Comparative Study of Covid-19 Outbreak on Dietary Diversity and Food Security in Rural and Urban Areas of Durgapur

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**Small brief:**

In 2020, Covid-19 outbreak spread rapidly all over the world and caused fatal consequences on people’s health. Adequate nutrition was required to boost the immune system & fight against Covid-19. Therefore, the knowledge, attitude & practice (KAP) towards Covid-19 prevention are most essential. The objective of this study is to assess the knowledge, attitude & practices regarding dietary diversity & food security of people before & during the Covid-19 outbreak.

A cross sectional study was conducted over a period of three months with a pre tested validated questionnaire among 360 people of rural & urban areas of Durgapur. It is observed that 33% of rural people & 22% of urban people have lack of knowledge & attitudes regarding nutrition. But in practice they changed their food pattern during covid situation. The consumption of different food groups like pulses (7%), nuts (6%) & fruits (7%)were increased for urban population whereas for rural people mainly the consumption of vegetables (5%) were increased during covid situation in comparison to pre covid situation. As there is a lack of knowledge & attitudes, so proper nutrition education may potentially improve the practices to prevent covid-19 & other lifestyle diseases.