Women in Child Nutrition: Bangladesh Perspective

Farjana N. Khan

Horticulture Research Centre, Bangladesh Agricultural Research Institute Gazipur, Bangladesh

Corresponding author's e-mail: khan_farjana@yahoo.com

Abstract: Child nutrition is a great concern in Bangladesh like elsewhere in the third world countries. Due to poor economic condition, majority of our people cannot afford to ensure intake of right amount of nutritious food. As adequate nutrition is a prerequisite for attaining good health, quality of life, and national productivity so, proper feeding practices during infancy and childhood are essential for maintaining proper nutrition and health. In Bangladesh, millions of children suffer from one or more forms of malnutrition including low birth weight, stunting, underweight, vitamin A deficiency, iodine deficiency, anemia and many other disorders. Women can play a vital role to minimize the nutritional problem by maintaining their own health, through giving birth to a healthy child and rearing them properly. A mother is the principal provider of the primary care that her child needs during the first six years of its life. The type of care she provides depends on a large extent on her knowledge and understanding of some aspects of basic nutrition and health care. The relationship between the nutrition knowledge of the mothers and the nutritional status of their children is much stronger. Providing nutritious food, maintaining proper health, supplementing the diet with fruits and vegetables are few major areas where role of women is paramount in all societies with few exceptions. Thus the study sees a managerial role by women in the field of food security in our society which in turn can ensure better nutrition for their child. This paper focuses on women's contribution in the family and society to minimize the nutritional problem of child in Bangladesh. Different authentic secondary sources have been consulted to develop this paper. Besides, a good number of women scientists and intelligentsia were interacted in fine-tuning the paper. The findings of the paper are expected to at least arouse interest for further study in the same field and would help formulate policy guidelines in curbing the menace of nutritional problems.

Key words: Women, child nutrition, nutritional status, Bangladesh.