



NATIONAL AGRICULTURAL TECHNOLOGY PROJECT



Proceedings of the Workshop on

Empowerment of Fisher Women

**in Coastal Ecosystem of Andhra Pradesh,
Karnataka, Kerala and Tamilnadu**

THE COASTAL ECOSYSTEM OF
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AND TAMILNADU
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P. N. G. RANGA AGRICULTURAL UNIVERSITY
RAJENDRANAGAR, HYDERABAD - 500 002



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KNOWLEDGE, APTITUDE AND PRACTICE (KAP) OF NUTRITION, HEALTH AND HYGIENE : FISHER WOMEN

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Abstract

Nutrition education, education on health and hygiene and awareness on environmental sanitation and cleanliness were carried on in the surveyed places during the survey period.

The response to the awareness created was between 35 – 50% in all the aspects of the nutrition education given. Changes in their life style cannot be brought at a stretch. Hence there is a need to create awareness on a continuous basis so that they can practice the knowledge gained in day to day activities

Introduction

Knowledge, aptitude and practice test is usually conducted at the beginning of any training programme to know the knowledge of the participants or trainees in a particular topic or subject in which the training is given. The same is conducted or repeated after the training programme to know the improvement in the knowledge and skills gained by the participant and also to know how ever the participant is putting into practice the knowledge gained through that particular training or awareness created.

Methodology

A questionnaire was prepared based on the topic in which nutrition education, health education & environmental cleanliness and sanitation is provided. The knowledge of the fisher women in these aspects before imparting nutrition education was tested. Later the same questionnaire was given at end of nutrition education programme to see the improvement in their knowledge through this awareness camp conducted.

The topics included, under nutrition education were:

- 1) Balanced diets
- 2) Nutrient requirements
- 3) Nutrient losses during cooking process.
- 4) Prepared some low cost nutritious diets &
- 5) Importance of greens in diet

Health education & Environment cleanliness and sanitation included:

- 1) Personnel hygiene
- 2) Care to be taken during pregnancy
- 3) Nutritional importance of supplementary feeding given in Anganwadi centres etc.

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Results:

a) Cooking practices:

Eighty nine per cent of the fisher folk expressed that they washed the vegetables after cutting the vegetables, used lot of water for boiling the vegetables to avoid burning off as they attend on other daily household chores and never used any cooking soda to hasten pulse cooking. After the nutrition awareness, 545 of the fisher women responded that they washed the vegetables before cutting and used only required amount of water to avoid nutrient losses during cooking.

Eighteen per cent of fisher women expressed that they used strained kanji as a hot beverage after heavy work in the evening and left over was discarded and they never incorporated the strains of dhals in any other vegetables.

Balanced diets were not taken by them. Cereal grains form major proportion of their diet. 69% of the people expressed that mostly they have rice with kanji and salt at times of income crisis. After showing few low cost nutritious diets like kichidi and missiroti, 69% of respondents said that they were convinced with the high nutritious diet prepared from low cost recipes.

Seventy three per cent of the fisher women expressed that consumption of papaya during pregnancy caused abortions and intake of snake gourd along with egg caused some illness. Later after the nutritional awareness programme, 28% of them expressed that intake of egg with snake gourd with egg caused nothing and were convinced.

b) Weaning practices:

Eighty one per cent of the fisherwomen expressed that weaning was started at the age of 8 months onwards and it was the food cooked for other family members & never bothered for special foods and sometime preferred to give banana. At the end of the awareness programme conducted on nutrition, 56% of the women expressed that early weaning of children would help for better growth and development of children.

It was expressed by fisher women that 13% modified their diets during illness and later after training, 32% of them responded that they will modify the diets as suggested during the awareness camp.

c) Health hygiene:

Nine per cent of women responded that they used ORS during diarrhea etc. to recover dehydration. Later, 48% expressed that they would use ORS during the period of dehydration. Thirty two per cent of respondents expressed that they use to immunize the children regularly. After the awareness camp, 82% of them expressed that they will, immunize the children regularly.

Four per cent of the women expressed that they used safe methods, for waste disposal. Later, they expressed that safe methods of waste disposal was difficult for them as they don't have facility for it. But water was used for drinking. Forty percent of respondents and later 78% responded that they will boil water before drinking.

Table 1: Knowledge, aptitude & practice before & after training period in the areas of nutrition, health and hygiene.

Nutritional facts / knowledge	Before Training	After Training	Change
a) Cooking practices:			
i) Do you wash vegetables before cutting? (yes)	11	54	43
ii) Do you use lot of water for cooking vegetables? (yes)	90	54	-36
iii) Do you use cooking soda to hasten pulse cooking? (yes)			
iv) Do you use ganji for consumption? (yes)	20	20	0
v) Do you consume green regularly ? (yes)			
vi) Do you consume papaya during pregnancy ? (yes)	18	24	6
vii) Do you cook snake gourd and egg together? (yes)	8	51	43
	14	42	28
	7	28	21
b) Weaning practices.			
i) Do you start weaning you child before 6 months? (yes)	14	56	42
ii) Do you give any fruits as part of weaning for your child? (yes)	14	60	46
c) Health Hygiene			
i) Do you modify diet during illness ?(yes)	13	32	19
ii) Do you have knowledge of ORS? (yes)	9	48	39
iii) Do you immune your children below 5 years regularly with out skipping any doses of vaccine? (yes)	32	82	50
iv) Do you use safe methods for waste disposal? (yes)	4	20	16
v) Do you use bore water for drinking? (yes)	40	18	-22
vi) Do you boil water for drinking? (yes)	21	76	55

Post harvest technology:

The knowledge, aptitude & practice in the area of post harvest technology were assessed. Their knowledge and practice of post harvest technology were low. Training was provided. The results after training showed improvement in knowledge, aptitude and practice of post harvest technology (table 2).

Table 2: Details of knowledge of post harvest technology aspects: Before and after training Programme (%)

Sl. No.	Facts and principles	Before training (%)	After training (%)	Difference (%)
i	Importance of quality of fish	30	59	29
ii	Principle of drying	46	65	19
iii	Knowledge about prepared products	48	61	13
iv	Knowledge on by-products	22	71	49
v	Importance of hygienic handling	23	63	40
vi	Importance of ice	40	73	33
vii	Utilization of unsold fish for consumption/drying	71	63	-8
viii	Cleaning baskets regularly	73	89	16
ix	Proper disposal of waste	40	84	44
X	Regular wash of the accessories	60	80	20
xi	Use good quality salt	41	76	35
xii	Importance of drying fish	37	81	51
xiii	Importance and knowledge of storage of dry fish	39	67	28
xiv	Awareness of other methods of processing of fish	28	63	35
xv	Interest in preparation of value added products	29	69	40
xvi	Interest for participate in groups	39	73	34

Conclusion

Though the fisherwomen were not aware of the hygiene, environmental lousiness and sanitation, health education and some nutritional facts, repeated awareness and training provided during the project period has brought out an improvement in awareness. There is a need to observe that the improvement in knowledge is put into practice in their daily activities.