

Nutritional and Health Status of Gond and Kavar Tribal Pre-school Children of Chhattisgarh, India

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KEYWORDS Malnutrition. Preschool Children. Gond and Kavar Tribes. Central India

ABSTRACT Present cross sectional study was conducted to assess the nutritional and health status on 379 (180 Gond and 199 Kavar) tribal preschool children of Chhattisgarh, India. The studied children were compared with other tribal and caste preschool children of the same area. Nutrition and health assessment was done through diet survey, nutritional deficiency signs and also by nutritional anthropometric indices such as weight for age, height for age and weight for height. The study reveals that there were lower consumption in several macro and micro nutrients intake compared to Recommended Dietary Allowances (RDA) of India, which may be reflected through high prevalence of nutritional deficiency signs among them. According to nutritional anthropometric indices, both sexes of Gond and Kavar preschool children were suffered by different grades of malnutrition within which girls were suffered comparatively more than boys specifically among Gond tribe. Irrespective of sex, Gond preschool children were suffered more by malnutrition compared to Kavar preschool children. Whereas present Gond and Kavar children were suffered more by malnutrition compared to the Brahmin preschool children of Central India, specifically on the basis of height for age index. The amount of macro and micro nutrients consumption of both present as well as others tribal preschool children in Central India were more or less same. All the observations suggest that just like other tribal children of Central India, the studied children also have insufficient nutrition intake, which may be due to mother's illiteracy, lack of awareness and other socioeconomic and cultural factors. Therefore, future studies should be undertaken to identify the factors responsible for the high prevalence of malnutrition among them.