

# **Assessment of the Nutritionl Status of Farm Families and Devising Extension Strategies for Ensuring Nutritional Secuirty in Darjeeling Hills**

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**Abstract**—*The villagers and farm families of Darjeeling hill still live in rough and remote hill corner with tough geogrpahic terrain and mainly dependent traditional food habit. The present study was undertaken to knowe their food habit, present nutritional status and devising extension startegies for ensuring nutritional security. Three surveys were conducted to know the basic information from school children, farmers, women and aged people in villages-Lower Ichebasti, Dolapchand and Bongbasti of Darjeeling district. The Body mass index of women revealed that majority of the women (46.32%) belonged to normal weight category (BMI: 18.5-25) followed by overweight (36.84%) and obese (13.68%). Only 3.15% women belonged to underweight category. In case of male farmers, majority were healthy (72.97%). Unfortunately, majority of the children (72.09%) were underweight followed by normal weight (18%) and obese (9.30%). The situtaion was terrifying in case of tribal faimilies in tea garden belt where more than 60% children and women were underweight. The innovative extension approach i.e. best kitchen gardening competition was conducted to motivate the women for kitchen gardening and to ensure the regular supply of necessary nutrient in diet through vegetables and fruits.*