

COMPARING RURAL Vs URBAN DIFFERENCES

Urban and rural

- Urban and Urbane are both derived from the Latin word Urbanus meaning "belonging to a city"
- Urban refers to a city or town, which is directly opposite to village or country. A resident of a village is known as a folk
- Or it can be said An urban area has a minimum population of 1000 people and population density of at least 400 people per square km; and rural areas include all territory outside urban areas.



Rural



Urban

Time and activity pattern

Analysis of time-activity patterns, is classified into four major groupings:

- indoors at home,
- other indoor locations,
- outdoors and
- in vehicle.

The study sample was categorized according to six age groups:

infants (<1 yr), young children (1–4 yrs), children (5–11 yrs), adolescents (12–19 yrs), adults (20–59 yrs), and seniors (60+ yrs).



Rural

- spent more time outdoors which may reflect both greater outdoor play and chores
- rural people work in primary industry (i.e. agriculture, forestry, fishing, and hunting)
- Activity may be with greater exertion and can be hazardous

Urban

- free time spent as screen time (combined television, computer and video games)
- Work more in secondary and tertiary industry like (office ,factories etc.)
- Mostly sitting jobs and non hazardous.

Factors affecting food intake and nutritional status during workload

Workload includes the amount of effort and time spent doing any activity.

- easy method of preparation, availability and affordability
- food taboo existence
- Food supply
- Food intake



Impact of workload on food intake and nutritional status

	Urban	Rural
1	low on time so consume ready availability of fast foods, ice creams and other energy rich food items at affordable costs have resulted in increased energy consumption	More inclined to grains and farm produce
2	increasing access to cooking gas, piped water supply, labour-saving gadgets and transport, there has been a substantial reduction in the physical activity pattern and energy expenditure	More physical activity and energy expenditure as more manual work

Health care seeking behavior

- Practicing Anthropology and Health brings into focus a branch of anthropology namely medical anthropology.

Health care seeking behavior is influenced by:-

- Individual self
- Diseases
- Availability and accessibility of health services



Difference between urban and rural populace

	Urban	Rural
Prevalence of non communicable and infectious diseases	Diabetes and heart problems	tuberculosis
Preference for health care provider	Prefer private medical doctor	Prefer health clinic
Transport/distance to health care facilities and availability of pharmacies	good	Still lacking
Availability of medication , number and quality of staff and facilities like equipment	good	Still lacking
Weekly budget and socio economic status	Higher ; can avail medical facilities	Smaller ; delay treatment unless severe.

Complementary feeding and breast feeding practice

World Health Organization has given the guiding principles of complementary feeding which are as follows –

- exclusive breast feeding till 6 months of age
- introduction of complementary feeds at 6 months of age with continued breast feeding till 2 years of age.
- hygienic and proper food handling.
- start with small amount of foods and increase the quantity, consistency and frequency of feeding gradually.



Complementary feeding and breast feeding practices differences

	Urban	Rural
mother's education	High literacy rate	Mostly illiterate
Socio economic status	High	poor
Access to information regarding breastfeeding	Easy to obtain	Difficult to obtain
Complementary feeding	Early initiation by mother (before 6 months) due to elders advice or insufficiency of breast milk to meet the nutritional needs of the infant .	Initiation on time ie 6 months or mostly later because they felt that the secretion of breast milk was sufficient enough to meet the nutritional needs
Most common weaning foods initiated	Porridges	Cow's milk

What is family support ?

- It is the “close family” – parents, their children and the grandparents of the children – which support each other emotionally as well as practically, in caring tasks and by financially supporting each other as well as by transmitting property.

Difference in terms of family support

- For urban :- family support could not be kept on a daily basis due to the geographical distance between households of parents and their adult children. Caring grandmothers enable their daughters (in law) to re-enter wage work after one year of maternity leave and therewith to compete on the capitalist job market.
- For rural :- Family relations on the countryside seem to have remained more stable throughout the time, and the connection between intergenerational help and employment of young mothers is less noticeable – also because of constraints in the job market.

THANK YOU