

Nutritional Status of Adult Population of Raika Community in Jodhpur, Desert District of Rajasthan

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ABSTRACT In Rajasthan, Raika community in Jodhpur district commonly consumes camel milk, may be helpful in reducing the nutritional deficiencies and morbidities in adult community in addition to diabetes. With this aim, study was designed to assess the nutritional status of adult population of Raika community in Jodhpur district by means of anthropometry, dietary intake, clinical examination and to study the association between nutrition and morbidity, if any. Data collected on 203 adults, who approached camps organized at three villages of Jodhpur district, 2003 and examined for their anthropometry, dietary intake, nutritional deficiency signs and haemoglobin estimation. Proportion and t-test were applied as per their feasibility for application to test the strength of associations. The results of present study revealed that Raika adults suffered from Chronic Energy Deficiency (44.1 %), Vitamin A and B complex deficiencies (3.4 % and 2.4 %) along with anemia (87.7 %). Main morbidities reported at the time of survey were Aches (56.6 %), Gastric complaints mainly abdominal pain (26.1%) and Respiratory (8.8 %). Morbidity showed negative association with personal cleanliness, housing conditions, education and Haemoglobin estimation. Diet analysis showed that Raika adults suffered from calorie deficit but their intake of proteins met the allowances recommended by ICMR indicating proteins are being used for this purpose of providing energy in face of calorie inadequacy leading to malnutrition. It shows that malnutrition does not exist only in children but also in adults. In adults too, the extent of malnutrition is high in Raika community in comparison to comparative group of earlier study. There is strong need of planning nutrition education program for this community to reduce malnutrition and morbidity in this area.