

Study of Nutritional Status of Korku Tribes in Betul District of Madhya Pradesh

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ABSTRACT Korku are tribal people of central India concentrated in the states of Maharashtra and Madhya Pradesh. In last few decades' research studies have showed that Korku are in grief of severe malnutrition. An estimated 5000 tribal children of this community died of malnutrition in Melaghat, Maharashtra between 1992 and 1997. Even today the situation is still critical in these areas. This study is an attempt to collect all relevant information which has bearing on health and nutritional status of Korku tribes in Betul district of Madhya Pradesh. Results showed that there is a great inadequacy of nutrients among male and female Korku which is mainly due to low intake of pulses, milk and milk products, green leafy vegetables, fruits, fats and oils, and sugar and jaggery. The study suggests the need to bring about changes in food habits of Korku tribes in order to improve nutritional status.