

September 10-11, 2018  
Prague, Czech RepublicKrishnaraj V et al., J Food Nutr Popul Health 2018 Volume: 2  
DOI: 10.21767/2577-0586-C3-008

## **NUTRITIONAL, HEALTH AND SOMATIC STATUS OF FOREST BASED TRIBES: A CASE STUDY ON SOLIGAS IN KARNATAKA, INDIA**

**Krishnaraj V and R P Lalitha Reddy**

University of Bangalore, India

**T**he tribal groups generally live away from civilized world in the inaccessible parts lying in the forests and hills. Soliga tribes, live in foothills of Biligiri Rangana Hills (B R Hills) and Male Mahadeshwara Hills (M M Hills) in Chamarajanagar district of Karnataka. (India). Soliga is one of the rare and popular tribes of Karnataka. The soligas lived here for centuries and have had a continuous and intimate interaction with the forest. Agriculture is the major occupation and collection of forest produce is another means of their livelihood. Finger millet is the most staple crop grown and its foods form an important item in their daily diet. They are dependent on variety of foods gathered from the forest. These foods include roots and tubers, greens and fruits. In view of their habitat, the food intake is influenced by vagaries of nature with large seasonal variation depending upon the availability of agricultural and forest produce. The study was aimed to assess their nutritional, health and somatic status. As, this is the first study there was no any other studies which ever covers this aspects. A total of 1000 Soliga tribal adults' men and women in the age group between 18-40 years were selected in this study. The results reveals that, diarrhea and dysentery were the predominant medical illness, urinary infection and fever was more common among female nearly half of the respondent noticed underweight (Low BMI). Higher percent of females had high WHR. The percent adequacy pertaining to energy, protein, fat and fibre was significantly less compared to the recommended dietary allowance (RDA). Iron, calcium and vitamin C were higher than the RDA. Majority of the females had higher fat percentage, lower lean percentage, higher body fat mass index (BFMI) and lower fat free mass index (FFMI). The findings reveal that poor nutritional status coupled with poor nutrient intake of the respondents. Thus to prevent further health related issues, nutritional education along with government policies for betterment of tribals is the top priority to prevent in the decreasing of forest based tribal population which are an asset to the nation.

### **Biography**

Krishnaraj V has completed his PhD work entitled with "Nutritional status, lifestyle and body composition of tribal adults in chamarajanagar district of Karnataka, India" in the department of Food and Nutrition at University of Bangalore Karnataka, India. He is waiting for thesis submission and presently working as Lecturer in Food Science and Nutrition at University of Mysore Karnataka, India. He had ten (10) years of teaching experience. He has cleared Karnataka state level eligibility for lectureship (K-SET). Two research papers published in reputed international journals one in (*International Journals of Trends in Bio-science*) and another one in (*International Journals of current research*), three papers are communicated for publishing. Two oral presentations were given, one in International conferences on "Roll of technologies in redefying health" conducted at MCC Bangalore, Karnataka, India and another one in national conference on "Family and Community Science-Catalyst for Sustainable Development Goals" from February 1-3, 2018 College of home science at MPUAT Udaipur, (Rajasthan), India.

kitty\_fsn@yahoo.co.in