

Comparative Study of Nutritional Status among Populations of Umarwada (Urban Area) and Olpad (Rural Area): A Community-Based Cross-Sectional Study in Surat.: Reg No: 113

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ABSTRACT

Background: Nutrition is a fundamental determinant of health, growth, and productivity. Rapid urbanization has resulted in dietary transitions and lifestyle-related health issues, while rural populations continue to face challenges of undernutrition. Understanding the nutritional differences between urban and rural populations is essential to address the double burden of malnutrition in India. **Objectives:** To assess the nutritional status of individuals in Umarwada (urban) and Olpad (rural) areas. To compare the prevalence of undernutrition and overnutrition between the two populations. To identify socio-demographic factors associated with nutritional outcomes. **Methods:** A community-based cross-sectional study will be conducted among [sample size, e.g., 200] participants each from Umarwada (urban) and Olpad (rural) areas of Surat district. Nutritional status will be assessed using anthropometric indicators (BMI, MUAC), dietary recall, and clinical examination. Socio-demographic data will be collected through a pre-tested structured questionnaire. Statistical analysis will include chi-square test and logistic regression to identify predictors of nutritional status. **Expected Results:** It is anticipated that undernutrition (stunting, thinness, anemia) will be more prevalent in the Olpad (rural) population, while overnutrition (overweight, obesity, and lifestyle-related NCD risks) will be higher among Umarwada (urban) participants. Socio-economic status, dietary diversity, and physical activity are expected to show significant associations with nutritional outcomes. **Conclusion:** The study will highlight contrasting nutritional challenges in Umarwada (urban) and Olpad (rural) communities, emphasizing the need for context-specific interventions—strengthening undernutrition programs in rural areas and addressing lifestyle-related overnutrition in urban settings. The findings can provide evidence for policymakers to design integrated nutrition and public health strategies.

KEYWORDS

Nutrition, Umarwada, Olpad, Urban, Rural, Malnutrition, Community Medicine