Title: Health and Health Care Practices among Tribal Women of Mysore District, Karnataka

Health is defined by the World Health Organization as a “state of complete physical, mental and social well-being”. It is also asserted that health may be seen as a state of dynamic equilibrium between an organism and its environment. The health of the people is the natural wealth of a nation and therefore, health problems are of national importance. In any country’s development, the health indicators of women play a pivotal role. The maternal mortality ratio becomes crucial to the health of a nation. The tribal areas of concentration in India are traditionally isolated, underdeveloped and are increasingly affected by development processes. There is a general agreement that the Health status of the tribal population in India is very poor, deficient in sanitary conditions, personal hygiene and health education. Health status of different tribal groups is influenced by their entire way of life like culture, including, social and economic condition, nutrition, living condition, housing, education food habits, taboos and superstition, socio-religious beliefs and practices, use of indigenous medicare system, income, communication and transportation, ecology, demography, social-biological practices, genetic attributes and the health services etc. Health and nutrition form a major thrust area of investigation among the tribal population.

In India, tribal women have high rates of anemia, and girl children receive less than the desired nutritional intake. The whole tribal community is deficient in adequate food intake. The extent of knowledge and practice of family planning was also found to be low among the tribes. In view of this, the present proposal aims at the maternal health care practices and health condition among the tribal women (1000 women of 18-50 years) in comparison to Hakkipikki, Iruilla and Jenukuruba tribes of Mysore district, Karnataka.

Objectives:

- To obtain information on the socioeconomic condition of the tribal groups, which influence on the nutritional status of the women.
- To assess the nutritional status with the help of anthropometric measurements.
- To estimate the hemoglobin level of the women.
- To find out the health status of the women by clinical observation.
- To find out the maternal health care of the tribal women with reference to the health problems and health care during pregnancy and also the postnatal health care of the mother as well as the baby.