

## Energy Intake and Energy Expenditure Pattern in Middle Aged Females 30-50 Years of Age Living in Urban Slums of Punjab

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### Abstract

The purpose of the study was to examine if any discrepancy exists between energy intake & expenditure in females (N=600) between 30-50 years of age living in urban slums of Punjab. Daily dietary record and energy expenditure data was collected for three consecutive days for all the subjects. The subjects of the present study gain weight with increase in age. On an average, the females especially after the age of 40 years, exhibit greater caloric intake than their energy expenditure.

**Key Words: Daily Dietary Energy Intake, Energy Expenditure, Energy Balance**

### Introduction

Urbanization is an inevitable and unavoidable feature in the process of development. In India the influx of rural poor to urban slums in search of livelihoods is changing demographic, social, and economic profiles of the country. The key problems of the slums therefore are; the nutrition and health behavior of slum families; and develop intervention programs to improve their access to food, income, and utilization of health services provided by government and nongovernment agencies. Women and children, who proportionally spend more time at home, are the ones most adversely affected by poor living conditions caused by the lack of potable water, sanitation facilities, proper solid waste disposal, etc. More than 25 percent of slum residents are home-based workers, mostly women. For these families, access to decent living conditions and basic urban infrastructure and services is important not only for their health and welfare, but also for their ability to remain economically productive.

Adolescent girls and adult women who are not pregnant or lactating are often

out of focus in most of our public health programmes which are beamed predominantly to pregnant women and children. The importance of nutrition of adolescent girls is now being appreciated. Women constitute nearly half the population and their health status apart from their reproductive health should be a matter of concern. There is little concrete research available concerning food behavior and dietary intake and expenditure during middle years of life. At this stage of life, concern about maintaining health often precipitates a new surge of interest in the type and quality of food eaten and weight control. Many adults subtly gain few kilograms each year (*Durnin & Womersley, 1974; Rogers & Evans, 1993; Snow Harter, 1991*). This causes modern nutritional drawback in their eating behavior which includes lack of variety, high calcium density, high sugar contents, high proportion of saturated fat, high sodium contents and preponderance of refined food and lack of food sources of fiber (*Kendler, 1984; Anderson & Clarke, 1986; Byers, 1986; Herbert, 1987; and Sentora, 1987*). Recent developments in the field of nutrition has revealed differential needs of