

"A man is
great by
deeds, not by
birth"

-Chanakya

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Family's meal arrangement practices and health outcomes of women

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Family's meal arrangement practices and health outcomes of women

Abstract: Gender discrimination at the household level in India has been observed in many ways. One of the most common form exists in the family's meal arrangement practices, wherein men and women do not eat together, and women usually eat their meals after men or their meal arrangements varies. The main focus of the current study is to see if there exist any gaps in health outcomes (such as general physical health and incidence of underweight) among women who belong to households following different meal arrangement practices, that is – (1) Men and women eat together or women eat first and (2) Men eat first or family meal arrangements vary. On observing the two rounds of the India Human Development Survey (IHDS), we find that there does exist a gap in health outcomes. Women who eat meals later (or their meal arrangements varies) were found to have lower general physical health and higher incidence of underweight.

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