



A BOOK REVIEW

Nutrition and Demography

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Nutrition and Demography: An Anthropological Study on the Kondh of Odisha.
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This volume i.e., “Nutrition and Demography: An Anthropological Study on the Kondh of Odisha”, is facilitated a new dimensions, in the area of nutritional status of Kondh population. The researcher equally focussed two aspects i.e., biological and social-cultural life of Kondh of Ganjam district, Odisha. This book analysed the demographic profile of study populations as well as their nutritional status. This book really appealing the researcher interest towards further study about nutritional status and demographic features of tribal people. The authors dedicated this book to renowned Prof. L.K. Mahapatra. In this book the foreword part has written by eminent Anthropologist and administrator, Prof. (Dr.) A.B. Ota, IAS.

The book content has divided into seven chapters, i.e., introduction, socio-economic demographic features, nutritional status, fertility behaviour, family planning and composition, health and mortality and lastly conclusion. The authors clearly discussed about nutritional status and demography and health status with lifestyle pattern of Kondh of Ganjam region of Odisha. The study covered seven objectives, which are really gives mean to the book. The authors selected 564 households from roadside Kondh village and 451 households from interior pocket of Kondh village. They were selected 30% households from each pocket to collect information on family diet pattern and nutritional anthropometry. The researcher also specified the age group between 15-49 years for collection of data on nutritional anthropometry. The researchers used household interview method for collection of data on demographic features and observation and interview method for nutritional anthropometry. In dietary survey, the researcher’s collected

very crucial data on food habits, attitudes, consumption unit, daily consumption etc. The researchers used two indicators, i.e., weight for height and weight for age for collection of data on nutritional anthropometry.

Authors used Swaminathan's adult consumption unit coefficient for calculating consumption unit. It was found that the average family consumption unit was 4.77 in case of roadside and 4.47 in case of interior Kondh. Kondh have mostly intake cereals constituting 87% of calorie intake. As nutrition level has direct proportionate to quality and quantity of food consumption by an individual. It was found that for roadside Kondh daily intake was 1890 calorie and for interior Kondh daily intake was 1730 calorie. It shows that the situation of both the Kondh were insufficient as the standard calorie is 2400 calorie according to ICMR. It has impact on their health.

Authors adopted two factors for calculating national status of adult i.e., weight for height and weight for age. In case of roadside Kondh the mean height of adult male was 158.85 c.m and interior was 158.75 cm., whereas the mean height of roadside Kondh female was 150.57 cm and interior female was 147.91 cm. Male were found normal (+1 and -1 grades as normal) and female were found underweight (-3 and -2). Taking into consideration the weight for age maximum numbers of male and female had normal range bit roadside and interior. Road side Kondh had better status in comparison to interior in both the grades such as weight for height and weight for age. Women were found underweight in both the cases but in whole roadside Kondh were better than interior one.

Fertility behaviour was studied in chapter four. The study shows that the average age of marriage among roadside and interior Kondh was 17 and 16 years. And the average age of both roadside and interior Kondh women were 19 and 18. The picture of age at marriage and first child birth were 1.81 and 1.87 for roadside and interior Kondh women respectively. Taking into considerations the age at last birth among roadside and interior Kondh, it was found that about 39% roadside Kondh had last birth between 30-34 and 42% interior had last birth between 35-39 respectively. The average ages at last birth were 37.02 in case of roadside and 37.40 in case of interior Kondh. The scenario was higher in comparison to women of Odisha which is 31 years. It was found that among Kondh the acceptance of birth control was low. The study shows that all couples had three children on an average which coming under high fertility rate than average population of the state.

Statistical data of nutrition and fertility in the study area indirectly contribute to perpetuating poverty, malnutrition, and consequently leading to severe health problems of the sections of Kondh in the study area. According to the family composition, the roadside Kondh have four surviving children, and the interior Kondh have five. In case of preferred sex composition, most people from both the sections prefer male children. Almost all roadside Kondh would rather seek advice

from private allopathic doctor, whereas an enormous proportion of interior Kondh is preferred to go to tribal medicine man of their locality or follow traditional ways of treatment pattern.

Due to the fact that the present empirical study was conducted in tribal areas of Ganjam, the result may be useful for the general welfare of those areas, as well as for similar tribal areas on other districts of Odisha.

This book will definitely be considered as a path way in the field of nutrition. The authors cover substantial aspects related to nutrition. Researchers who have done their study on health can also prefer this book as a reference.