

**REPORT ON THE DIET AND HEALTH
OF MIDDLE CLASS FAMILIES
BOMBAY CITY**

**INDIAN STATISTICAL INSTITUTE
(BOMBAY BRANCH)**

REPORT ON THE DIET AND
OF MIDDLE CLASS,
BOMBAY

INDIAN STATISTICAL INSTITUTE
(BOMBAY BRANCH)

T PUBLISHED 1949

Price Re. 1|-

Published by V. C. Pendharkar and B. N. Datar the Jt. Secretaries, Indian Statistical Institute, Bombay Branch, c/o The Reserve Bank of India, Mint Road, Bombay and printed by J. J. Khambatta at the "Jam-e-Jamshed" Printing Press, Ballard House, Mangalore Street, Fort, Bombay 1.

'FOREWORD'

Objective studies of the social and economic conditions of different classes of people are of great importance in formulating policies and plans of action. They are especially so in these days of rapidly changing events in the economic sphere. In such studies, scientifically designed sample surveys are carried out in order to collect the required information with accuracy and minimum labour and cost. A sample survey of this nature was conducted by the Bombay Branch of the Indian Statistical Institute to assess the diet and health standards of middle-class families in a part of Bombay City. This survey is, however, an experimental study and its importance lies as much in the methodology as in the large amount of information presented in the report. It shows the possibility of such surveys in future, covering perhaps a wider area than the one covered in this case, and designed to collect other types of information as well. The information presented in this report, will, it is hoped, be found useful to those who are interested in the dietetic and health problems of the middle-classes.

We are indebted to the authorities of the Reserve Bank of India whose financial assistance made this survey possible and particularly to Sir C. D. Deshmukh, the Governor of the Bank, who first suggested this survey and took a keen interest in its progress.

The success of such surveys depends to a large extent on the persons from whom the data are collected. We are happy to state that we obtained excellent co-operation from a large majority of the families selected by us. We thank all these persons for their whole-hearted support and co-operation in

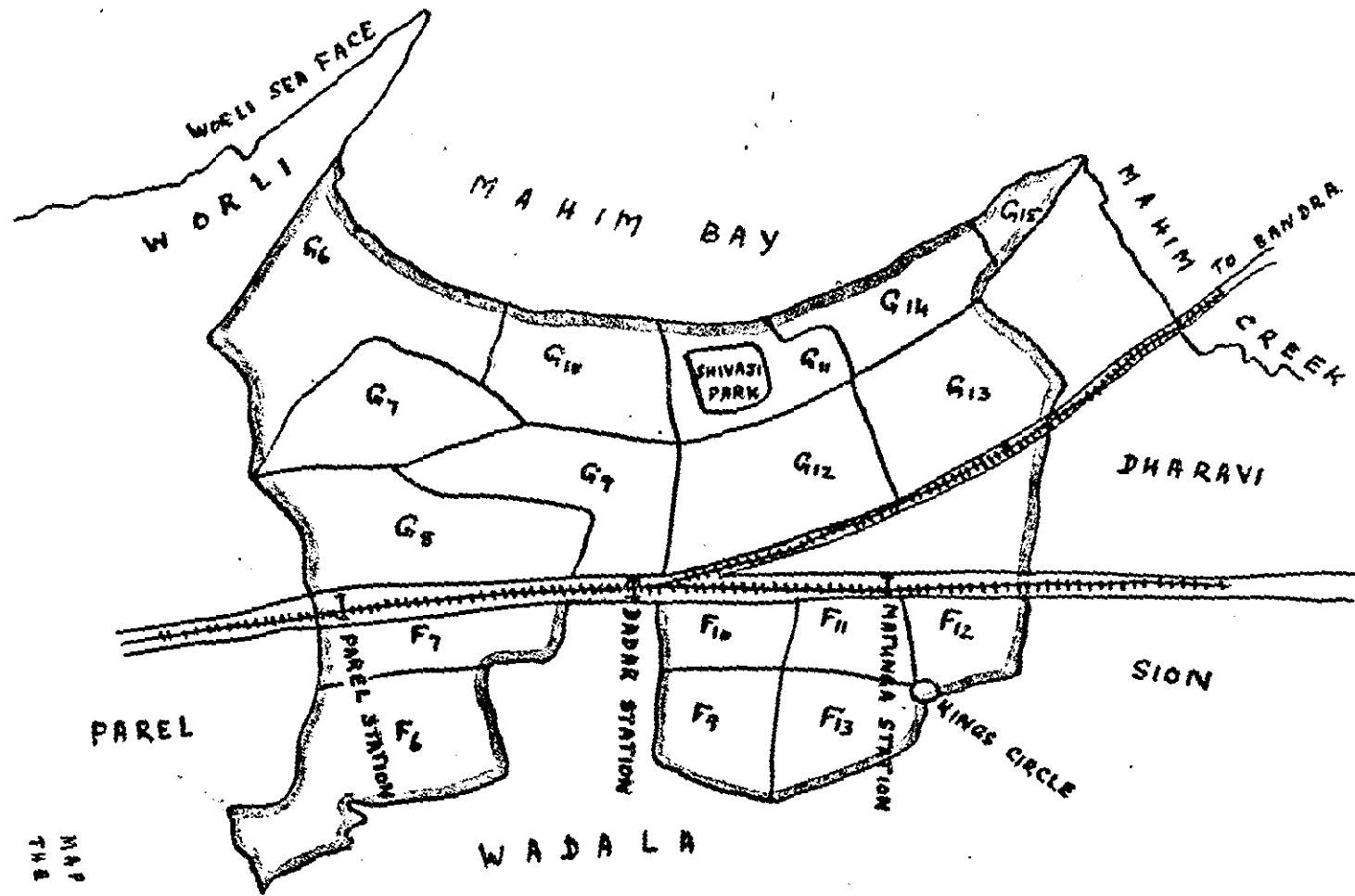
this work. We hope that the same amount of co-operation will be forthcoming in future surveys of this type.

The Office of the Assessor and Collector, Municipality of Bombay, very kindly allowed us to make use of their records and were helpful in other ways. The students of the School of Economics who volunteered to locate the sampled tenements and persuade the householders to co-operate in the survey did a difficult task rather well with a good deal of enthusiasm and good humour thrown in. The paid staff of lady enumerators had an exacting piece of work to do as they had to finish the diet enumeration within a specified time. The collection of the health data was arranged by Dr. G. R. Talwalkar with the help of Doctors N. G. Talwalkar, M. S. Talwalkar and C. V. Talwalkar who devoted every week-end continuously for three months for this work. During the analysis stage the late Dr. R. E. Dadachanji, who was then Nutrition Officer to the Government of Bombay was frequently consulted.

The main burden of conducting the survey at all its stages and of drafting the Report fell on Mr. K. C. Cheriyan, Research Officer in the Division of Statistics, Reserve Bank of India. The Committee of the Institute would like to place on record its appreciation of the thoroughness and devotion with which Mr. Cheriyan did this work. The work was done under the direction of Dr. N. S. R. Sastry, Director of Statistics, Reserve Bank of India.

C. N. Vakil

Vice President, Bombay Branch
of the Indian Statistical Institute



MAP SHOWING
THE AREA SURVEYED
SCALE 1" = 2000 FEET.

LIST OF CONTENTS

	PAGE		PAGE
1.0 Introductory	1	5.3 Milk and Milk Products	8
<i>A. Collection of Data</i>		5.31 Fruits	9
2.0 Selection of the Sample	1	5.4 Consumption of Vegetables, Roots and Tubers	9
2.1 The Design of the Survey	1	5.5 Consumption of Meat items	9
2.2 Location of Sampled Tenements	1	5.6 Consumption of Sugar and Gur	9
2.3 Response to the Survey	2	5.61 Standard of Diet	9
2.4 The Schedule used in the Survey and Staff Employed	2	5.7 Proteins and Calories	10
2.5 The Programme of Work	2	5.71 Protein Content of Food Consumed	10
2.6 Classification of Families	3	5.72 Calorie Content of Food Consumed	10
2.7 Scope of the Report	3	5.8 Effect of decontrol on Prices	11
<i>B. Discussion of the Results of the Survey</i>		6.0 Part (iii): Condition of Health	11
3.0 Part (i): General Information of size of sample for the Diet and Health portions respectively of the Survey	4	6.1 Heights and Weights according to age	11
3.1 Distribution of families by total ex- penditure and size of family	5	6.2 Amount spent on Doctors, Tonics, etc.	12
4.0 Residential Accommodation	5	6.3 Results of Medical Examination	12
4.1 Rent	6	6.4 Present illnesses	13
5.0 Part (ii): Diet	6	6.5 Past illnesses	14
5.1 Consumption of Cereals	6	<i>C. Precision of Results</i>	
5.2 Consumption of Pulses	8	7.0 Homogeneity of Blocks	14
		7.1 Investigator bias	15
		7.2 Standard Errors of the Estimates	15
		<i>D. Summary of Results</i>	
			16