

# Nutritional status and energy balance of tribal women of reproductive age group of Meghalaya, India

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India has largest concentration of tribal communities in the world except that in Africa. Tribal women are often neglected in terms of nutrition which leads to nutritional deficiencies, mortality and death. The importance and necessity to study the nutritional status of the tribal females of the northeast India was felt and in this backdrop, the present study was conducted with the objectives to assess the level of socio-economic development of tribal women of reproductive age, their dietary intakes in terms of quantity and quality and nutritional status. Study conducted in five villages of three districts of Meghalaya among 150 reproductive age group tribal women selected through stratified random sampling method and data were collected by a pretested interview schedule. Study revealed that almost half (49.33%) of the tribal women weights were in the category of 40-50 kg. Similarly majority of the tribal women's heights were in the category of 145-150 cm (38.0%). Person with normal BMI was 63.33 per cent. The overall prevalence of CED was 24 per cent. The Mean  $\pm$  SD of the BMI was  $21.06 \pm 3.55$  kg/m<sup>2</sup>. Three-fifth of the subject population fell under negative energy balance (64%).

**Key Words :** Nutritional status, BMI, CED, Energy balance, Tribal women

**How to cite this article :** Monsang, Elvina Shongsir and Singh, Namita (2019). Nutritional status and energy balance of tribal women of reproductive age group of Meghalaya, India. *Food Sci. Res. J.*, **10**(1): 63-69, DOI : **10.15740/HAS/FSRJ/10.1/63-69**. Copyright@2019: Hind Agri-Horticultural Society.

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