



**Daffodil**  
*International*  
**University**

**A PROJECT REPORT ON**  
**“DIETARY MANAGEMENT AND SOCIO DEMOGRAPHIC STATUS OF**  
**DAY LABOURERS OF SELECTED AREAS IN DHAKA CITY”**

**Submitted by**

**MD. FAHIM PATHAN**

**ID: 192-34-970**

Submitted to the Department of Nutrition and Food Engineering in the partial fulfillment of B.Sc. in  
Nutrition and Food Engineering

**Supervised By**

**MS. EFFATARA JAHAN**

Assistant Professor

Department of Nutrition & Food Engineering

**FACULTY OF ALLIED HEALTH SCIENCES**  
**(FAHS)**

**DAFFODIL INTERNATIONAL UNIVERSITY**

**OCTOBER 2023**

## APPROVAL

This Project titled “**Research On Dietary management and Socio demographic status of day labors of Selected areas in Dhaka city**”, submitted by Md. Fahim Pathan to the Department of Nutrition and Food Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of B.Sc. In Nutrition and Food Engineering and approved as to its style and contents. The presentation has been held on



---

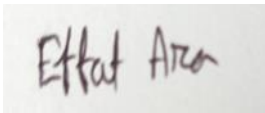
Dr. Nizam Uddin  
Associate Professor and Head  
Department of NFE  
Faculty of Allied Health Sciences  
Daffodil International University

**Departmental Head**

## DECLARATION

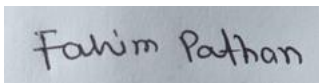
I hereby declare that, '**Research on Dietary management and Socio-demographic status of day labors of Selected areas in Dhaka**' this project has been done under the supervision of Ms. Effat Ara Jahan, Assistant Professor, Department of NFE, Daffodil International University. I also declare that neither this project nor any part of this project has been submitted elsewhere for award of any degree or diploma.

### Supervised by:



Ms. Effat Ara Jahan  
Assistant Professor  
Department of Nutrition and Food Engineering  
Daffodil International University

### Submitted by:



Md. Fahim Pathan  
ID: 192-34-970  
Department of Nutrition and Food Engineering  
Faculty of Allied Health Science  
Daffodil International University

## **ACKNOWLEDGEMENT**

First and foremost, I express my heartfelt gratitude to the divine entity for providing assistance and enabling me to successfully complete the final year project report. The presence of my being is attributable to the pivotal function fulfilled by my parents, since the absence of their involvement would have precluded my being. The lack of parental aid would pose a considerable hindrance to my pursuit of chosen endeavors.

I would like to express my heartiest gratitude to my honorable Supervisor Ms. Effat Ara Jahan, Assistant Professor, Department of NFE, for his kind help to finish my project and also to other faculty member and the staff of NFE department of Daffodil International University.

I would like to express my gratitude to Dr. Nizam Uddin, an esteemed academician serving as an Associate Professor and Head of the Department of Nutrition and Food Engineering at Daffodil International University. Dr. Nizam Uddin has made a significant contribution to the curriculum by incorporating a wide range of practical knowledge, thereby enhancing the educational experience. Furthermore, I am deeply grateful for the invaluable guidance and assistance provided by Dr. Nizam Uddin throughout the entirety of my project.

I would like to thank our entire course mate in Daffodil International University, who took part in this discuss while completing the course work.

Finally, I must acknowledge with due respect the constant support and patients of my parents.

## Abstract

This cross-sectional study explores the complex interactions between day laborers' sociodemographic status and their dietary control in Dhaka, Bangladesh. The goal of this study is to find out how day laborers in Dhaka handle their diets and how their eating habits relate to their social condition. A semi-structured stand questionnaire was used to collect data from the respondents. The study utilized survey data from 200 Day laborers in Dhaka, collecting information on their socio-demographic characteristics and dietary patterns. Chi-square analyses and Correlation were conducted to explore the relationships between dietary habits and socio-demographic variables. Most of the people were between the ages of 25 and 34, with a relatively younger population overall. A large number of the people only had a primary (32.5%) or secondary (34.5%) education. The largest income group earned 10,000-20,000 BDT (38%). Most day laborers were in transportation (34.5% of all day workers) or as hawkers (24% of all day workers). Most of them lived in low-cost rental housing (49.5%) or in slums or other unofficial settlements (24.5%). 80.5% of people only ate fruits and vegetables once or twice a week. 72.5 percent of people ate protein-rich foods every day. Most people (40%) ate dairy products between three and six times a week. 31.5% ate processed foods between three and six times a week. This research highlights the dietary habits of day laborers in Dhaka, indicating a need for improved access to information about healthy eating. It also demonstrates significant associations between dietary habits and socio-demographic factors such as age, gender, education, income, and type of work ( $p < 0.05$ ). These findings can inform targeted interventions to promote healthier dietary practices among day laborers in Dhaka, ultimately contributing to their overall well-being.

*Keywords – Day laborer, Dietary Intake Pattern, Nutritional Status, Access to the Information.*

## CONTENTS

<b>CONTENTS</b>	<b>PAGES</b>
Approval	i
Declaration	ii
Acknowledgement	iii
Abstract	iv
<b>CHAPTERS 1</b>	
1.1 Introduction	1
1.2. Statement of the Problem	2
1.3. Objectives of the Study:	3
<b>CHAPTERS 2</b>	
2.1 Literature review:	4
<b>CHAPTERS 3</b>	
3.1 Conceptual Framework	6
<b>CHAPTERS 4</b>	
4.1 Methodology:	8
4.2 Sample Selection:	8
4.3 Data Collection:	8
4.4 Data Analysis:	8
4.5 Ethical Considerations:	9
4.6 Limitations:	9
<b>CHAPTERS 5</b>	
5.1 Result and Discussion	10
<b>CHAPTERS 6</b>	
6.1 Discussion	26
6.2 Conclusion	28
References	29
Questionnaire	30

### **List of figures**

<b>Figures</b>	<b>Page no.</b>
Figure 1: Category of Day Labor	12
Figure 2: Monthly Income ( BDT)	13

### **List of tables**

<b>Tables</b>	<b>Page no.</b>
Table-1: Sociodemographic Information	10
Table 2: Distribution of day labourer's according to monthly income	13
Table-3: Frequency Table of Dietary Pattern	15
Table-4: Association between all dietary management and age	17
Table-5: Association between all dietary management and Gender	19
Table-6: Association between all dietary management and education	20
Table-7: Association between all dietary management and monthly income	22
Table-8: Association between all dietary management and type of workers	24

## CHAPTER ONE

### 1.1 Introduction

Day laborers make up a big part of the workforce in many cities around the world. To make a living, they do physically demanding jobs. Even the city of Dhaka, the capital of Bangladesh, has a lot of people. Day labourers in Dhaka often work in businesses that require a lot of physical labor, such as construction, transportation, and other manual labor. Due to the nature of their work, which requires a lot of physical exercise, they are at a high risk of health problems, such as bad diet and the health problems that come with it (Kim Y et al., 2019).

Dietary habits have a big effect on how healthy and productive day workers are as a whole. Proper diet is needed to keep their energy up, keep their bodies strong, and keep them from getting sick from not eating enough. Even though their food is important, day laborers in Dhaka face a number of social, economic, and cultural problems that may make it hard for them to eat well (Loayza, Nevada et al., 2020).

To come up with personalized treatments to improve the food management and overall health of these fragile people, you need to know about their Sociodemographic Features. Their food choices and nutrition intake may be affected by things like their income, educational background, family size, access to health care, and how much they know about food. By looking at the link between socio-demographic status and eating habits, we can find specific problems and come up with effective ways to help Dhaka's day laborers eat better and be healthier (Org et al., 2019.).

The goal of this cross-sectional study is to find out more about how day laborers in Dhaka eat and how their eating habits may be affected by different socio-demographic factors. By looking closely at these connections, we hope to learn more about how community-based programs and public health policies can help improve day laborers' food control and general living conditions in this urban setting.

This work is important not only because it could improve the health and well-being of a poor group, but also because it could affect larger efforts to deal with social inequality and promote



sustainable development. We want to help build a more fair and healthy society by understanding the unique problems that dayworkers in Dhaka face and coming up with ways to solve these issues.

Day laborers in Dhaka, Bangladesh, are at risk because they don't have easy access to healthy food. The goal of this study is to find out how day laborers in Dhaka plan their meals and look at their social and physical features.

In the next parts of this study piece, we talk about the method, how the data were collected and analyzed, what the results were, and what suggestions were made based on those results. Lastly, the results of this study can be used as a basis for evidence-based programs and policies that aim to improve the financial status and health state of day workers in Dhaka and other urban places.

## **1.2. Statement of the Problem**

Even though eating well is an important part of staying healthy, researchers haven't paid much attention to what a day laborer in Dhaka eats. How well-off a day laborer's family is changes how easy it is for them to get a healthy, well-balanced meal. Because of this, many people are malnourished and have health problems because of it. But not much is known about how a day laborer in Dhaka manages his or her food now or about the social and economic issues that affect what they eat.

So, the goal of this study is to answer these research questions:

1. What are the present eating habits of day laborers in Dhaka, including the kinds of food they eat and how often they eat them?
2. What are the nutritional gaps in their meals, including the kinds of nutrients they don't get enough of, and what could be the health effects of these gaps?
3. What are the socio-economic factors that affect their dietary intake, such as income, education, and access to resources?
4. What are the barriers that prevent a day labor in Dhaka from accessing a balanced and nutritious diet, and what are the potential solutions to overcome these barriers?

By addressing these questions, the study aims to provide insights into the dietary management of a day laborer in Dhaka.

### **1.3 Objectives of the Study:**

**General objective:** To study on dietary management and socio-demographic status of day labourers of selected areas in Dhaka city.

**Specific objective:**

- To identify different categories of day labourers
- To assess the dietary habits of the participants
- To analyze the socio-demographic status of the sample

By achieving these specific goals, the study hopes to give a full picture of how a day laborer in Dhaka manages his or her food and to help policy and program changes improve their nutritional status and overall well-being.

## CHAPTER TWO

### 2.1 Literature review:

Bangladesh is one of the poorest countries in the world, with more than 24% of its population living below the poverty line. Day laborers in Dhaka are typically poor, uneducated, and work long hours in physically demanding jobs, such as construction, cleaning, and transportation.

Research has shown that low-income populations are at risk of malnutrition due to inadequate access to nutritious food. A study conducted by (Rahman et al.,2020) in Dhaka found that the diets of low-income households were lacking in essential nutrients such as iron, calcium, and vitamin A. (Org , 2019.) Another study by (Ahmed et al.2018) in Dhaka reported that low-income households had poor dietary diversity and consumed mostly rice, vegetables, and lentils.

Furthermore, the lack of education among day laborers in Dhaka may contribute to poor dietary choices. A study by (Baset et al.2019) found that the majority of day laborers in Dhaka had little knowledge about the importance of a balanced diet and lacked awareness of the nutritional value of different foods. (Bromage S et al., 2016)

The dietary management of a day labor's family in Dhaka would depend on several factors, including their socio-demographic status, income, access to resources, and cultural background. In general, a balanced diet for a rickshaw puller's family would include a variety of foods that provide essential nutrients, such as carbohydrates, protein, fat, vitamins, and minerals. However, given their low income and limited access to resources, it may be challenging for them to obtain a balanced diet. (National Institute of Population Research and Training (NIPORT, 2020)

In terms of socio-demographic status, day laborers in Dhaka typically come from lower-income households and may not have access to adequate nutrition. Their diet may be primarily composed of inexpensive, calorie-dense foods such as rice, lentils, vegetables, and sometimes fish or meat. However, they may not be able to afford a sufficient quantity of these foods, resulting in a lack of essential nutrients. To address this issue, there are several initiatives in Bangladesh aimed at improving the nutrition of low-income families, including rickshaw pullers. For example, the government of Bangladesh has implemented programs that provide food subsidies, nutritional supplements, and nutrition education to vulnerable populations. (Md. Hasan Al Banna et al., 2022)

In addition to these initiatives, several non-governmental organizations (NGOs) are working to improve the nutritional status of rickshaw pullers and their families. These organizations provide food aid, nutritional counseling, and support for income-generating activities, such as small business loans and training programs.

Overall, the dietary management of a day laborer's family in Dhaka is challenging, given their low socio-economic status and limited access to resources. However, efforts are being made by the government and NGOs to improve their nutritional status and overall well-being.

## CHAPTER THREE

### 3.1 Conceptual Framework

The conceptual framework is a picture of the theoretical basis that the research study is based on. It describes the key factors, how they relate to each other, and how they might work together to solve the study problem. In the setting of the study "Dietary management and Socio demographic status of day laborers of Selected areas in Dhaka" the conceptual framework could be set up as follows:

#### **Independent Variable: Socio-Demographic Status**

Sociodemographic status includes things like income level, education level, family size, marriage status, age, and access to health care. These factors are assumed to have an impact on the dietary practices of day laborers in Dhaka.

#### **Dependent Variable: Dietary Management**

Dietary management is the way that day laborers in Dhaka choose what to eat, how often they eat, and how much nutrients they get. It depends on their social and socioeconomic factors and is important for their health and well-being as a whole.

#### **Exogenous Variables:**

**Nutritional Knowledge:** The amount of knowledge and understanding of good nutrition may play a role in the link between sociodemographic status and dietary decisions. If you know more about nutrition, you might make better food choices and eat better.

**Cultural influences:** The way day laborers eat can be affected by their culture's rules and customs about food. Some traditional behaviors may help or hurt people's ability to get healthy food.

**Access to Food:** Day laborers food choices can be affected by how easy it is to get healthy food and how much it costs. If they can't get to stores or places that sell good food, they might not be able to eat well.

**Outcomes:**

**Health and Well-being:** The main thing that matters is how healthy and happy day laborers are as a whole. The way they eat should have a good effect on their health, energy, and work success. On the other hand, if they don't eat well, they may have health problems and do less well at work.

**Socioeconomic Impact:** The study could also look at how better food control might affect the social and economic lives of day workers. If people were healthier and more productive, they might be able to get more jobs and make more money.

Based on the conceptual framework, the researchers can come up with theories and make tools to measure the important factors. Statistical analysis methods like regression analysis and structural equation modeling can be used to look at how the factors relate to each other and how they affect each other. The results will help us understand the factors that affect how day workers in Dhaka handle their diets. They will also give us ideas for how to improve their nutritional state and socioeconomic well-being through policy and programs.

## CHAPTER FOUR

### 4.1 Methodology:

This study used a cross-sectional methodology to look at how day laborers in Dhaka handle their diets and what their socio-demographic status is. To meet the goals of the study, both qualitative and quantitative ways of collecting data were used.

### 4.2 Sample Selection:

The study has targeted a day labor living in Dhaka, Bangladesh. A multi-stage sampling technique has been used to select the study participants. First, four areas of Dhaka with a lot of day laborers in four different fields (transportation, construction, hawking, and housework) were chosen. Second, random selection was used to choose some of the families in these places. Last, one person from each family had to be chosen as a study subject based on the factors for qualifying.

### 4.3 Sampling Calculation

As there is no data about nutrition related knowledge among day labourers and they are illiterate, so we assume that (Zhang et al., 2013),

The following formula has adopted for sample size calculation-

$$n_o = \frac{Z^2 p q}{e^2}$$

$$= \frac{1.96^2 \times 0.85 \times 0.15}{0.05^2}$$

$$= 195.9$$

$$= 196$$

85% of the people have no knowledge about dietary pattern so  $p = 0.85$

$$q = 1 - p = 1 - 0.85 = 0.15$$

Here,

$z$  is the  $z$  score = 1.96 at 95% confidence

$\epsilon$  is the margin of error = which is 5% interval

$p^{\wedge}$  is the population proportion

#### **4.4 Data Collection:**

The study used a variety of ways to gather data, such as organized surveys, semi-structured interviews, and focus group talks (FGDs). The structured survey has collected information on demographic and socio-economic characteristics, dietary practices, and nutritional status. Selected subjects were given semi-structured interviews and FGDs to find out more about their eating habits, access to resources, and hurdles to getting a healthy, varied diet.

#### **4.5 Data Analysis:**

The collected data has been analyzed using both descriptive and inferential statistics. Descriptive statistics has been used to summarize the data, and inferential statistics has been used to examine the relationships between the study variables. The qualitative data collected through interviews and FGDs has be analyzed using thematic analysis to identify patterns and themes in the data.

#### **Software (SPSS)**

#### **4.6 Ethical Considerations:**

This study has followed ethical guidelines for research involving human subjects. All of the people who took part gave their informed permission, and their privacy and secrecy were protected. Ethical approval for the study has also been given by the right review board.

#### **4.7 Limitations:**

The cross-sectional form of the study makes it hard to draw conclusions about cause and effect, and self-reported data could lead to bias. Also, because the study was only done in a few parts of Dhaka, the group may not be representative of all day laborers there.



## CHAPTER FIVE

### Result and Discussion

#### 5.1 Result and Discussion

	<b>Variables</b>	<b>Frequency</b>	<b>Percent</b>
<b>Age of the respondent</b>	<b>18-24</b>	16	8.0
	<b>25-34</b>	94	47.0
	<b>35-44</b>	77	38.5
	<b>45-54</b>	11	5.5
	<b>55+</b>	2	1.0
	<b>Gender of the Respondent</b>	<b>Male</b>	162
<b>Female</b>		38	19.0
<b>Education Level</b>	<b>No Formal Education</b>	49	24.5
	<b>Primary School</b>	65	32.5
	<b>Secondary School</b>	69	34.5
	<b>Higher Secondary School</b>	17	8.5
<b>Marital Status</b>	<b>Married</b>	174	87.0
	<b>Unmarried</b>	12	6.0
	<b>Widowed</b>	6	3.0

<b>Monthly Income (in BDT)</b>	<b>Divorced</b>	8	4.0
	<b>Less than 10,000</b>	15	7.5
	<b>10,000-20,000</b>	76	38.0
	<b>20,000-30,000</b>	56	28.0
	<b>30,000-40,000</b>	48	24.0
	<b>40,000 or more</b>	5	2.5
<b>Category of Day Labor</b>	<b>Transport Labor</b>	69	34.5
	<b>Construction Labor</b>	45	22.5
	<b>Hawker</b>	48	24.0
	<b>Home Servant</b>	38	19.0
<b>Resident</b>	<b>Slum or informal settlement</b>	49	24.5
	<b>Low-cost rental accommodation</b>	99	49.5
	<b>Government housing scheme</b>	34	17.0
	<b>Own house</b>	18	9.0

**Age of the Respondent:** 47% of the sample is made up of people between the ages of 25 and 34, which is where most of the responses fall. The 35–44 age group is the second biggest, with 38.5% of responders belonging to this group. The figures show that the community is mostly young, with only a small number of people over 45.

**Gender of the Respondent:** The survey is predominantly male-dominated, with 81% of respondents identifying as male and 19% as female.

**Education Level:** A significant portion of respondents have completed only primary school (32.5%) or secondary school (34.5%). 8.5% have finished their higher secondary education, while 24.5% have never gone to school.

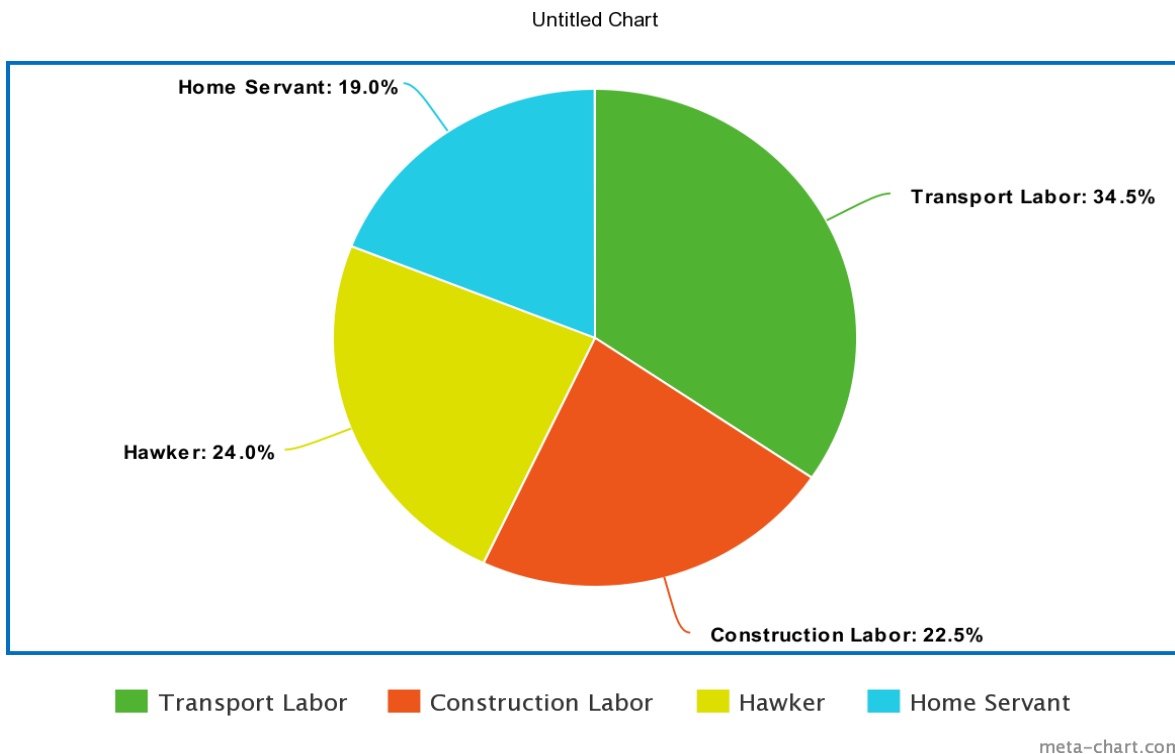
**Marital Status:** Most of the people who answered are married (87%), while only 6% are single. There are also a smaller number of responders who are widowed (3%) or divorced (4%).

**Monthly Income (in BDT):** The biggest income range is between 10,000 and 20,000 BDT (38%), which shows that a large number of individuals have a modest income. Only a small number (2.5%) of people say they make 40,000 BDT or more.

**Category of Day Labor:** Respondents are engaged in various forms of day labor, but the most popular ones are transport work (34.5%) and hawking (24%). There are also a lot of people who work in construction (22.5%) and as home servant (19%).

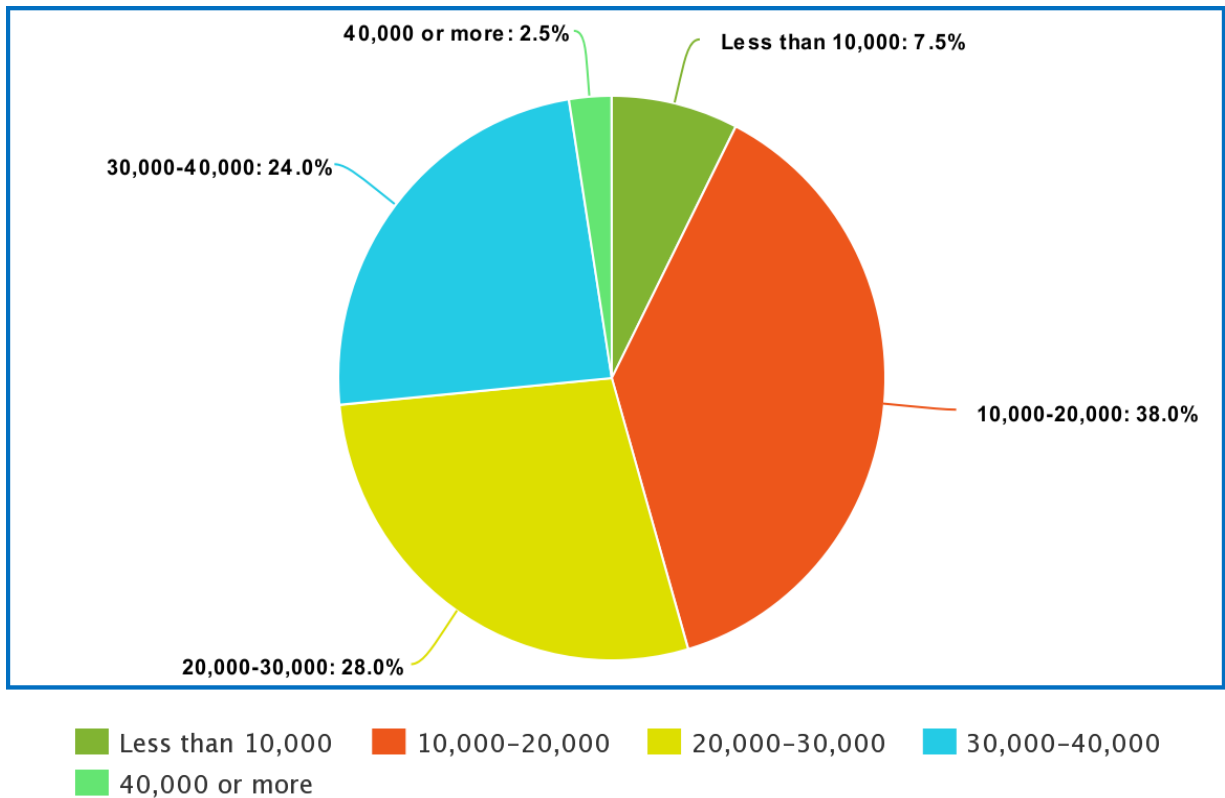
**Resident:** The majority of respondents live in low-cost rental accommodation (49.5%) or slum/informal settlements (24.5%). A smaller percentage reside in government housing schemes (17%) or own houses (9%).

**Figure 1: Category of Day Labor**



Respondents are engaged in various forms of day labor, but the most popular ones are transport work (34.5%) and hawking (24%). There are also a lot of people who work in construction (22,5%) and as home servant (19%).

**Figure 2: Monthly Income (In BDT)**



meta-chart.com

Most people surveyed have monthly incomes in the range of 10,000 to 20,000, with 38.0% falling into this category. The second most common income bracket is 20,000 to 30,000, representing 28.0% of the surveyed population. People with monthly incomes between 30,000 and 40,000 make up 24.0% of the sample. A smaller percentage of individuals, 7.5%, have monthly incomes less than 10,000. The highest income bracket, 40,000 or more, is the least common, accounting for just 2.5% of the surveyed population.

**Table 2: Monthly Income (in BDT) \* Category of Day Labor Crosstabulation**

						Total
		Transport Labor	Construction Labor	Hawker	Home Servant	
Monthly Income (in BDT)	Less than 10,000	1	3	10	1	15
	10,000-20,000	18	18	27	13	76
	20,000-30,000	26	16	4	10	56
	30,000-40,000	23	6	5	14	48
	40,000 or more	1	2	2	0	5
Total		69	45	48	38	200

This table shows how different groups of workers' monthly incomes are split up, as well as how many people are in each group. Here's how to understand the results:

1. **Transport Labor:** There are a total of 69 people who work as transport workers. Most of them (18 workers) make between 10,000 and 20,000 BDT per month. The next most common range is between 20,000 and 30,000 BDT.
2. **Construction Labor:** There are 45 people in this group. Most of them also make between 10,000 and 20,000 BDT per month (18 workers), with fewer in the other income ranges.
3. **Hawker:** There are 48 hawkers in the game. Most hawkers (27 of them) make between 10,000 and 20,000 BDT per month. There are less hawkers in the other income ranges.
4. **Home Servants:** There are 38 home servants in all. Most of them make between 10,000 and 20,000 BDT (13 house workers).
5. **Monthly Income Distribution:**
  - ❖ Less than 10,000 BDT: This income bracket is occupied by 1 Transport Labor worker, 3 Construction Labor workers, 10 Hawkers, and 1 Home Servant, totaling 15 workers.
  - ❖ 10,000-20,000 BDT: This is the most common income range, with a total of 76 workers across all categories.
  - ❖ 20,000-30,000 BDT: A total of 56 workers fall into this income bracket.
  - ❖ 30,000-40,000 BDT: A total of 48 workers fall into this income bracket.
  - ❖ 40,000 or more BDT: This is the highest income bracket, with a total of 5 workers, distributed across various categories.

This table provides insight into the income distribution among different types of workers in Bangladesh, with the majority of workers earning between 10,000 and 20,000 BDT per month.

<b>Table-3: Frequency Table of Dietary Pattern</b>			
	<b>Intake Times</b>	<b>Frequency (n= number)</b>	<b>Percent(%)</b>
<b>Consumption Of Fruits and Vegetables</b>	<b>3-6 times a week</b>	31	15.5
	<b>1-2 times a week</b>	161	80.5
	<b>1-2 times a month</b>	8	4.0
<b>Consumption of Protein Rich Foods</b>	<b>Everyday</b>	145	72.5
	<b>3-6 times a week</b>	11	5.5
	<b>1-2 times a week</b>	7	3.5
	<b>1-2 times a month</b>	37	18.5
<b>Consumption of dairy products</b>	<b>Everyday</b>	47	23.5
	<b>3-6 times a week</b>	80	40.0
	<b>1-2 times a week</b>	34	17.0
	<b>1-2 times a month</b>	35	17.5
	<b>Never</b>	4	2.0
	<b>Everyday</b>	51	25.5
	<b>3-6 times a week</b>	63	31.5

<b>Consumption of Processed Foods</b>	<b>1-2 times a week</b>	51	25.5
	<b>1-2 times a month</b>	35	17.5
<b>Consumption of homemade meals cooked from fresh ingredients</b>	<b>Everyday</b>	41	20.5
	<b>3-6 times a week</b>	70	35.0
	<b>1-2 times a week</b>	71	35.5
	<b>1-2 times a month</b>	15	7.5

This frequency table provides insights into dietary patterns among the surveyed population.

- 1. Consumption of Fruits and Vegetables:** Most people (80.5% of the population) only eat fruits and vegetables once or twice a week. A smaller group (15.5%) eats them three to six times a week, and a small minority (4%) eats them once or twice a month.
- 2. Consumption of Protein Rich Foods:** Protein-rich foods are eaten every day by 72.5% of people, while 18.5% eat them only once or twice a month, 5.5% eat them three to six times a week, and 3.5% eat them only once or twice a week.
- 3. Consumption of Dairy Products:** The most common number of times people eat dairy products is three to six times a week (40%), followed by every day (23.5%). Fewer people eat dairy products 1-2 times a week (17%) or 1-2 times a month (17.5%), and only 2% of people never eat dairy products.
- 4. Consumption of Processed Foods:** A significant portion (31.5%) consumes processed foods 3-6 times a week, followed by 25.5% who have them everyday. The remaining individuals have processed foods 1-2 times a week (25.5%) or 1-2 times a month (17.5%).
- 5. Consumption of Homemade Meals:** 35.5% of respondents have homemade meals 1-2 times a week, while 35% do so 3-6 times a week. A smaller group (20.8%) has homemade meals everyday, and only 7.6% have them 1-2 times a month.



**Table-4: Chi square between all dietary management and age**

	Variable	Group	Everyday	3-6 times a week	1-2 times a week	1-2 times a month	Never	Pearson Chi-Square Value (P Value)
<b>Age</b>	<b>Consumption Of Fruits and Vegetables</b>	18-24		4 (25%)	12 (75%)	0 (0%)		0.763
		25-34		15 (16%)	76 (78.7%)	5 (5.3%)		
		35-44		9 (11.7%)	65 (84.4%)	3 (3.9%)		
		45-54		3 (27.3%)	8 (72.7%)	0 (0%)		
		55+		0 (0%)	n=2 (100%)	n=0 (0%)		
	<b>Consumption of Protein Rich Foods</b>	18-24	9 (56.3%)	0 (0.0%)	4 (25%)	3 (18.8%)		0.006
		25-34	67 (71.3%)	5 (5.3%)	2 (2.1%)	20 (21.3%)		
		35-44	58 (75.3%)	6 (7.8%)	1 (1.3%)	12 (15.6%)		
		45-54	9 (81.8%)	0 (0.0%)	0 (0.0%)	2 (18.2%)		
		55+	2 (100%)	0 (0.0%)	0 (0.0%)	0 (0.0%)		
	<b>Consumption of dairy products</b>	18-24	5 (31.3%)	9 (56.3%)	2 (12.5%)	0 (0.0%)	0 (0.0%)	0.604
		25-34	23 (24.5%)	38 (40.4%)	13 (13.8%)	17 (18.1%)	3 (3.2%)	
		35-44	16 (20.8%)	27 (35.1%)	15 (19.5%)	18 (23.4%)	1 (1.3%)	
		45-54	3 (27.3%)	5 (45.5%)	3 (27.3%)	0 (0.0%)	0 (0.0%)	
		55+	0 (0.0%)	1 (50%)	1 (50%)	0 (0.0%)	0 (0.0%)	
		18-24	3 (18.8%)	3 (18.8%)	9 (56.3%)	1 (6.3%)		

<b>Consumption of Processed Foods</b>	25-34	25 (26.6%)	26 (27.7%)	25 (26.6%)	18 (19.1%)	0.128
	35-44	20 (26.0%)	29 (37.7%)	13 (16.9%)	15 (19.5%)	
	45-54	3 (27.3%)	3 (27.3%)	4 (36.4%)	1 (9.1%)	
	55+	0 (0.0%)	2 (100%)	0 (0.0%)	0 (0.0%)	
<b>Consumption of homemade meals cooked from fresh ingredients</b>	18-24	5 (31.3%)	0 (0.0%)	4 (25%)	7 (43.8%)	0.000
	25-34	21 (22.6%)	34 (36.6%)	34 (36.6%)	4 (4.3%)	
	35-44	13 (17.3%)	31 (41.3%)	29 (38.7%)	2 (2.7%)	
	45-54	2 (18.2%)	4 (36.4%)	3 (27.3%)	2 (18.2%)	
	55+	0 (0.0%)	1 (50.0%)	1 (50.0%)	0 (0.0%)	

### Significant value < 0.05

This table presents the chi-square analysis of the relationship between dietary management habits and different age groups. It shows the distribution of individuals within age categories and their dietary choices:

- 1. Consumption of Fruits and Vegetables:** Young people (18–24) tend to eat fruits and vegetables more often than older adults, as shown by a chi-square value ( $p=0.763$ ) that is statistically significant.
- 2. Consumption of Protein Rich Foods:** A significant association ( $p=0.006$ ) shows that adults aged 18–24 are more likely to eat protein-rich foods, while adults aged 45–54 are less likely to like these kinds of foods.
- 3. Consumption of Dairy Products:** No significant age-related differences are observed in dairy product consumption ( $p=0.604$ ).
- 4. Consumption of Processed Foods:** Age doesn't seem to have a big effect on how much you like processed foods ( $p=0.128$ ).
- 5. Consumption of Homemade Meals:** Young adults (18–24) have a strong preference for home-cooked meals made with fresh ingredients, which is very different from people in older age groups ( $p=0.000$ ).

**Table-5: Chi square between all dietary management and Gender**

Gender	Variable	Group	Everyday	3-6 times a week	1-2 times a week	1-2 times a month	Never	Pearson Chi-Square Value (P Value)
	Consumption Of Fruits and Vegetables	Male			30 (18.5%)	125 (77.16%)	7 (4.32%)	
Female				1 (2.63%)	36 (94.73%)	1 (2.63%)		
Consumption of Protein Rich Foods	Male		112 (69.13%)	8 (4.93%)	7 (4.32%)	35 (21.60%)		<b>0.048</b>
	Female		33 (86.84%)	3 (7.89%)	0 (0.0%)	2 (5.26%)		
Consumption of dairy products	Male		44 (27.16%)	66 (40.74%)	25 (15.43%)	24 (14.81%)	3 (1.85%)	<b>0.044</b>
	Female		3 (7.89%)	14 (36.84%)	9 (23.68%)	11 (28.94%)	1 (2.63%)	
Consumption of Processed Foods	Male		49 (30.24%)	55 (33.95%)	49 (30.24%)	9 (5.55%)		<b>0.000</b>
	Female		2 (5.26%)	8 (21.05%)	2 (5.26%)	26 (68.42%)		
Consumption of homemade meals cooked from fresh ingredients	Male		38 (23.45%)	51 (31.48%)	58 (35.80%)	12 (7.40%)		<b>0.086</b>
	Female		3 (7.89%)	19 (50%)	13 (34.21%)	3 (7.89%)		

The chi-square analysis examines the relationship between dietary management and gender. The p-values indicate the significance of this relationship.

- 1. Consumption of Fruits and Vegetables:** The p-value of 0.040 shows that there is a significant link between gender and how often people eat fruits and veggies. Most of the time, men eat these more often than women.
- 2. Consumption of Protein Rich Foods:** With a p-value of 0.048, it is clear that men and women eat protein-rich foods differently. Men are more likely to eat them daily than women.
- 3. Consumption of Dairy Products:** The p-value of 0.044 shows that there is a significant difference between men and women in how much dairy products they eat. Again, men tend to drink these more often than women.
- 4. Consumption of Processed Foods:** The p-value of 0.000 shows a highly significant association between gender and the consumption of processed foods. Males are more likely to consume processed foods compared to females.
- 5. Consumption of Homemade Meals:** With a p-value of 0.086, there is a weaker but still noticeable link between gender and how often people eat home-cooked meals made with fresh products. These are eaten a little more often by men than by women, but the gap is not as big as with prepared foods.

**Table-6: Chi square between all dietary management and education**

	Variable	Group	Everyday	3-6 times a week	1-2 times a week	1-2 times a month	Never	Pearson Chi-Square Value (P Value)
Education	Consumption Of Fruits and Vegetables	No Formal Education		6 (12.24%)	42 (85.71%)	1 (2.04%)		0.000
		Primary School		15 (23.08%)	50 (76.92%)	0 (0%)		
		Secondary School		6 (8.70%)	60 (86.96%)	3 (4.35%)		
		Higher Secondary School		4 (23.53%)	9 (52.94%)	4 (23.53%)		
	Consumption of Protein Rich Foods	No Formal Education	34 (69.39%)	0 (0%)	6 (12.24%)	9 (18.37%)		0.015
		Primary School	48 (73.85%)	3 (4.62%)	0 (0%)	14 (21.54%)		
		Secondary School	50	6	1	12		

			(72.46%)	(8.70%)	(1.45%)	(17.39%)	
	<b>Higher Secondary School</b>	13 (76.47%)	2 (11.76%)	0 (0%)	2 (11.76%)		
<b>Consumption of dairy products</b>	<b>No Formal Education</b>	15 (30.61%)	28 (57.14%)	5 (10.20%)	1 (2.04%)	0 (0%)	0.000
	<b>Primary School</b>	15 (23.08%)	28 (43.08%)	9 (13.85%)	9 (13.85%)	4 (6.15%)	
	<b>Secondary School</b>	13 (18.84%)	19 (27.54%)	19 (27.54%)	18 (26.09%)	0 (0%)	
	<b>Higher Secondary School</b>	4 (23.53%)	5 (29.41%)	1 (5.88%)	7 (41.18%)	0 (0%)	
<b>Consumption of Processed Foods</b>	<b>No Formal Education</b>	9 (18.37%)	15 (30.61%)	20 (40.82%)	5 (10.20%)		0.001
	<b>Primary School</b>	16 (24.62%)	20 (30.77%)	19 (29.23%)	10 (15.38%)		
	<b>Secondary School</b>	23 (33.33%)	27 (39.13%)	5 (7.25%)	14 (20.29%)		
	<b>Higher Secondary School</b>	3 (17.65%)	1 (5.88%)	7 (41.18%)	6 (35.29%)		
<b>Consumption of homemade meals cooked from fresh ingredients</b>	<b>No Formal Education</b>	21 (42.86%)	5 (10.20%)	15 (30.61%)	8 (16.33%)		0.000
	<b>Primary School</b>	14 (21.54%)	20 (30.77%)	28 (43.08%)	3 (4.62%)		
	<b>Secondary School</b>	4 (5.88%)	38 (55.88%)	24 (35.29%)	2 (2.94%)		
	<b>Higher Secondary School</b>	2 (13.33%)	7 (46.67%)	4 (26.67%)	2 (13.33%)		

**Consumption Of Fruits and Vegetables:** The table shows that there is a strong link ( $p < 0.001$ ) between the level of schooling and how often people eat fruits and veggies. When someone has more knowledge, they use things more often.

**Consumption of Protein Rich Foods:** Education also affects the amount of protein-rich foods people eat ( $p = 0.015$ ). People who went to elementary and high school use them more often than people who never went to school.

**Consumption of Dairy Products:** A strong association ( $p < 0.001$ ) is observed between education and dairy product consumption, with higher education levels indicating more regular consumption.

**Consumption of Processed Foods:** There is a strong link between education and usage of processed foods ( $p = 0.001$ ). People who went to elementary and secondary school eat more, while people who never went to school eat less.

**Consumption of Homemade Meals:** Education is a big factor ( $p < 0.001$ ) in how often people eat home-cooked meals. More often cooking with fresh foods is linked to having a higher level of schooling.

**Table-7: Chi square between all dietary management and monthly income**

	Variable	Group	Everyday	3-6 times a week	1-2 times a week	1-2 times a month	Never	Pearson Chi-Square Value (P Value)
Monthly Income	Consumption Of Fruits and Vegetables	Less than 10,000		2 (13.33%)	13 (86.67%)	0 (0%)		0.046
		10,000-20,000		18 (23.68%)	56 (73.68%)	2 (2.63%)		
		20,000-30,000		9 (16.07%)	46 (82.14%)	1 (1.79%)		
		30,000-40,000		2 (4.17%)	41 (85.42%)	5 (10.42%)		
		40,000 or more		0 (0%)	5 (100%)	0 (0%)		
	Consumption of Protein Rich Foods	Less than 10,000	9 (60%)	1 (6.67%)	2 (13.33%)	3 (20%)		0.068
		10,000-20,000	54 (71.05%)	2 (2.63%)	4 (5.26%)	16 (21.05%)		
		20,000-30,000	38 (67.86%)	5 (8.93%)	0 (0%)	13 (23.21%)		

		30,000-40,000	40 (83.33%)	3 (6.25%)	0 (0%)	5 (10.42%)		
		40,000 or more	4 (80%)	0 (0%)	1 (20%)	0 (0%)		
	<b>Consumption of dairy products</b>	Less than 10,000	5 (33.33%)	9 (60%)	1 (6.67%)	0 (0%)	0 (0%)	0.013
		10,000-20,000	15 (19.74%)	39 (51.32%)	9 (11.84%)	10 (13.16%)	3 (3.95%)	
		20,000-30,000	13 (23.21%)	13 (23.21%)	17 (30.36%)	12 (21.43%)	1 (1.79%)	
		30,000-40,000	11 (22.92%)	17 (35.42%)	7 (14.58%)	13 (27.08%)	0 (0%)	
		40,000 or more	3 (60%)	2 (40%)	0 (0%)	0 (0%)	0 (0%)	
	<b>Consumption of Processed Foods</b>	Less than 10,000	2 (13.33%)	3 (20%)	10 (66.67%)	0 (0%)		0.000
		10,000-20,000	18 (23.68%)	21 (27.63%)	25 (32.89%)	12 (15.79%)		
		20,000-30,000	18 (32.14%)	25 (44.64%)	4 (7.14%)	9 (16.07%)		
		30,000-40,000	13 (27.08%)	11 (22.92%)	10 (20.83%)	14 (29.17%)		
		40,000 or more	0 (0%)	3 (60%)	2 (40%)	0 (0%)		
	<b>Consumption of homemade meals cooked from fresh ingredients</b>	Less than 10,000	8 (53.33%)	1 (6.67%)	2 (13.33%)	4 (26.67%)		0.000
		10,000-20,000	22 (28.95%)	20 (26.32%)	28 (36.84%)	6 (7.89%)		
		20,000-30,000	3 (5.36%)	28 (50%)	24 (42.86%)	1 (1.79%)		
		30,000-40,000	4 (8.89%)	21 (46.67%)	16 (35.56%)	4 (8.89%)		
		40,000 or more	4 (80%)	0 (0%)	1 (20%)	0 (0%)		

The chi-square analysis reveals significant associations between dietary management and monthly income among the surveyed individuals:

- 1. Consumption of Fruits and Vegetables:** There was a strong link between income and how often people ate fruits and vegetables ( $p=0.046$ ). People who make less than 10,000 a year tend to eat these things less often.
- 2. Consumption of Protein Rich Foods:** There was also a strong link between income and consumption of protein-rich foods ( $p=0.068$ ). People who make more money are more likely to use them often.
- 3. Consumption of Dairy Products:** There is a strong link ( $p=0.013$ ) between income and the amount of dairy products people eat. People with higher incomes eat dairy products more often.
- 4. Consumption of Processed Foods:** Income has a big effect ( $p=0.000$ ) on how much processed foods people eat, and people with lower incomes are more likely to eat them often.
- 5. Consumption of Homemade Meals:** Monthly income significantly affects ( $p=0.000$ ) the consumption of homemade meals cooked from fresh ingredients. Higher-income groups tend to have this dietary habit more often.

**Table-8: Chi square between all dietary management and type of workers**

	Variable	Group	Everyday	3-6 times a week	1-2 times a week	1-2 times a month	Never	Pearson Chi-Square Value (P Value)	
	Type of workers	Consumption Of Fruits and Vegetables	Transport Labor		20 (28.99%)	43 (62.32%)	6 (8.70%)		0.000
Construction Labor				2 (4.44%)	43 (95.56%)	0 (0%)			
Hawker				8 (16.67%)	39 (81.25%)	1 (2.08%)			
Home Servant				1 (2.63%)	36 (94.74%)	1 (2.63%)			
Consumption of Protein Rich Foods		Transport Labor		37 (53.62%)	3 (4.35%)	2 (2.90%)	27 (39.13%)		0.000
		Construction Labor		38 (84.44%)	3 (6.67%)	1 (2.22%)	3 (6.67%)		
		Hawker		37 (77.08%)	2 (4.17%)	4 (8.33%)	5 (10.42%)		
		Home Servant		33 (86.84%)	3 (7.89%)	0 (0%)	2 (5.26%)		



	<b>Consumption of dairy products</b>	<b>Transport Labor</b>	29 (42.03%)	21 (30.43%)	8 (11.59%)	11 (15.94%)	0 (0%)	0.000
		<b>Construction Labor</b>	5 (11.11%)	18 (40%)	12 (26.67%)	9 (20%)	1 (2.22%)	
		<b>Hawker</b>	10 (20.83%)	27 (56.25%)	5 (10.42%)	4 (8.33%)	2 (4.17%)	
		<b>Home Servant</b>	3 (7.89%)	14 (36.84%)	9 (23.68%)	11 (28.95%)	1 (2.63%)	
	<b>Consumption of Processed Foods</b>	<b>Transport Labor</b>	41 (59.42%)	19 (27.54%)	5 (7.25%)	4 (5.80%)		0.000
		<b>Construction Labor</b>	8 (17.78%)	32 (71.11%)	0 (0%)	5 (11.11%)		
		<b>Hawker</b>	0 (0%)	4 (8.33%)	44 (91.67%)	0 (0%)		
		<b>Home Servant</b>	2 (5.26%)	8 (21.05%)	2 (5.26%)	26 (68.42%)		
	<b>Consumption of homemade meals cooked from fresh ingredients</b>	<b>Transport Labor</b>	0 (0%)	21 (31.82%)	44 (66.67%)	1 (1.51%)		0.000
		<b>Construction Labor</b>	14 (31.11%)	21 (46.67%)	9 (20%)	1 (2.22%)		
		<b>Hawker</b>	24 (50%)	9 (18.75%)	5 (10.42%)	10 (20.83%)		
		<b>Home Servant</b>	3 (7.89%)	19 (50%)	13 (34.21%)	3 (7.89%)		

The chi-square analysis between dietary management and types of workers indicates highly significant associations ( $p < 0.001$ ) for all dietary variables among different worker types.

- 1. Consumption of Fruits and Vegetables:** Transport workers are more likely than building workers, hawkers, and home staff to eat fruits and vegetables every day.
- 2. Consumption of Protein Rich Foods:** Transport workers eat protein-rich foods much more often than other types of workers.
- 3. Consumption of Dairy Products:** Transport workers and building workers are more likely to eat dairy products than hawkers and home staff.
- 4. Consumption of Processed Foods:** Hawkerc are much more likely to eat processed foods, while transport workers are less likely to do so.
- 5. Consumption of Homemade Meals:** Home servants have a higher tendency to consume homemade meals cooked from fresh ingredients, while hawkers have the lowest frequency in this category.

## CHAPTER SIX

### Discussion and Conclusion

#### 6.1 Discussion

Research on dietary management and sociodemographic status of day laborers in some parts of Dhaka shines light on an important part of public health and social welfare in Bangladesh. This study looks at how the things day workers eat and how they fit into their social and economic backgrounds affect each other.

Diet control is a very important issue for day laborers, who often do hard, physically demanding work and have limited money. Several tests have shown that their diets aren't good enough. (Ahmed et al.2018) did a study in Dhaka and found that most day Laborers ate rice and beans. They didn't eat as many fruits, veggies, or sources of animal protein. This can cause food deficits, especially in vitamins and minerals, which can hurt the health and productivity of this susceptible group.

Socioeconomic and social factors have a big impact on what day laborers eat. (Rahman et al.'s 2019) research showed that a person's income has a big effect on what they eat. Low-income day workers often choose cheaper carbohydrate-rich foods over more nutritious ones because they are more affordable. (Khan et al.'s 2020) study also found that day workers who had access to schooling and knew more about nutrition were better at managing their diets. People with more schooling can make better decisions about what they eat because they know more about it.

Also, the study shows how important it is to fix the social and economic differences between day workers. The goal of policy measures should not only be to make it easier for people to get healthy food, but also to teach people how to eat well and manage their money. Some of the problems that day workers have with their diets can be fixed through things like paid food programs or community-based nutrition education.

The study on how day workers in certain parts of Dhaka handle their diets and their social and economic status shows how complicated the link is between income, education, and nutrition. By addressing all of these factors, lawmakers and other interested parties can work to improve the general well-being of this disadvantaged group, which will improve their health and productivity in the long run.

## 6.2 Conclusion

In conclusion, the primary objective of this research was to investigate the dietary control strategies used by day laborers in Dhaka, as well as their socio-demographic characteristics. The results of this study provide significant contributions to our understanding of the dietary patterns, availability of nourishing food options, and level of nutritional awareness within this particular demographic. The research findings demonstrated a significant and favorable association between the level of self-assurance among day workers on their dietary practices and their ability to get a diverse range of nutritious food options. This underscores the need of advocating for nutrition education and enhancing the availability of healthful food choices for this susceptible population. Nevertheless, it became apparent that the presence of self-assurance in dietary habits did not always correspond to the availability of knowledge about sound eating practices. This underscores the need for focused nutrition education initiatives. Notably, young adults (18-24) tend to consume fruits and vegetables more regularly ( $p = 0.763$ ) and protein-rich foods ( $p = 0.006$ ) compared to older age groups. Men tend to consume fruits and vegetables more often ( $p = 0.040$ ) and have a higher intake of protein-rich foods ( $p = 0.048$ ) and dairy products ( $p = 0.044$ ) compared to women. Those with higher levels of education tend to consume fruits and vegetables ( $p < 0.001$ ) and protein-rich foods ( $p = 0.015$ ) more regularly. Monthly income is a significant factor influencing dietary choices among day laborers. Individuals with higher incomes are more likely to consume fruits and vegetables ( $p = 0.046$ ), protein-rich foods ( $p = 0.068$ ), and dairy products ( $p = 0.013$ ) regularly. Day workers in Dhaka have difficulties in obtaining healthy meals as a result of budgetary limitations, with a significant portion of them living in affordable rental housing or slum areas. By addressing the aforementioned housing circumstances and enhancing financial stability, individuals might potentially enhance their capacity to buy better food options. The contribution of day workers to the economy of Dhaka is of considerable importance. By placing emphasis on the well-being and dietary needs of these individuals, it is possible to generate favorable outcomes that have far-reaching implications for the wider community. The further research on large scale is recommended for the wellbeing of day labourers.

## References

- Bromage S, A. T. (2016; ). Calcium deficiency in Bangladesh: burden and proposed solutions for the first 1000 days. . *Food Nutr Bull* , 37:475–93.
- Fahim, S. M., Hossain, M. S., Sen, S., Das, S., Hossain, M., Ahmed, T., Rahman, S. M., Rahman, M. K., & Alam, S. (2021). Nutrition and Food Security in Bangladesh: Achievements, challenges, and impact of the COVID-19 pandemic. *The Journal of Infectious Diseases*, 224(Supplement\_7). <https://doi.org/10.1093/infdis/jiab473>
- Kim Y, S. H.-S. (2019). Make the village better: An evaluation of the Saemaul Zero Hunger Communities Project in Tanzania and Bangladesh. *World Dev.*, 124:104652.
- Loayza NV, P. S. (2020). *Macroeconomic policy in the time of COVID-19: A primer for developing countries*. Google Scholar, <https://bmcnutr.biomedcentral.com/articles/10.1186/s40795-022-00517-8>.
- Md. Hasan Al Banna, A. S. (2022). Factors associated with household food insecurity and dietary diversity among day laborers amid the COVID-19 pandemic in Bangladesh. *Springer*.
- National Institute of Population Research and Training (NIPORT). (2020). *Bangladesh demography and health survey 2004*. Dhaka, Bangladesh: and Calverton, MD: NIPORT, Mitra and Associates, and ORC Macro, 2005. Dhaka: Mitra and Associates, ORC Macro.
- Org., W. H. (2019.). *The state of food security and nutrition in the world 2019: Safeguarding against economic slowdowns and downturns*. Food & Agriculture; WHO

## SYNOPSIS

### Introduction:

Day laborers in Dhaka, Bangladesh, constitute a significant portion of the workforce and engage in physically demanding jobs. However, their dietary habits are often overlooked, despite the potential health risks associated with their work. This research aims to investigate the dietary management and socio-demographic status of day laborers in Dhaka to address these issues and improve their overall well-being.

### Statement of the Problem:

The research seeks to answer several key questions:

- What are the current eating habits of day laborers in Dhaka?
- What nutritional gaps exist in their diets, and what are the potential health implications?
- How do socio-economic factors, such as income and education, influence their dietary choices?
- What barriers hinder access to a balanced diet, and what solutions can be proposed to overcome these obstacles?

### Objective:

The exact goals of this study are the following:

- Looking at how day labourers in Dhaka handle their meals and how much money they make.
- Finding out what kinds of food day labourers eat and how often they eat them.
- Looking at how healthy their meals are and whether they contain enough nutrients.
- Researchers are looking into how socioeconomic factors affect what they eat.
- Finding the problems that make it hard to get a healthy meal and suggesting ways to fix them.

### Literature Review:

Dhaka's day laborers face challenges due to poverty, limited education, and physically demanding jobs. Research indicates that low-income households in Dhaka lack essential nutrients in their diets. Lack of nutritional knowledge among day laborers contributes to poor dietary choices. Socio-demographic factors like income and access to resources affect dietary patterns. Initiatives by the government and NGOs aim to improve the nutritional status of low-income families. (Rahman et al.,2020) (Ahmed et al.2018) (Bromage S et al., 2016)

## **Methodology:**

- A cross-sectional approach was employed, utilizing both qualitative and quantitative data collection methods.
- Sampling involved selecting four areas in Dhaka with high concentrations of day laborers and random selection of households.
- Data were gathered through structured surveys, semi-structured interviews, and focus group discussions.
- Descriptive and inferential statistics were used for data analysis, and thematic analysis was applied to qualitative data.
- Ethical guidelines were followed, and informed consent was obtained from all participants.

## **Expected outcome**

The expected outcome of this research is to gain a comprehensive understanding of the dietary habits and socio-demographic factors influencing day laborers in Dhaka. The study aims to identify nutritional gaps, potential health risks, and barriers to accessing a balanced diet. Ultimately, the research is expected to provide valuable insights for the development of evidence-based programs and policies aimed at improving the health and nutrition of day laborers in Dhaka, enhancing their overall well-being, and addressing the unique challenges they face in maintaining a healthy diet.

## Questionnaire

Dear Participant,

We are conducting a study on the “Research on Dietary management and Socio demographic status of day laborers of Selected areas in Dhaka”. We invite you to participate in this study by completing a questionnaire. Your participation is entirely voluntary, and you may choose to withdraw at any time. All information collected has been kept confidential and anonymous.

If you agree to participate, please sign the attached consent form and complete the questionnaire. The questionnaire has taken approximately 15-20 minutes to complete. Your participation in this study has helped us understand the dietary practices of a day laborer in Dhaka and inform policy interventions to improve their nutritional status.

If you have any questions or concerns about the study, please do not hesitate to contact us.

Sincerely,

Fahim Pathan

### **Consent Form:**

I have read and understand the above consent letter and agree to participate in the study on “Research on Dietary management and Socio demographic status of day labors of Selected areas in Dhaka”. I understand that my participation is voluntary, and I may withdraw at any time. I understand that all information collected has be kept confidential and anonymous.



## Questionnaire

<b>Name:</b>
<b>Address:</b>
<b>Unique Id:</b>
<b>Date:</b>

### Socio-demographic data:

Age:

- a) 18-24
- b) 25-34
- c) 35-44
- d) 45-54
- e) 55+

Gender:

- a) Male
- b) Female

Education Level:

- a) No Formal Education
- b) Primary School

- c) Secondary School
- d) Higher Secondary School
- e) Tertiary Education

Marital Status:

- a) Married
- b) Unmarried
- c) Widowed
- d) Divorced

Monthly Income (in BDT):

- a) Less than 10,000
- b) 10,000-20,000
- c) 20,000-30,000
- d) 30,000-40,000
- e) 40,000 or more

Category of Day Labor:

- a) Construction
- b) Agriculture
- c) Manufacturing
- d) Transportation
- e) Other

## **Dietary Management**

I am able to access and afford nutritious food.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I am aware of the dietary requirements for a healthy and balanced diet.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I consume fruits and vegetables on a daily basis.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I consume protein-rich foods such as meat, fish, or eggs on a regular basis.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I consume dairy products such as milk and yogurt on a regular basis.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I consume fast food or processed food on a regular basis.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I take food supplements to meet my nutritional requirements.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I face challenges in accessing nutritious food due to financial constraints.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

I am aware of the sources of information on dietary management, such as nutrition education programs or health workers.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

My overall health and well-being are positively influenced by my dietary practices.

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

How often do you consume fruits and vegetables in your daily diet?

a. Never

b. Rarely

c. Sometimes

- d. Often
- e. Always

How often do you consume protein-rich foods (e.g., meat, fish, eggs, beans) in your daily diet?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you consume dairy products (e.g., milk, yogurt, cheese) in your daily diet?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you consume processed foods (e.g., chips, sweets, fast food) in your daily diet?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you consume homemade meals cooked from fresh ingredients in your daily diet?

- a. Never

- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you experience hunger or go without eating because of a lack of resources?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you have access to clean drinking water?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you have access to cooking gas or fuel to prepare meals?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you have access to a variety of food options in your local market?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

How often do you have access to nutrition education or resources to inform your dietary choices?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

Please indicate the extent to which you agree with the following statements. Circle the appropriate response on a scale of 1-5,

where 1= strongly disagree

2= Disagree

3= Neither agree nor disagree

4= Agree

and 5= strongly agree.

I strongly agree with the answers given

I agree with the answers given

I am neutral with the answers given

I disagree with the answers given



I strongly disagree with the answers given

### **Section 5: Likert Scale questions**

Please indicate the extent to which you agree with the following statements. Circle the appropriate response on a scale of 1-5,

where 1= strongly disagree

2= Disagree

3= Neither agree nor disagree

4= Agree

and 5= strongly agree.

I feel confident about my dietary habits. 1 2 3 4 5

I have access to a variety of healthy foods. 1 2 3 4 5

I have access to information about healthy eating. 1 2 3 4 5