



Gender Based Perceptions of Food, Dietary Behavior and Practices in Tribal Regions of Telangana: A Qualitative Assessment of Vulnerable Population

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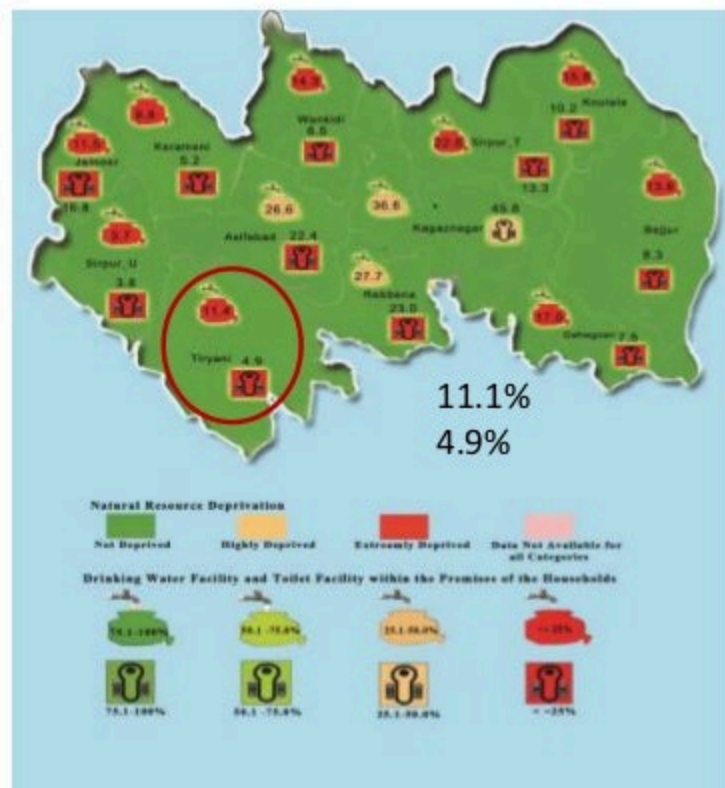
Background

- A growing nutritional crisis in India
 - Diet related malnutrition
- Diet quality depends on a number of factors
- Tribal population more at risk of malnutrition
- Need for adopting a multi-sector, holistic, system perspective



Location of study

- Komaram-Bheem district, Telangana; Tiryani mandal



Data and Methods



- Qualitative Analysis using Focus Group Discussion (FGD)
- Group 1 - Adolescent girls between the ages of 11 to 18 years old who were non-pregnant or non-lactating.
- Group 2 -Pregnant and/or Lactating Women (within 12 months postpartum) aged 20-49 years



Nutritional Status of adolescent girls in terms of anthropometric indicators:



Indicator	Early Adolescent (11 to 14 years)	Late Adolescent (15 to 18 years)	Overall
Height (cm)	142.35 (7.99)	151.36* (4.80)	146.99 (7.76)
Weight (kg)	33.57 (6.58)	42.48* (5.23)	38.16 (7.06)
BMI (Kg/M ²)	16.38 (2.27)	18.54* (3.81)	17.49 (2.35)
BMI Status			
Under weight	81.97	54.32	67.74
Normal	17.46	42.90	30.55
Over weight	0.56	2.79	1.71
Z score for BMI			
Stunting + Thinness	12.25	4.78	8.41
Only Stunting	20.14	26.96	23.65
Only Thinness	12.96	13.81	13.40
Normal/stable	54.65	54.45	54.55

Note: i) Values in the parenthesis represent standard deviation (SD)

ii) * indicate the values of late adolescent groups are significantly different from early adolescent group of respondent

Source: Baseline survey, Nutri-food Basket project, ICRISAT, 2017

Dietary Diversity: low to medium



Women Dietary Diversity Scores (WDDS): Percentage of individuals				
Mandal Name	Members Status	Dietary diversity (Normal day)		
		Low	Medium	High
		(Upto 3 food groups)	(4 to 5 food groups)	(More than 5 food groups)
Kasipet	Adolescent girls (N=586)	35.96	63.36	0.68
	Pregnant and lactating women (N=526)	40.15	58.69	1.16
Tiryani	Adolescent girls (N=441)	46.8	52.28	0.91
	Pregnant and lactating women (N=420)	51.21	48.06	0.73
Utnoor	Adolescent girls (N=428)	39.57	59.24	1.18
	Pregnant and lactating women (N=774)	33.77	63.34	2.89
Dietary diversity (Market day)				
Kasipet	Adolescent girls (N=586)	31.4	66.72	1.88
	Pregnant and lactating women (N=526)	32.89	65.02	2.09
Tiryani	Adolescent girls (N=441)	39.46	56.92	3.63
	Pregnant and lactating women (N=420)	43.57	54.52	1.9
Utnoor	Adolescent girls (N=428)	27.8	64.49	7.71
	Pregnant and lactating women (N=774)	27	66.02	6.98

Key Findings



1: Description of Common Dietary Practices

The typical diet consists of cereal dominated/based two meals in a day

Perceptions on awareness of nutrition recorded moderate responses

Seasonal variation in the diets is observed



Key Findings

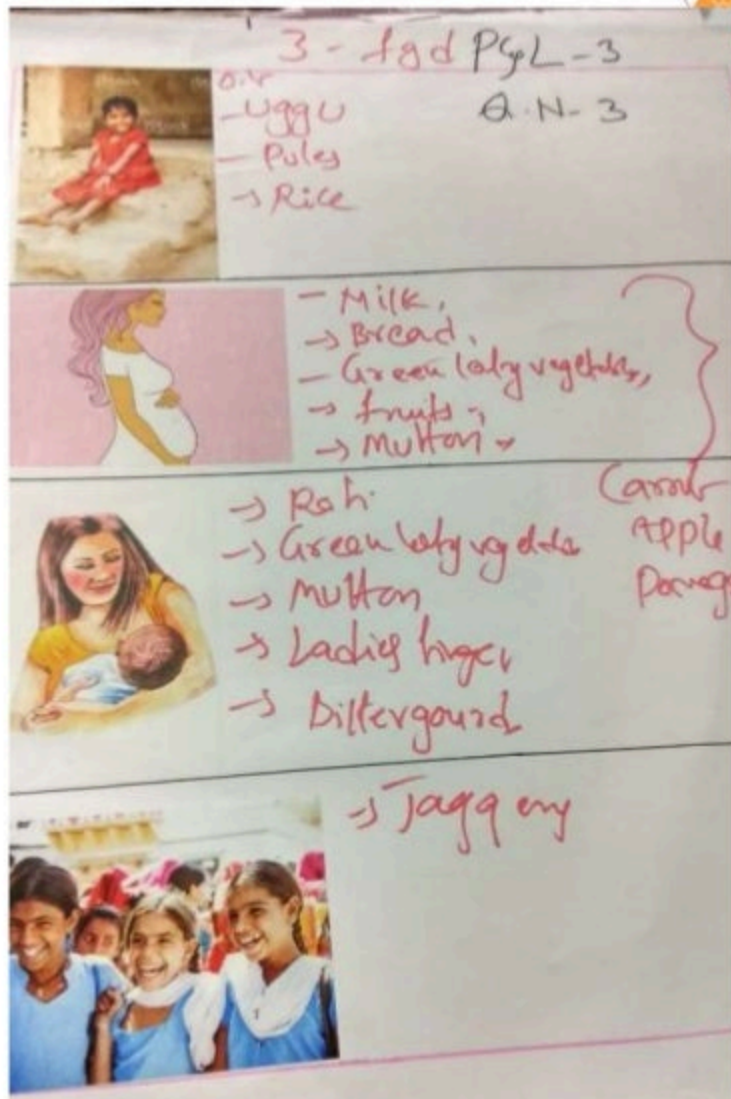
2: Community perceptions and culture towards food

Prevalence of the concept of special foods and food restrictions

Myths and food taboos influence the diets

Fasting is common among women and adolescent girls

Consumption of packaged foods prevalent among young children and adolescents



Key Findings



3: Perceived barriers to managing good dietary and sanitary practices

- Access to weekly markets affects the dietary patterns
- Order of food consumption affects the food intake within a household
- Change in diets from millets to cereals



Key Findings



4: Role of Government interventions

Access to ICDS
Anganwadi

Awareness
creation



Conclusion and recommendations

- Role of social and cultural norms and traditional beliefs about food
- Nutrition literacy
- Role of government led programs and effectiveness of functionaries
- Catalyze behaviour change
- **Moving forward: Nutrition messaging**



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