

# Health profiling of women population among Wayanad tribes with respect to their fish consumption



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# Introduction

- Tribal forms more than 8% in total population of India and more than 1% of the Kerala's total population
- They belong to 35 communities out of which 22% of them are still living in the forest areas
- The health and nutrition problems of the vast tribal population of India varied among the tribal groups
- There exists bewildering diversity and variety in their socio-economic, socio-cultural and ecological settings

- Malnutrition affects 25.3% of tribal women in India and In Kerala, 20% of tribal women in the reproductive age group are undernourished (NFHS, 2019-21)
- In Wayanad, the overall prevalence of undernutrition among women is 12.2%, which is more than the state average of 10%
- Regular consumption of fish reduces the prevalence of anemia
- Nutritional anemia is a major problem for women in tribal belt of Kerala

# Nutritive value of fishes



## **SARDINE**

Protein-19.38%

Fat-11.7%

Minerals-1.73%

PUFA- **42.7%** of total lipids



## **TUNA**

Protein-18.90%

Fat-4.50%

Minerals-1.3%

PUFA- **26%** of total lipids



## **MACKEREL**

Protein-21.21%

Fat-7.51%

Minerals-1.33%

PUFA- **30%** of total lipids

# Materials and Methods



- Area of data collection- Various parts of **Wayanad** district
- 150 women respondents - face-to-face interview with a structured questionnaire
- Individual respondents personally interviewed at their respective home
- Sampling technique- **Stratified Proportional Sampling technique**



**Major tribal groups in Wayanad**



1

Paniya

2

Kurichyan

3

Kuruman

4

Kattunaykkan

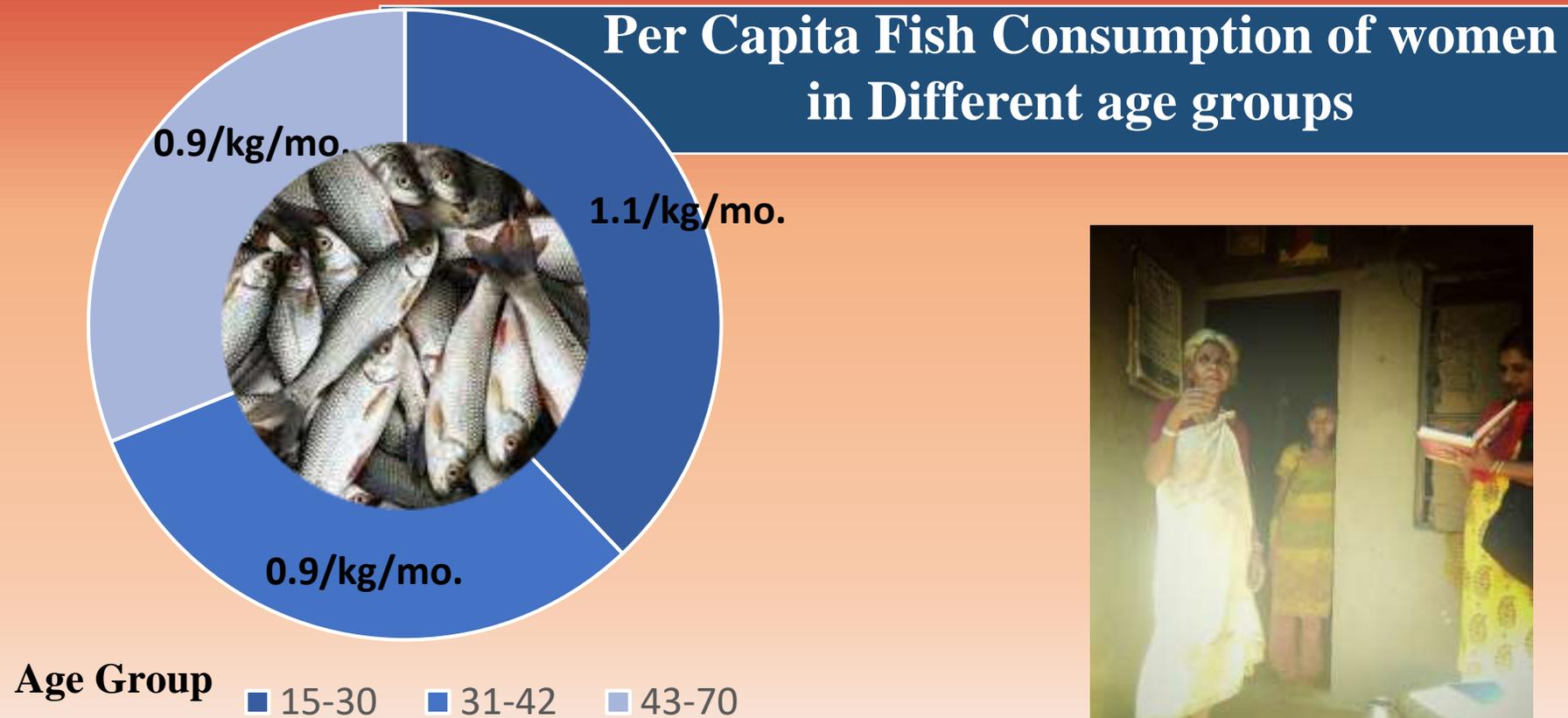
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Adiyan

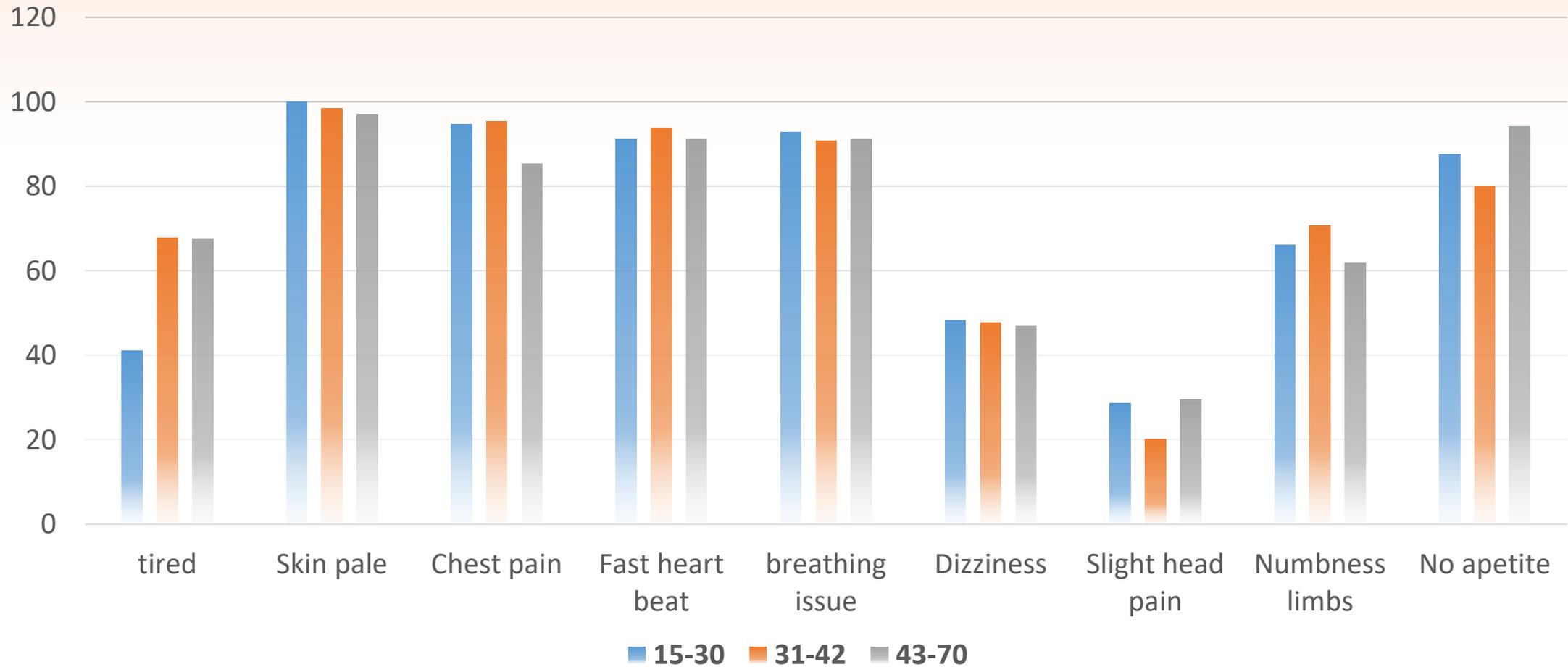
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Vettakuruman

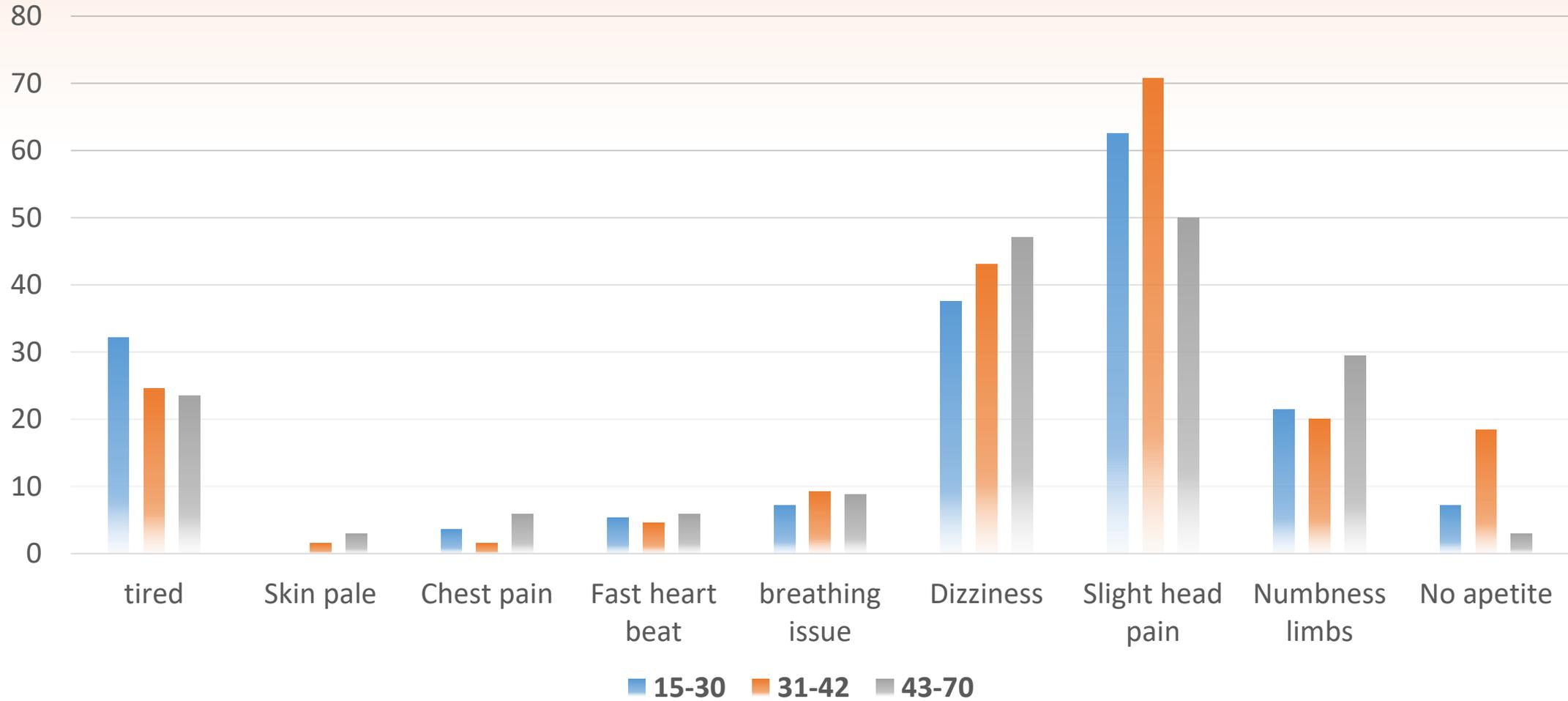
# Results



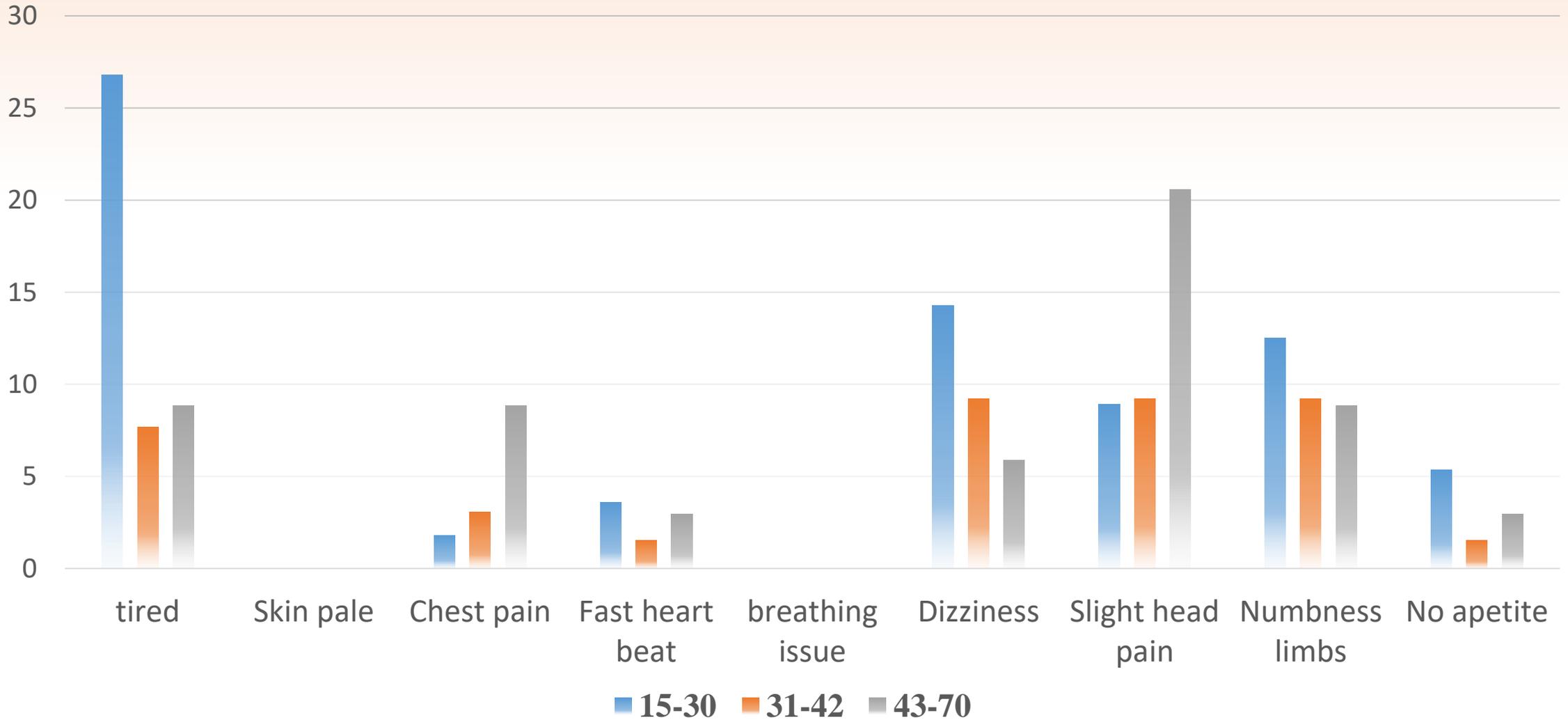
## PERCENTAGE OF INDIVIDUALS WITH NEVER OCCURRENCE OF SYMPTOMS



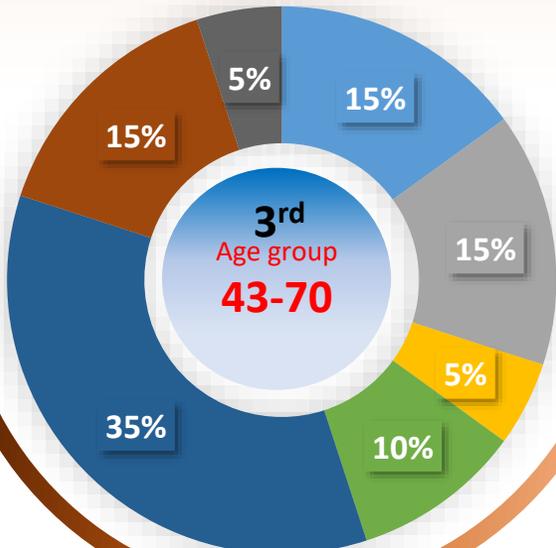
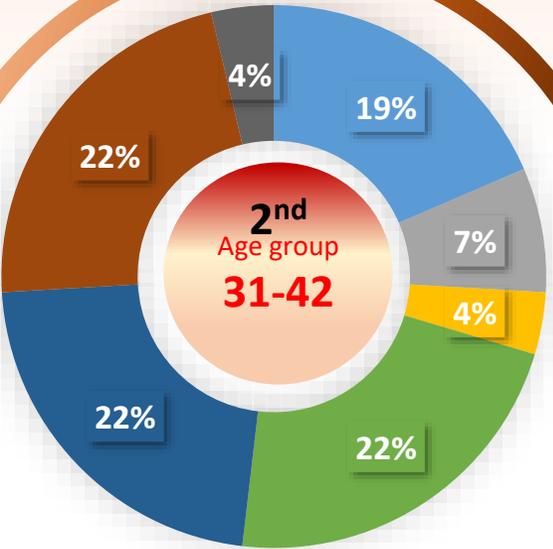
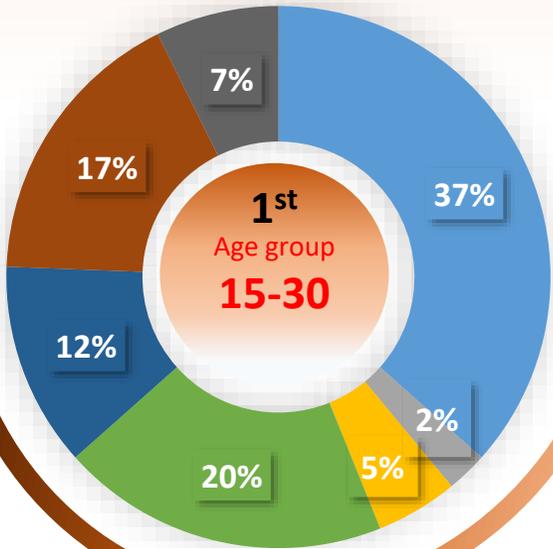
## PERCENTAGE OF INDIVIDUALS WITH RARE OCCURRENCE OF SYMPTOMS



## PERCENTAGE OF INDIVIDUALS WITH FREQUENT OCCURRENCE OF SYMPTOMS



# Occurrence of symptoms associated with nutritional deficiency



- tired
- Skin pale
- Chest pain
- Fast heart beat
- breathing issue
- Dizziness
- Slight head pain
- Numbness limbs
- No appetite



- The prominent health issue associated with all the three age groups include tiredness, dizziness, head ache and limb numbness which may be due to Iron deficiency anemia
- Major health issues reported in 1<sup>st</sup> age group is tiredness (37%) followed by dizziness (20%) and limb numbness (17%)
- Dizziness, head ache, limb numbness (22%) are the significant health problems in 2<sup>nd</sup> age group
- Third group is reported with slight head ache (35%), breathing issues, chest pain and limb numbness

# Conclusion

- Increasing health awareness about the benefits of fish consumption among the tribal women.
- The per capita fish consumption of the tribal women was found to be way below the state average of 2.5 kg/person/month.
- Identifying the various factors determining the fish consumption among the respondents could aid to improve the prevailing conditions.
- Training, demonstration and awareness among the tribal communities could result in improving the fish consumption and health condition of the women.

Thank you

