension together constitute a severe chronic illness. Patients with diabetes should have early detection and treatment of hypertension.

Aims and objectives: Evaluating the dietary health of coastal rural, and semi-urban people with hypertension women is critical. They ought to be made aware of nutrition.

Methods: Two groups of hypertensive women were chosen for this study i.e. vegetarian and non-vegetarian. In this experiment, nutritional assessment and anthropomorphic assessment are used. Among the hypertensive women in this study, 369 were vegetarians and 531 were non-vegetarians. The tail test is 0.05. This study was a Random home-to-home visit based on a cross-sectional survey. The study was done in association with SELF registered under NAWT.

Result: This study indicated that while BMI and pulse rate are significant, weight, height, systolic, and diastolic blood pressure are not significant when comparing the health conditions of vegetarian and non-vegetarian hypertensive women. It also compared the nutritional status of hypertensive women who were vegetarians and those who were not. It concluded that while dietary fiber, protein, fat, and calories were not significant, salt and carbohydrates were.

Discussion: These days, health and nutrition education are key in lowering the prevalence of hypertension in women. Women, particularly those over 40, are susceptible to hypertension.

Conclusion: They therefore pay attention to what they eat and are concerned about their health. Extensive knowledge, proper attitude, healthy lifestyle and good dietary practice managed hypertension-related consequences. Public health Programs involving educational interventions and behavioral change are the need of the hour for better control and management of the disease in rural areas as well as semi urban area.

Key words: Vegetarian, Non-Vegetarian, Hypertensive women