

**EFFECT OF NUTRITION INTERVENTION ON NUTRITIONAL STATUS AND
LIFESTYLE PATTERN OF THE SELECTED TRIBAL GIRLS (10-15)
FROM KANNUR AND WAYANAD DISTRICTS OF KERALA**

Thesis submitted in partial fulfilment of the
Degree of Doctor of Philosophy in Food Science and Nutrition

By

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80_Recommendations

- More programs should be initiated among the tribal population to improve their nutritional and social awareness
- The government should make some policies to ensure that the Public Distribution Centers (PDC) are properly distribute the ‘ration’ commodities to the card holders in proper quality and quantity in a systematic manner and ensure the Public Health Centers (PHC) are working properly with adequate numbers of staff members in PDC and PHC.
- Should restrict the alcoholism and should open rehabilitation centers to make them free from unhealthy practices like alcoholism and tobacco usage. The tribals spent their entire earnings towards these unhealthy practices and make the families to be in poverty. This is one of the major reason for their backwardness and their poor nutritional and health status especially in Kerala.
- Promote nutrition garden activities among the tribal population by providing seeds and seedlings at free of cost.
- Improve the existing ICDS food supplementation by including jaggery, green gram, and Vitamin A enriched oils and avail the government programmes to promote nutritional health and prevention of health problems.