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Research Paper

Knowledge on health and nutrition among self-help groups affects the nutritional status

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■ **ABSTRACT** : The study addresses the knowledge on health and nutrition among self-help groups affects the nutritional status in Gajapati district of Odisha. Three of the tribal blocks *i.e.* Nuagada, Rayagada, R. Udayagiri consisting of 150 SHG members among tribal farming community were selected for the study. Respondents were also selected based on the criteria such as rural women only who were involved in agricultural activities having land holding of their own. The required information was obtained with the help of pre-tested schedule using personal interview method. Among all the respondents, 92.00 per cent were under poor knowledge level on health and nutrition before joining the SHG and which was not remarkably changed after joining SHG *i.e.*, 86.33 per cent. So the study areas of Gajapati have more percentage of malnourished women indicating chronic nutritional deficiency. Low education, derisory employment, scanty income, deficient savings, and meagre assets were all illustrative of this. Government, private organisations and Mass media should also help the tribal women for easy understanding of the need and importance of good health and nutrition condition of the family.

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