

## HEALTH AND NUTRITION EDUCATION FOR WOMEN

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### ABSTRACT

Health is a common theme in most cultures. Health plays a vital role in our lives. In context to women's health it is a valuable asset for them. Women have a special role in healthy nutrition of the population. The woman breastfeeds the newborn baby and prepares meals for members of her family. Women employees in food manufacturing, trade, public catering, health care and education account for the majority. In addition, public health depends upon women's understanding of healthy nutrition issues. Women, therefore, play a key role in implementing a healthy nutrition policy, both in the family and in society as a whole. In most Indian household the women of the house eats last, after feeding the whole family. Though there are more illiterate women than men, we find that women learn more quickly and respond more rapidly. So, women need health and nutrition education for the development of society. Health and nutrition education aims at enabling women and men both to gain control over the determinants of health and health behaviour and the condition that affect their health status. This paper analyses the significance of health education to women and thus to society.

**KEYWORDS:** Health, Women, Nutrition, Education.