Appendix
APPENDIX-I

Prevalence of Anemia in pregnant rural women of Harhua Block of Varanasi

QUESTIONNAIRE

Section A- Family Schedule

Name of the village

1. Head of the Family
   (i) Name
   (ii) Education
   (iii) Occupation
   (iv) Relation to the subject

2. Caste

3. Religion

4. Family Type
   (i) Joint ( )
   (ii) Nuclear ( )

5. Number of family members

6. Income/month from-
   (i) Salaries/ Wages
   (ii) Agriculture
   (iii) Animal husbandry
   (iv) Business
   (v) Others
   (vi) Total

7. Per Capita Income

8. Any addiction by the husband.
   (i) Tobacco ( )
   (ii) Smoking ( )
   (iii) Liquor ( )

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Section B - Case Schedule

Case No._______________

1. Name of the subject
   (i) Age
   (ii) Education
   (iii) Occupation

2. Name of Husband
   (iv) Age
   (v) Education
   (vi) Occupation

3. Food Habit
   (i) Vegetarian ( )  (ii) Non-Vegetarian ( )
     If Non-Vegetarian – Frequency

4. General History
   (i) Weakness
   (ii) Fatigue
   (iii) Lightheadedness when change in positions
   (iv) Fast Heart Beats
   (v) Anorexia

5. Clinical Signs
   (i) Paleness of palm, gums and nail beds
   (ii) Paleness of lower conjunctiva
   (iii) Pedal Edema
   (iv) Any other

6. Obstetric History
   (i) Para
   (ii) Gravida
   (iii) Duration of Pregnancy
   (iv) No. of Abortion/ Miscarriage
   (v) No. of still births
   (vi) Bleeding disorder
   (vii) Any other
7. Menstrual History
   (i) Duration of menstruation in days
   (ii) Duration of cycle

8. Anthropometric Measurements
   (i) Height cm
   (ii) Weight kg
   (iii) Skin fold thickness mm

9. Hematogolical Parameters
   (i) Heamoglobin (Hb) (gm/dl)
   (ii) Packed Cell Volume (PVC) (%)
   (iii) Total Erythrocyte Count (TEC) (Million/cu mm)

Section- C

Dietary History

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Type of Food Items</th>
<th>Quantity Total Cooked (Gm)</th>
<th>Quantity Consumed Raw Wt (Gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Tea/ Snacks</td>
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<tr>
<td>Dinner</td>
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<td>Any other</td>
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</tbody>
</table>
Section- D

Information Regarding National Nutritional Anaemia Prophylaxis Programme

1. Awareness about the programme
   Yes/ No

2. Visit to PHC
   Yes/ No

   If yes
   (i) Within a month
   (ii) Within 2 to 6 month
   (iii) Within a year

   If No- what are the reasons?
   (i) PHC is far away from home
   (ii) Negligence of the subject
   (iii) Objection by the family members
   (iv) Any other

3. Visit of Aanganwadi worker to the home
   If Yes-
   (i) Within a month
   (ii) Within 2 to 6 month
   (iii) Within a year

   If No-what are the reasons?
   (i) Non-cooperation of the Aanganwadi Worker
   (ii) Negligence of the subject
   (iii) Objection by the family members
   (iv) Any Other

4. If there any Nutritional education programme running by the PHC or the Aanganwadi worker?
   Yes/No.

5. Do you get iron and Folic acid tablets from PHC or by the Aanganwadi Worker?
   Yes/No.

   If Yes- how long do you take these tablets?
   (i) < 1 Month
   (ii) 1-2 Months
   (iii) 2-3 Months
   (iv) 100 Days
   (v) Irregularly

   If No- what are the reasons?
   (i) Ignorance by the subject
(ii) Ignorance by the family
(iii) Unavailability of tablets
(iv) Unapproachable PHC or Aanganwadi Worker
(v) Any other

SECTION – E

1- Name of the food groups available
(i) Cereals an millets ( )
(ii) Pulses ( )
(iii) Fatty and Oily preparation ( )
(iv) Fruits ( )
(v) Vegetables ( )
(vi) Milk and Milk Products ( )
(vii) Meat/Egg ( )
(viii) Any Other

2- Name of the food group available
(i) Cereals an millets ( )
(ii) Pulses ( )
(iii) Fatty and Oily preparation ( )
(iv) Fruits ( )
(v) Vegetables ( )
(vi) Milk and Milk Products ( )
(vii) Meat/Egg ( )
(viii) Any Other

3. How often do you consume following foods :-

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Weekly</th>
<th>Occasionally</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Leafy Veg.</td>
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<tr>
<td>Jaggery</td>
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<tr>
<td>Ground Nut</td>
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<tr>
<td>Liver</td>
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<tr>
<td>Roasted Grains</td>
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<tr>
<td>Nuts</td>
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<tr>
<td>Citrus Fruits</td>
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<tr>
<td>Whole</td>
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<tr>
<td>Legumes</td>
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<td>Any Other</td>
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</tbody>
</table>
4. Whole Wheat flour
   (i) Whole wheat flour ( ) (ii) Refined flour ( )
   (iii) Mixed flour ( ) (iv) Any other ( )

5. Rice used in diet
   (i) Polished ( ) (ii) Parboiled ( )

6. If Parboiled – Why
   (i) Tasty ( ) (ii) Nutritious ( )
   (iii) Food pattern of the family ( ) (iv) Any other ( )

7. Consumption of spurted grains - Yes/No
   If yes why
   (i) Tasty ( ) (ii) Nutritious ( )
   (iii) Food pattern of the family ( ) (iv) Any other ( )

8. Removal of vegetable peal
   (i) Thick (ii) Thin

9. Washing of Vegetables
   (i) Before Cutting (ii) After Cutting

10. Covering of lid while cooking vegetables
    (i) Yes (ii) No