ABSTRACT

The thesis submitted is based on the topic “To Study Prevalence of Diseases and the Impact of Health Education in Middle Age Women.” Menopause, an unavoidable phase in a middle age women’s life is neglected and taken for granted. In fact it is a transitional period in which a women undergoes hormonal and physiological changes which make her prone to some vulnerable diseases (hypertension, cardiovascular diseases, diabetes mellitus, obesity, osteoporosis, arthritis, anaemia, cervical/ breast cancer, stroke, depression and many more communicable and non communicable diseases) with menopause complications.

The present study carried out was to rule out certain specific diseases, their etiological factors, prevalence and epidemiologies which was surveyed and covered from Aurangabad district.

The objective set were to know menopausal disorders, awareness about menopause syndromes, prevalence of diseases found among middle age women and assessment of nutritional status and impact of health education in urban and rural women. The Hypothesis set was whether the diseases, middle age period, education, food habits and certain other important factors are significant to the menopausal changes and vice-versa.

The Results show the trend of diseases prevalent in middle aged women from both among Urban and Rural population. It was found that the statistical analysis showed Hypertension (BP) to be the highest prevailing disease (30.04%) among urban women with marginal difference (30%) among rural women belonging to middle age.

Further Anaemia was found among rural (39.28%) and moderately found among urban (30.04%) women.

The prevalence of Osteoporosis and Arthritis affected 25.82%, 17.8% and 15% and 16.43% women respectively among urban and rural dwellers.

The epidemiology of Coronary Heart Disease showed increased percentage in urban 12.86% population and in rural 6.57%.

Diabetes Mellitus was found to be prevailing between 11.7% to 5.7% among urban and rural middle age women.
Among the selected samples when the Body Mass Index was calculated the researcher observed that nearly 25.5% women were overweight with BMI 25-29 and about 7.4% urban women were obese having 30-34 BMI.

The trend of BMI among rural population showed 13.3% overweight, 2.8% Obese, 0.3% extreme obesity and 3.4% underweight.

Discussing about food habits and its effect on prevalence of diseases it was significantly clear that non-vegetarians were more prone to diseases, as it was observed that Coronary Heart Disease and Anaemia were significantly prevailing (46.7% & 35%). Other diseases showed a declining trend. Among vegetarians, Hypertension (15.3%) was found to be prevalent at higher rate as compared to other diseases.

The responses given by urban and rural women showed a trend of positive responses in 36.6% and 11% respectively. The factors for mental stress were varied, which followed a pattern of positive and negative responses respectively.

The Pre Health Education and Post Health Education questionnaire and their responses showed an improvement in food patterns and lifestyle changes.

The doctors opinion survey is the relevant and authentic proof to support the present research. At a nutshell it can be concluded that the diseases prevalent in middle age women may be due to hormonal changes, environmental factors or lifestyle behaviours.