

## SPATIAL PATTERN OF HEATH STATUS OF WOMEN IN HARYANA

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### ABSTRACT

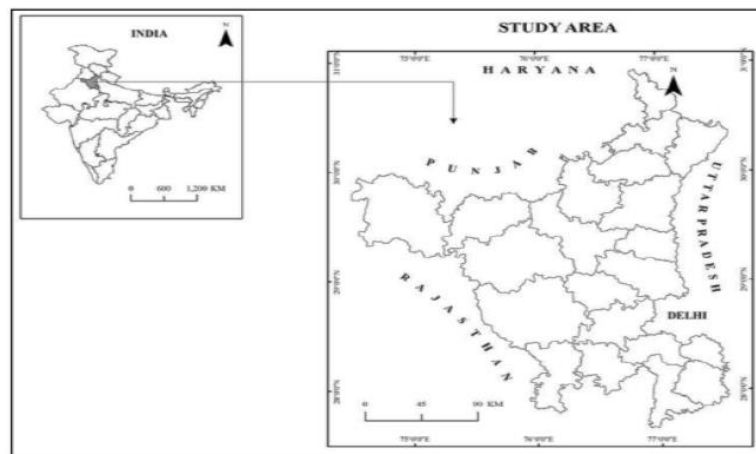
*Haryana is included in the prosperous states of the country and women are doing well here in every field. Being a prosperous state, it can be inferred that the health condition of women in Haryana will be much better but this is not the absolute truth. If we talk about last census years, then the condition of sex ratio in Haryana was very bad. Even today 12.5 percent of girls in Haryana are married at a minor age, although this figure is less compared to the National Family Health Survey 4. According to the NFHS 4, this figure was 19.4 percent. In Haryana, 60% of the women in the age group of 15 to 49 are suffering from anaemia. That is, they do not get the necessary essential elements in the food. The Present paper analysis the Nutrition and women health in Haryana.*

**Keywords:** National Family Health Survey(NFHS), Nutrition, Formal Labour Force, Health Status.

### Introduction

The health of women is intrinsically linked to their status in society. Haryana strictly follows a patriarchal system where son holds the centre stage in the family. Indian women have low levels of both education and formal labour force participation. They typically have little autonomy, living under the control of their families. All of these factors exert a negative impact on the health status of Indian women. However, as the level of education is increasing, the health status of women is also improving. According to National Family Health Survey 5 (2019-21), 60.4 percent of women in Haryana availed antenatal care facility at least 4 times during pregnancy, whereas according to NFHS 4, only 45.1 percent of women were receiving these benefits. 32 percent women consume iron and folic acid for at least 180 days during pregnancy, whereas earlier this figure was only 14.3 percent. Now about 95% of women give birth to children in the hospital, whereas earlier this figure was 80.4 percent. In this paper, six indicators have been taken to represent the health status of women in Haryana.

### Study Area



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Haryana state is situated in North-Western part of India. The total geographical area of State is 44212 sq. km. It is situated between 27°39'N to 30°55'N latitude and 74°27'E to 77°36' longitude. The states of Haryana came into existence on Nov. 1<sup>st</sup> 1966. It is bounded by Uttar Pradesh in East, Punjab in West, Himachal Pradesh in North and Rajasthan in South.

### Objectives and Methodology

The main objective of this paper is to assess the health status of women in Haryana at the district level and an attempt has been made to show the improvements being made in them. Several indicators have been taken to show the health status such as marriage under the age of 18, antenatal care visits, consumed iron and folic acid, institutional birth, below normal BMI, anaemia. The study based on secondary data. Data collected from National family health survey 4 and 5.

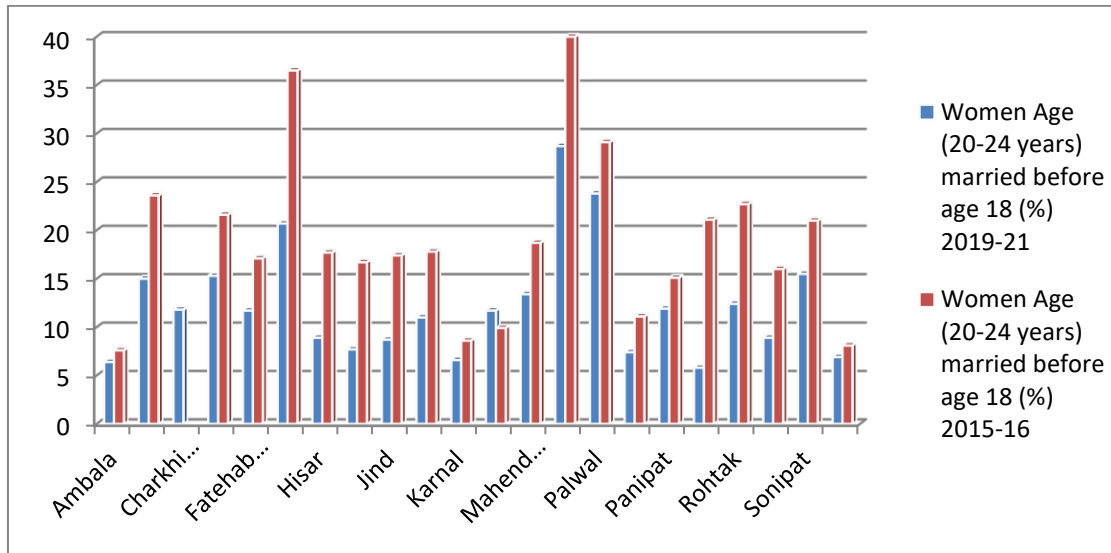
**Table: Health and Nutrition Status of Women in Haryana 2019-21**

District	Women Age (20-24 years) married before age 18 (%)		Mother who had at least 4 Antenatal Care Visits (%)		Mother who consumed Iron & Folic Acid for 180 days or more (%)		Institutional Births (%)		Body Mass Index below normal (%)		Women age 15-49 years who are anemic (%)	
	2019-21	2015-16	2019-21	2015-16	2019-21	2015-16	2019-21	2015-16	2019-21	2015-16	2019-21	2015-16
Ambala	6.4	7.6	57.4	64.7	32.1	29.2	97.8	9.4	14.8	11.1	46.1	68.6
Bhiwani	15.0	23.6	60.4	58.8	30.3	31.9	97.7	87.2	19.5	21.4	66.4	64.8
Charkhi Dadri	11.8	N.A.	53.4	N.A.	30.9	N.A.	98.9	N.A.	17.0	N.A.	72.6	N.A.
Faridabad	15.3	21.6	51.2	30.1	25.0	10.1	92.5	72.0	10.0	14.4	54.2	54.1
Fatehabad	11.7	17.1	60.1	60.7	41.5	22.6	97.9	91.2	19.8	22.2	62.3	65.4
Gurugram	20.7	36.5	48.1	33.1	16.8	11.3	96.7	74.2	9.0	12.5	67.5	73.2
Hisar	8.9	17.7	69.9	40.5	34.4	17.7	98.2	90.8	18.5	14.9	63.8	59.5
Jhajjar	7.7	16.7	60.1	52.7	41.5	21.9	97.2	86.9	10.1	12.4	60.1	61.1
Jind	8.7	17.4	49.6	57.1	27.5	13.1	48.7	92.9	18.9	17.0	59.6	62.6
Kaithal	11.0	17.8	68.8	61.0	46.3	16.1	98.2	83.6	16.5	15.3	61.5	59.8
Karnal	6.6	8.6	84.7	63.1	53.7	23.1	99.0	92.7	14.9	12.9	61.9	67.0
Kurukshetra	11.7	9.9	59.8	65.0	51.4	17.3	98.4	91.7	11.8	9.2	57.1	54.6
Mahendergarh	13.4	18.7	55.2	44.3	28.4	15.7	98.9	96.8	14.3	19.2	61.2	63.5
Mewat	28.7	40.0	45.9	6.5	5.7	1.0	74.6	37.6	19.2	27.1	60.6	70.1
Palwal	23.8	29.1	53.4	19.0	20.5	3.0	78.3	56.2	15.8	16.9	57.2	60.3
Panchkula	7.4	11.1	76.9	81.5	55.0	25.9	97.0	96.5	14.1	6.8	57.1	55.4
Panipat	11.9	15.1	49.2	40.3	23.2	16.5	97.1	78.2	13.7	10.4	66.9	66.2
Rewari	5.8	21.1	63.8	28.7	29.1	15.7	98.7	90.2	11.7	21.4	61.8	65.1
Rohtak	12.4	22.7	72.3	48.4	34.5	14.8	97.4	86.3	15.9	16.1	65.3	57.8
Sirsa	8.9	16.0	61.9	55.9	29.7	13.5	99.3	85.1	20.8	20.6	61.9	62.3
Sonipat	15.5	21.0	64.1	38.7	32.2	14.4	99.7	83.7	13.2	14.1	53.3	66.5
Yamunanagar	6.9	8.1	66.4	75.4	36.3	15.6	94.8	94.4	14.0	16.2	56.6	57.1
<b>Haryana</b>	<b>12.5</b>	<b>19.4</b>	<b>60.4</b>	<b>45.1</b>	<b>32.0</b>	<b>14.3</b>	<b>94.9</b>	<b>80.4</b>	<b>15.1</b>	<b>15.8</b>	<b>60.4</b>	<b>62.7</b>

Source: National Family Health Survey, 2019-21.

### Married before Age 18 Years

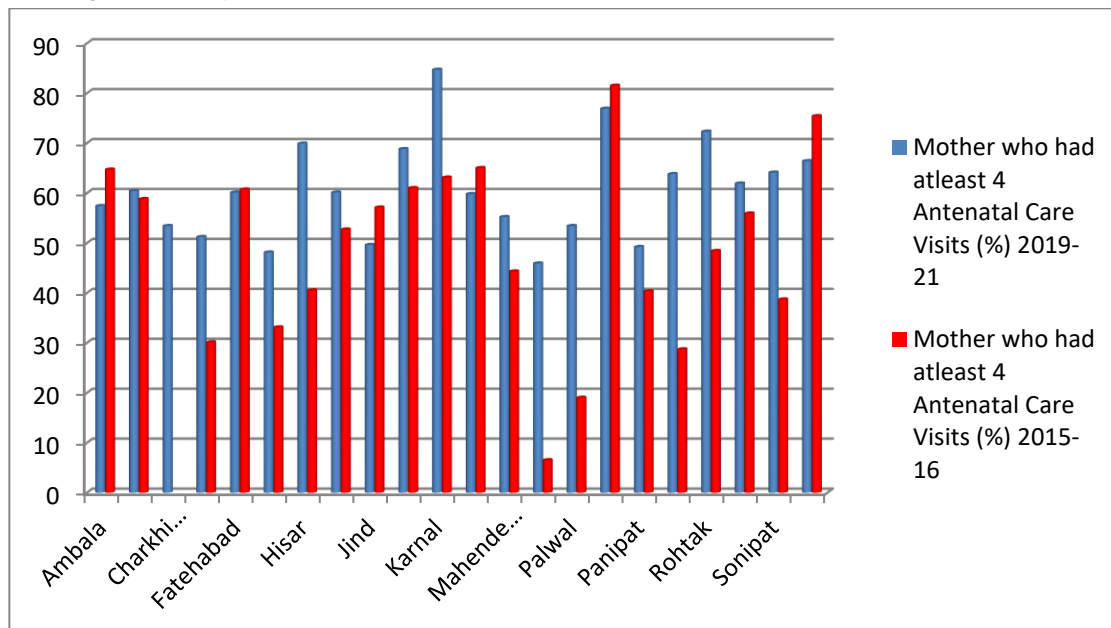
The survey, conducted on women aged 20 to 24, found that 12.5 percent of women were married before the age of 18 years. 9.9 percent women in urban and 13.7 percent in villages admitted that their marriage was of minor age. Early marriages definitely deprive women of their right to education. Marriage at an early age also has a bad effect on women's health. Table 1 revealed that at district level it lies between 5.8 percent to 28.7 percent. According to the survey, Mewat district tops Haryana in terms of early marriage of girls with 28.7 percent. It is followed by Palwal (23.8%) and Gurugram (20.7%). The survey was conducted among women in the age group of 20-24, in which many women admitted that they were married before they turned 18. Although there has been a lot of improvement in all the districts as compared to the National Family Health Survey 4 (2015-16), there is still a lot of scope for improvement, for this the laws should be strictly followed by the government and citizens should be made aware.



Source: Based on above table.

**Antenatal Care Visits**

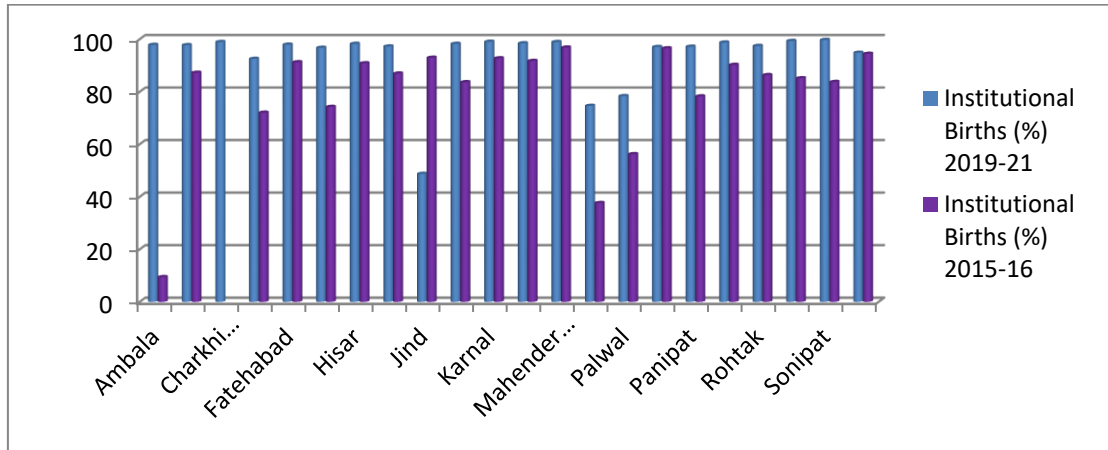
It is necessary to take proper care of woman health and the child to be born during pregnancy, for this it is necessary that women get proper medical information and treatment during pregnancy. 60.4 percent women in Haryana get proper medical facilities at least 4 times during pregnancy, although in the last survey this figure was only at 45.1 percent which definitely shows that women in Haryana are becoming conscious about their health. At district level it lies between 45.9 percent to 84.7 percent. Karnal has the maximum number of women availing this antenatal care facility while Mewat has the least. There are twelve districts where a smaller number of women got antenatal care at least four time. In Gurgaon, Mewat, Jind and Panipat, less than 50 percent of women have antenatal care facilities. Although Mewat is at the lowest rank at the district level, but Mewat has made significant progress in this facility as compared to the previous survey. In 2015-16, only 6.5 percent women get antenatal care whereas now 45.9 percent women get this facility.



Source: Based on above table.

**Institutional Births**

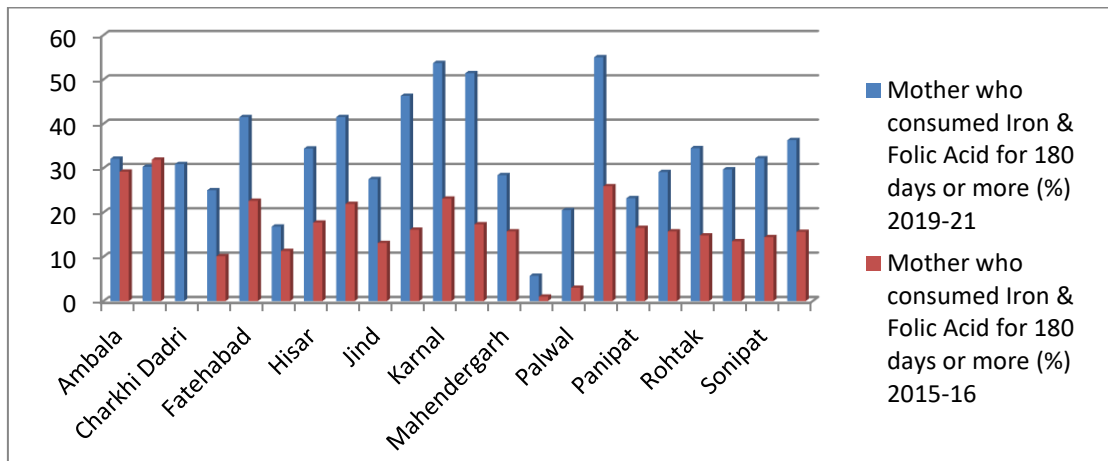
It means giving birth to a child in a medical institution under the overall supervision of trained and competent health personnel. It also signifies an availability of amenities to handle the situation and save the life of the mother and child. Institutional birth is increased in all the districts of Haryana as compared to the previous survey (NFHS, 2015-16), now there are only two districts (Mewat and Palwal) in Haryana where there are less than 90 percent institutional births, the rest of the districts have more than 90 percent institutional births. This is the result of increasing awareness among women and various schemes run by the government.



Source: Based on above table.

**Consumed Iron Folic Acid**

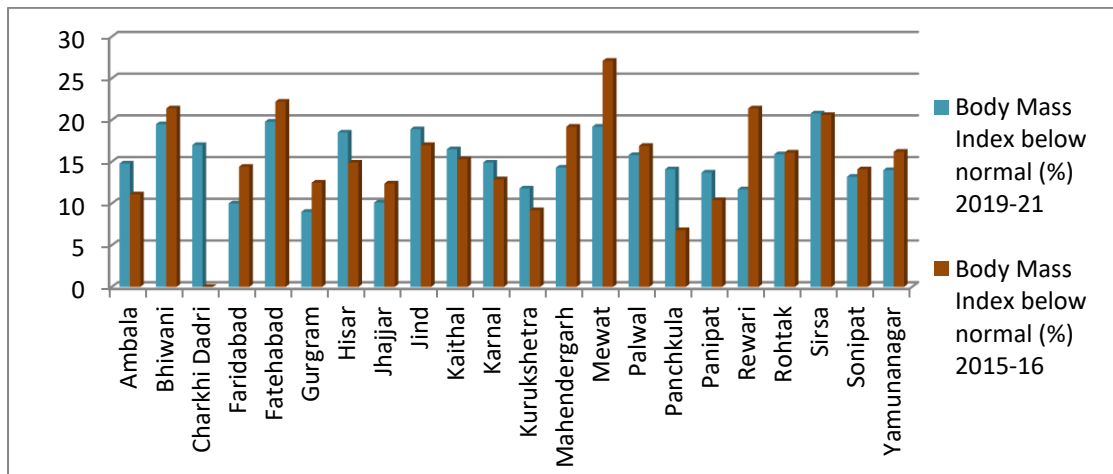
Taking a healthy diet during pregnancy not only keeps the mother's health good, but also helps in the development of the child. There are some Nutrients that play a special role during pregnancy. These include folic acid, iron, zinc, calcium, vitamin C and protein etc. All these nutrients play an important role in our body and help in the better development of the baby. Folic acid also known as folate and vitamin B, this nutrient helps to reduce neural tube defects and reduce any abnormalities in the baby's brain and spinal cord. Our body uses iron to make haemoglobin. Proteins present in red blood cells that carry oxygen to the tissues. A pregnant woman needs more iron than a normal woman. 32 percent of women in Haryana consume iron and folic acid for at least 180 days during pregnancy, although this figure is very low as both these nutrients are extremely important during pregnancy. At district level, 5.7 percent to 55 percent of women consume iron and folic acid during pregnancy, Mewat has the least and Panchkula has the highest number of women in this category. In 11 districts, a smaller number of women consume iron and folic acid than the state average.



Source: Based on above table.

**Body Mass Index**

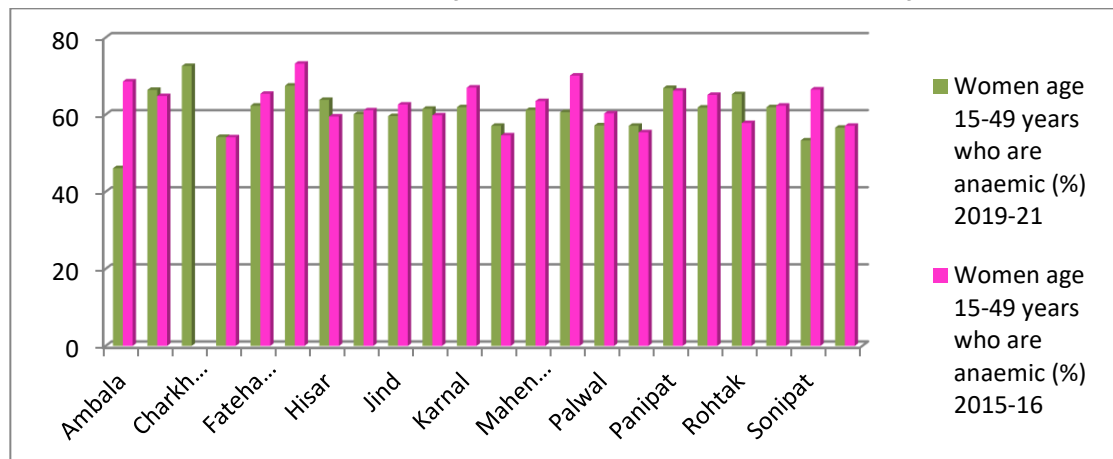
BMI, formally called the outlet index, is a measure for indicating nutritional status in adult. It is defined as a person's weight in kilograms dividing by the square of the person height in metres (kg/m<sup>2</sup>). BMI normal range are between 18.5 -24.9. The BMI are based on the effect excessive body fat has on disease and death and are reasonably well related to adiposity. BMI was developed as a risk indicator of disease. 15.1 percent of women in Haryana have BMI less than normal i.e., they have low energy level which is definitely due to lack of proper nutrients in food. At the district level, below normal BMI was found among women in the age group of 15 to 49, lowest in Gurgaon at 9 percent and highest in Sirsa at 20.8 percent of women. In Bhiwani, Fatehabad, Hisar, Jind, Mewat and Sirsa more than 18 percent women have below normal BMI.



Source: Based on above table.

**Women Suffering from Anaemia**

Women take care of every member in the house but they forget to take care of their own health. In such a situation, women become victims of diseases like anaemia. Anaemia occurs due to lack of blood in the body. Anaemia occurs when there is not enough healthy red blood cells or haemoglobin in the blood. When haemoglobin levels are low or abnormal, the body does not get enough oxygen. 57 percent of women in the age group of 15 to 49 in India suffer from anaemia. In Haryana, 60.4 percent of women are suffering from anaemia, this problem is more in rural women than in urban. The percentage of women suffering from anaemia at the district level ranges from 46.1 to 72.6. Ambala has the least number of women, while Charkhi Dadri has the highest number of women suffering from anaemia. Only 8 districts out of 22 where the number of women suffering from anaemia is less than the state average.



Source: Based on above table.

### Conclusion

There is an old saying that a healthy soul resides in a healthy body, it has been said that health is the greatest wealth. Due to limited rights, women are not able to develop their personality fully, their responsibilities towards the house and lack of resources affects the women health. Although there has been a lot of development of medical facilities in Haryana and various schemes are being run by the state government for women, yet not all women are getting the benefit of these facilities, even today only 60 percent of women in Haryana get Antenatal care. On the other hand, 32 percent of women are used essential nutrients during pregnancy. Although Haryana is in a much better position in terms of institutional birth. More than 60% women are suffering from anaemia in most of the districts. Although despite the various schemes being run by the government, the figure of benefits of health facilities being availed by women is less, for this it is necessary that women should be made aware.

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