

HEALTH AND NUTRITIONAL STATUS OF 'KOL' TRIBAL PRE-SCHOOL CHILDREN OF SONEBHADRA, INDIA

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ABSTRACT : Present study was conducted to assess the nutritional and health status of pre-school children belonging to Kol tribes of District-Sonebhadra, U.P, India. Nutritional and health assessment was done through diet survey, nutritional deficiency signs and also by nutritional anthropometric indices such as weight for age and height for age. It was found that intake of calorie, fat, calcium, iron and other macro and micro nutrients were much lower than RDA (Recommended Dietary Allowances) of India as recommended by ICMR which reflects several nutritional deficiency signs such as lack of lusture, sparse hairs, dispigmentation of hairs, paleness of eye, dental cavities, bleeding, gums oedema. According to nutritional anthropometric indices the children were suffered by different grades of malnutrition within which girls were suffered comparatively more than boys. All the observation suggest that the studied kol pre-school children have insufficient nutrition intake which may be due to mother illiteracy. Lack of awareness and or due to other socio-economic and cultural factors.

Key Words : Kol tribal, pre-school children, malnutrition anthropometric indices.