

## Nutritional Status of Tribal (Garasia) School Children of Sirohi District, Rajasthan

We conducted this cross-sectional study in the schools of Sirohi district having predominately tribal (Garasia) children. Prevalence of stunting was 44% and 46.9% among boys 1255 and 762 girls aged 5-16, respectively using NCHS reference. Prevalence of thinness was higher among boys (69.7%) than girls (59.3%).

**Key Words:** *Garasia, India, Malnutrition, Prevalence, Tribe.*

**G**arasia is a tribal community inhabiting the Sirohi district of South Rajasthan. We conducted a study to find out the nutritional status of school children belonging to this tribe. The study was conducted in 2007-2008 on 2017 children aged 5-16 years from government schools in randomly selected 13 villages with predominantly Garasia population – namely *Ker, Isara, Kacholi, Phula Bai Kheda, Umarani, Chandela, Girwar, Ganka, Manpur, Danvaav, Torna, Nagpura* and *Golia Vas*. A detailed medical examination including anthropometry was done using standard procedures(1). Children suffering from chronic disease were excluded. Height-for-age below 3rd percentile of NCHS/WHO reference values(2) was classified as stunting. Prevalence of stunting was also estimated using Indian reference(3) BMI for age below 5th percentile of WHO reference values was classified as thinness or chronic energy deficiency. Results are shown in **Table I**.

We conclude that the prevalence of malnutrition is high among school children of Garasia tribe. Similar prevalence rate of thinness and stunting was reported by Deshmukh, *et al.*(4) and Venkaiah, *et al.*(5). The present state of malnutrition in Garasia children may be attributed to their low socio-economic status, poor dietary intake and lack of knowledge about nutrition.

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**TABLE I** PREVALENCE OF STUNTING AND THINNESS AMONG ADOLESCENTS BOYS AND GIRLS

Age (y)	Boys						Girls					
	No.	Height(cm) Mean±SD	< 3 <sup>rd</sup> percentile WHO/NCHS (%)	< 3 <sup>rd</sup> percentile Indian affluent (%)	BMI Mean±SD	< 5 <sup>th</sup> percentile of BMI (%)	No.	Height(cm) Mean±SD	< 3 <sup>rd</sup> percentile WHO/NCHS (%)	< 3 <sup>rd</sup> percentile Indian affluent (%)	BMI Mean±SD	< 5 <sup>th</sup> percentile of BMI (%)
5	50	104.6 ± 8.5	16 (32.0)	14 (28.0)	13.0 ± 1.3	39 (78.0)	31	101.7 ± 7.9	14 (45.1)	11 (35.4)	12.6 ± 1.3	20 (64.5)
6	76	109.7 ± 7.9	21 (27.6)	14 (18.4)	12.9 ± 1.1	55 (72.3)	55	107.7 ± 7.4	21 (38.1)	18 (32.7)	13.5 ± 1.8	28 (50.9)
7	97	115.0 ± 6.8	32 (32.9)	15 (15.4)	13.1 ± 1.1	71 (73.1)	73	113.7 ± 6.8	26 (35.6)	12 (16.4)	12.9 ± 1.0	46 (63.0)
8	139	118.7 ± 7.4	65 (46.7)	32 (23.0)	13.2 ± 1.4	99 (71.2)	90	116.5 ± 7.7	55 (61.1)	25 (27.7)	13.1 ± 1.2	59 (65.5)
9	165	123.4 ± 8.1	71 (43.0)	38 (23.0)	13.2 ± 1.2	112 (67.8)	110	123.0 ± 7.8	48 (43.6)	21 (19.0)	13.1 ± 1.5	74 (67.2)
10	183	128.6 ± 8.1	73 (39.8)	40 (21.8)	13.5 ± 1.4	126 (68.8)	123	127.9 ± 8.4	50 (40.6)	31 (25.2)	13.5 ± 1.3	82 (66.6)
11	167	133.7 ± 8.2	71 (42.5)	33 (19.7)	14.0 ± 1.4	115 (68.8)	93	133.9 ± 9.0	34 (36.5)	24 (25.8)	13.9 ± 1.6	48 (51.6)
12	142	135.2 ± 7.9	76 (53.5)	60 (42.2)	14.4 ± 1.4	93 (65.4)	72	135.7 ± 9.5	38 (52.7)	32 (44.4)	14.6 ± 1.7	43 (59.7)
13	119	139.3 ± 7.7	71 (59.6)	49 (41.1)	15.0 ± 2.0	79 (66.3)	54	141.4 ± 6.4	32 (59.2)	21 (38.8)	14.9 ± 1.6	30 (55.5)
14	60	147.1 ± 8.4	30 (50.0)	16 (26.6)	15.0 ± 1.4	45 (75.0)	27	143.0 ± 6.0	20 (74.0)	11 (40.7)	15.1 ± 1.3	17 (62.9)
15	50	154.3 ± 10.0	22 (44.0)	12 (24.0)	15.8 ± 1.7	34 (68.0)	27	146.7 ± 3.1	15 (55.5)	02 (28.5)	17.0 ± 1.3	02 (28.5)
16	07	148.1 ± 9.5	05 (71.4)	03 (42.8)	14.6 ± 1.7	07 (100.0)	07	146.5 ± 8.5	05 (71.4)	02 (28.5)	16.4 ± 2.1	03 (42.8)
Total	1255		553(44.0)	326 (25.9)		875 (69.7)	762		358(46.9)	210(27.5)		452 (59.3)