# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>DECLARATION</td>
<td>i</td>
</tr>
<tr>
<td>CERTIFICATE FROM THE SUPERVISOR/GUIDE</td>
<td>ii</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>iii</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>iv</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>v-viii</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>ix-x</td>
</tr>
<tr>
<td>LIST OF PLATES</td>
<td></td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td></td>
</tr>
<tr>
<td>1-15 REVIEW OF LITERATURE</td>
<td>16-130</td>
</tr>
<tr>
<td>METHODS AND MATERIALS</td>
<td>131-161</td>
</tr>
<tr>
<td>RESULTS AND DISCUSSION</td>
<td>162-284</td>
</tr>
<tr>
<td>SUMMARY AND CONCLUSION</td>
<td>285-297</td>
</tr>
<tr>
<td>BIBLIOGRAPHY</td>
<td></td>
</tr>
<tr>
<td>ANNEXURE – 1 Nutritional Screening/Assessment Proforma</td>
<td></td>
</tr>
</tbody>
</table>
2. Weight gain charts

3. Nutrition Education Material

4. Medi Scan Charts for fetal assessment

5. NCHS reference charts

6. Neonatal Classification Intra Uterine Growth Chart

2.2 Prevalence of Low Birth Weight in Asia

2.3 Percentage of Infants with Low Birth Weight

2.4 Mean Birth Weight of Infants in different Regions of India

2.5 Mean Birth Weight of Infants in different parts of the World

2.6 Child Survival: 2000

2.7 The Common cause perinatal death

2.8 Maternal Factors Prior to Pregnancy

2.9 Maternal Factors during Pregnancy
2.10 Maternal Factors during Fetal Growth 44

Period

2.11 Percentage of Teenage Mothers 13-19yrs 48

in different states of the country

2.12 Interstate Difference in Age at Marriage and Age at First Birth

2.13 Female Literacy and Percentage Total Fertility Rate

2.14 The Categorisation of Socio-Economic status

2.15 Trends in BMI in Adult Women 74

2.16 Recommended weight gain based on BMI 76

2.17 WHO categorisation of Anemia 85

2.18 Intrinsic Causes of IUGR 105

2.19 Extrinsic Causes of IUGR 105

3.0 Material and Methods

3.1 The Categorisation of Socio-Economic Status
3.5 Classification of Energy Deficient states and interpretations

3.6 Recommended weight gains based on BMI

4.0 Results and Discussion

4.1 Composition Profile of the Subjects

4.2 Maternal Age Profile

4.3 Maternal Gravidal Status Profile

4.4 Maternal Literacy Profile

4.5 Maternal Socio Economic Profile

4.6 Maternal Height Profile

4.7 Height Profile Vs ICMR Reference standards

4.8 Maternal Prepregnancy Weight profile

4.9 Prepregnancy Weight profile Vs ICMR Reference Standards

4.10 Maternal Body Mass Index Profile

4.11 Body Mass Index Studies of the Final Analysis Dyads

4.12 Maternal Weight Gain Profile
Ages

4.28 Neonatal Anthropometry 249

4.29 Gravidal Status Vs Maternal Pregnancy Weight and Literacy Level 253

4.30 Gravidal Status Vs Maternal Gestational Weight Gain 254

4.31 Literacy Level Pregnancy Weight 255

4.32 Maternal Height Vs Pregnancy Weight 256

4.33 Maternal Prepregnancy Weight Vs Gestational Weight Gain 257