

Dietary assessment of tribal children (3-5 years) suffering from different degrees of malnutrition in Odisha

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The objectives of the study was to compare food and nutrient intake of the children suffering from different degrees of malnutrition and to assess the causes of food insecurity among the respondents. One hundred and fifty tribal children belonged to 3 to 5 years to age group were selected by random purposive sampling method from eleven anganwadis of udala ICDS project of Odisha for the present study and the data was collected with the help of required tools. The results of the study indicated that 32 per cent children were normal, 34 per cent children were wasted, 22 per cent were stunted and 12 per cent children were wasted and stunted. Joint family system (68%) was found to be prevalent in that area. Most of the parents were agricultural labourers having low education and low income. Prevalence of malnutrition was more among girls in comparison to boys. The mean food and nutrients intake of the respondents was found to be deficient in comparison to RDA except normal children. Parboiled rice was found to be their staple food. Fruit and milk consumption was found to be nil in the diet of all children except normal children. The food and nutrient intake of the respondents was found to be decreased with the severity of malnutrition. The most important causes for food insecurity was found to be poverty, wrong perception about Anganwadi food, working mother (88%), ignorance of mother (70%), dislike of food by the child and insanitary conditions of the households. Thus it can be concluded that strategies for reducing malnutrition should be focused on education of parents, health care facilities and improving the food security of the households.

Key Words : Tribal, Malnutrition, Wasted, Stunted, Food intake, Nutrient intake

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