

Assessment of Malnutrition on Maternal Health: A Comparative case of Tribals and non-tribals of Jammu and Kashmir

Navneet Kaur¹ and Altaf Hussian², Prof. Mohd Ishtiyaque³

¹Research Scholar, Department of Geography, Jamia, Millia Islamia, New Delhi

²Student, Jamia, Millia Islamia, New Delhi,

³Department of Geography, JMI

E-mail: navneetkaur1993@gmail.com

Abstract—The main objective of the study is to find inequity in the nutritional status among the tribal and non-tribal women (15-49years) of Jammu and Kashmir. Malnutrition is a key driver to poor maternal health among the women. Undernurtition leads to multi micro nutrition deficiencies which further creates many severe complication among women during pregnancy and delivery. This research is based on the secondary data published by National Family Health Survey (2015-2016). The study finds out that nutritional status among the tribal women is poorer than non-tribal women in Jammu and Kashmir. Various socio economic causes such as inadequate access to maternal healthcare, poor economic status, less access to money and credits, less participation in decision making, teenage pregnancy are responsible for malnutrition among the tribal women of Jammu and Kashmir. The study tries to establish relationship between the maternal healthcare and nutritional status of women. Study finds out that in spite of being malnourished, tribal women are using limited maternal healthcare especially antenatal care. Poor access to maternal healthcare rises the rate of stillbirth and other complications among tribal women during the pregnancy and post-delivery. By creating the awareness among women regarding the essentiality proper maternal healthcare which the present nutritional condition can be improved.

Keywords: Tribal women, Maternal health, Malnutrition, Jammu and Kashmir.