



THE NUTRITIONAL STATUS OF TRIBAL AND NON-TRIBAL CHILDREN

M.Mounajothi

Independent Researcher, Food Science and Nutrition

ABSTRACT Good Nutrition is an important determinant of all sound socio economic up liftmen of any community. The study was conducted with the objective of assessing the nutritional status of tribal and non-tribal children; purposive sampling was used to select 100 tribal children and 100 non-tribal children and assessing simple anthropometric measurements. This study indicate the majority of the children both tribal and nontribal community showed poor growth pattern and were not at all in good nutritional status. Their dietary habits were also found to be unsatisfactory and their lowered health and nutritional status and unhealthy lifestyle. The tribal and nontribal children need awareness of nutritional status, hygienic practices. The awareness of nutritional status increase their healthy body and healthy life.

KEYWORDS : Nutritional status, tribal, health, nutrition

Introduction:

“Good nutrition fosters sound health, improves the working capacity and facilitates national development. Nutrition plays an important role in all aspects of life from infancy to old age”. The tribes of India comprise about 8% of the total population of the country having probably the largest number of tribal communities in the world. (1)(A.R.Dongre).” A tribe is a group of people in a primitive or barbarous stage of development acknowledging the authority of a chief and usually regarding them as having a common ancestor.” “Tribes as a social group with territorial affiliation endogamous with no specialization of functions ruled by tribal officers hereditary or otherwise, united in language ordained recognized social distance with other tribes or castes.(2)(Agragar etal)”According to Ralph Linton “Tribe is a group of bands occupying a continuous territory or territories” and having a feeling of unity deriving from numerous similarities in a culture frequent contacts and a certain community of interests.(Amirthaveni)(3) believes that tribal societies are small in scale are restricted in the spatial and temporal range of their social. Legal and political relations, relations and passes a morality. A religion and world view of corresponding dimensions. Characteristically too tribal language are unwritten and hence the extent of communication both in time and space is inevitably narrow. At the same time tribal societies exhibit a remarkable. Economy of design and have compactness and self-sufficiency lacking in modern society. A tribe is a social group of humans connected by a shared system of values and organized for mutual care, defense, and survival beyond that which could be attained by a ling individual or family. The 2001 census of tribal population is (8%) eight percent scheduled tribes in India, as recognized in India's constitution. A total of 645 district tribes.

Objectives:

The study was concentrated the following objectives to study

1. On the health and nutritional status of tribal and non-tribal children.
2. Find out the Food habits of the tribal and non tribal children.
3. Understand the health and nutritional awareness of tribal and non tribal children.
4. Find out the food consumption pattern and food fad and food fallacies.

Methodology:

This prospective study was conducted on randomly selected one hundred and fifty number of children from pudhupatti area. Among them seventy five (75) belonged to tribes and seventy five (75) belonged to non-tribes. Among tribal children forty nine percent (49%) of them were male and fifty one percent (51%) of them were female. Among non-tribal children forty four percent (44%) were male and fifty six percent (56%) of them were female.

Results and discussion

A suitable interview schedule was designed, pre-tested and then administrated for the purpose of data collection from the selected children. Interview has been defined as a systematic method by which a person enters more or less imaginatively into inner life of a comparative stranger. These methods were used for collecting from the 1-5 years children. Through this socio-economic background,

food pattern and nutritional status of the selected subjects were collected. The present study indicated that the Nutritional status of the tribal and non tribal children.

Table-1 Mean Body Weight (kg) of the respondents

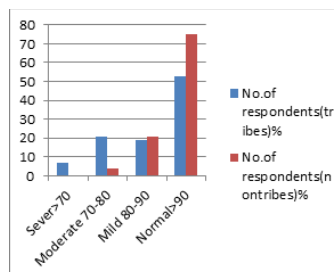
Age in years	Category	Male Mean±SD	“t” Value	Female Mean ± SD	“t” Value
1-2 Years	Tribes	9.31±0.97	0.26	9.55±2.35	0.46
	Non-tribes	9.59±0.97		10.04±2.35	
2-3 Years	Tribes	12.3±2.1	0.4	11.4±2.1	0.75
	Non-tribes	12.2±2.1		11.6±2.1	
3-4 Years	Tribes	15±4.9	0.34	13.5±2.3	0.47
	Non-tribes	3.6±4.9		13.1±2.3	
4-5 Years	Tribes	16.5±3.3	2.0	16.9±2.5	7.6
	Non-tribes	12.4±3.3		11.6±2.5	

Table-1 indicates the mean body weight of tribal and non tribal children. The mean weight of tribes male and female children in general was found to be slightly lower than that of the non tribes male and female children. Majority of the tribal children were classified under grade III malnutrition. But the difference was not statistically significant.

Table-2 Mean Body height (cm) of the respondents

Age in years	Category	Male Mean±SD	“t” Value	Female Mean ± SD	“t” Value
1-2 Years	Tribes	83.1±1.8	0.8	71.8±7.8	7.8
	Non-tribes	80.2±1.8		83.6±7.8	
2-3 Years	Tribes	86.7±5.8	2.8	87.6±6.7	1.9
	Non-tribes	88±5.8		88±6.7	
3-4 Years	Tribes	101.1±8.7	1.1	93.1±6.3	4.7
	Non-tribes	94.8±8.7		87.1±6.3	
4-5 Years	Tribes	100.8±6.2	1.8	104.2±4.3	1.0
	Non-tribes	92.4±6.2		101.7±4.3	

Table-2 illustrate the mean body height of tribal and non tribal children. The mean height of the tribal children was found to be slightly more than the non tribal counterparts in all age groups. Tribal children were taller than the non tribal children. But the difference did not prove to be statistically significant.

Percentage Distribution of Children Based on Weight/Height

The following chart distribution majority of tribes fifty three percent (53%) of them were normal twenty on per cent (21%) of them were

moderate nineteen percent (19%) were mild. Remaining seven percent (7%) were severe. Among non-tribes the majority of them seventy five percent (75%) of them normal, twenty one per cent (21%) were mild. Remaining four per cent (4%) of them were moderate.

Table-3 Mean MUAC (cm) of Tribal and Non Tribal Children

Age in years	Category	Male Mean±SD	"t" Value	Female Mean ± SD	"t" Value
1-2 Years	Tribes	16.1±4.0	4*	14.66±0.25	0.25
	Non-tribes	14±4.0		15.6±0.25	

2-3 Years	Tribes	15.7±1.5	0.46	15.3±1.5	0.46
	Non-tribes	15.6±1.5		15.6±1.5	
3-4 Years	Tribes	16±0.9	0.34	16.8±0.7	0.2
	Non-tribes	13.7±0.9		16±0.7	
4-5 Years	Tribes	17.4±1.2	0.99	16.5±1.6	1.0
	Non-tribes	17±1.2		16.1±1.6	

Table-3 shows that the mean mid upper arm circumference of tribal and non tribal children. Comparison did not show any significant difference.

Table-4 Mean Nutrient Intake of Tribal and Non Tribal Children

Age in years	Category	RDA	Energy Mean±SD	RDA	Protein Mean±SD	RDA	Fat Mean±SD	RDA	Iron Mean±SD
1-2 years	Tribes	1240	1098±73.44	22	18.5±1.90	-	-	12	8±2.5
	Non-tribes		1104.7±75.9		20.5±2.0		8.5±2.5		
2-3 years	Tribes	1240	1051.4±174.8	22	17.6±2.5	-	-	12	10.4±2.4
	Non-tribes		1080.6±190.5		18.5±2.24		10.88±2.4		
3-4 years	Tribes	1690	1450±142.82	22	25.2±2.4	25	20.74.0	18	13.6±1.8
	Non-tribes		1538±177.4		28.9±4.0		23.51.90		15.6±1.94
4-5 years	Tribes	1690	1495±57.64	22	26.3±4.1	25	20.74.0	18	14.7±1.9
	Non-tribes		1523±59.97		28.9±4.2		23.41.9		17.6±1.8

Table-4 shows the mean nutrient intake of tribal and non tribal children. The mean food intake of tribal and non tribal children was calculated food intake of the children, irrespective of their gender, in both the communities was far below the recommended levels. The food consumption data show energy, protein, fat and iron content in the diet of tribal and non tribal children were low. It was seen that the nutrient intake were significantly lower among tribal children.

Conclusion:

The educational level of parents also revealed that hundred percent (100%) of the tribes were illiterate, and ninety three percent (93%) of non tribes were illiterate. Majority of the children both tribal and nontribal community showed poor growth pattern and were not at all in good nutritional status. Their dietary habits were also found to be unsatisfactory. The nutritional awareness and nutritional knowledge is most important need to the tribes. Awareness to reduce the faulty food habits (like fried foods, junked foods) and change the faulty traditional food practice. Children's care found very poor among tribes. Migration of this particular community lead to a lot of negative factor in child birth, child bear and child rear practices. Attention and awareness must be given to the tribal parents regarding child health and hygienic practices with appropriate knowledge on nutrition.

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