

## DIETARY DIVERSITY SCORES AND NUTRITIONAL STATUS OF WOMEN IN TWO SEASONS IN RURAL AREAS OF OGUN STATE, NIGERIA",

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### Abstract:

**Purpose** - The aim of the study was to assess the Dietary Diversity Score (DDS) and nutritional status of women in University of Agriculture extension village in rural area of Ogun state Nigeria.

**Design/methodology/approach** - A representative sample of two hundred and four (204) women was surveyed from the rural villages in two seasons using simple random technique. A pretested interview guide was used to collect information on personal data, and socio demographic characteristics of the subjects. Information on dietary diversity was obtained using Food and Nutrition Technical Assistance Project questionnaire (FANTA). Body mass index (BMI), waist-hip ratio (WHR) and skin fold thickness were used in classifying obesity. Information on food intake was obtained from 24- hour dietary recall techniques. For each season, a dietary diversity score (DDS) was computed and the nutritional status was assessed. Data were analyzed using descriptive statistics; SPSS software package version 16.0

**Findings** - The socio economic characteristic revealed that more than half (53%) had no formal education, 59% were small scale farmers. The DDS increased from  $3.55 \pm 7.6$  to  $3.93 \pm 4.3$  between the two seasons. DDS within the various food groups showed that fruit group increased from  $0.48 \pm 0.20$  to  $0.52 \pm 0.10$ , vegetable group  $0.60 \pm 0.30$  to  $0.66 \pm 0.30$ , and meat group  $0.48 \pm 0.20$  to  $0.58 \pm 0.30$  while cereals/ grain groups and Oil/dairies group decreased from  $0.42 \pm 0.30$  to  $0.37$ ,  $0.11 \pm 0.30$  to  $0.09$  respectively between the two seasons. The nutrient content of the subjects was calculated from nutrient contents of foods obtained from food composition tables and compared to dietary reference intake (DRI). The results showed that the protein, energy and fat intakes of the subjects increased significantly during the rainy season ( $p < 0.05$ ). Two percent of the subjects gained weight, 4% had weight reduction from overweight and obese category. The result of the waist-hip ratio showed that 78% had normal waist-hip ratio, 14% had overweight, and 7 % were obese. The dietary diversity score of the subjects was low. There is need for nutritional education in the villages.

**Originality/value** - This may be the first research work to assess the Dietary Diversity score of rural women in Nigeria.