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Double Burden of Maternal Malnutrition among the Dangaria Kondh Tribe: A Cross-Sectional Study in Odisha

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Abstract

The present study examines maternal nutritional status and its determinants among the Dangaria Kondh tribal women in Rayagada district, Odisha. The objectives were to assess the prevalence of undernutrition and overnutrition using anthropometric measures (BMI) and to identify socio-demographic, economic, and dietary factors shaping maternal nutrition. Primary data were collected through structured household interviews with 1,070 mothers, including 130 currently pregnant and 940 who had given birth within the past six years. BMI was measured following WHO standards, and Ordinary Least Squares (OLS) regression was employed to analyze determinants across underweight, normal, and overweight categories. Findings reveal a dual burden of malnutrition, with Kalyansinghpur showing the highest overweight prevalence and Muniguda exhibiting severe undernutrition, while Bissamcuttack reflects intermediate patterns. Income and education showed limited influence, whereas milk consumption, vaccination, and healthcare access were strong protective factors. Policy recommendations emphasize block-specific interventions, including targeted ICDS supplementation, nutrition awareness, obesity prevention, and strengthening maternal healthcare services.

Keywords: Maternal Nutrition, Dangaria Kondh Tribe, Determinants of Malnutrition, Undernutrition and Overnutrition, Body Mass Index (BMI), Rayagada District of Odisha