

Prevalence of Aneamia and Malnutrition among Gaddi Girls of Chamba and Kangra District of Himachal Pradesh

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KEYWORDS Health profile; malnutrition; tribal women; aneamia; body mass index

ABSTRACT The present study was undertaken with the objective to find out the health profile including aneamia and body mass index of adolescent Gaddi girls. A total of 400 adolescent Gaddi girls in the age group of 11-18 year had been selected (200 males and 200 females) from each district (Chamba and Kangra). The heamoglobin level was checked with the help of Sahli's apparatus. The results indicate that most of the girls were suffering from severe cases of aneamia and malnutrition of chronic energy deficiency grade III. No single girls had normal haemoglobin level. This was due to inadequate intake of all necessary food groups, unbalanced diet and heavy work load.