this way the health of rural people depends only on the supply
226 families of the region have been interviewed.

NUTRITIONAL INTAKE

As far as the study area is concerned, an average intake of calorie per head per day in the rural areas is 2206.5 while the protein intake comes to about 64.0 gms. The average intake of different nutrients in rural areas of the region are given in Table 6.4. In the urban areas average intake of calorie per head per day is 2367 while the protein intake is 63.9 gms. Other nutrients intake are given in Table 6.9.

As a whole, rural and urban, average intake of different nutrients in the basin have also been discussed and details of are given in Table 6.12. If we analyse the intake in respect of the recommended allowances it is clear that the diet of the region is quite deficient in respect of most of the nutrients. As far as calories are concerned, it is not upto the standard requirement. As far as malnutrition is concerned diet of the region is particularly deficient in Vitamin A, Vitamin B₂, Iron, Calcium etc. which are very essential for normal human health.

RURAL HEALTH

HEALTH HAZARDS

The general description of rural area, the climate, crops, flora and fauna and the demographic structure of the community makes the general physical environment in which the people live. Local environment is very much influenced by the process of learning and is responsible for individual health as far as
rural area is concerned. Rural environmental factors which affect the health conditions in rural areas are discussed in brief.

The data about diseases have been collected from various PHC's where they are classified according to international classification of diseases. These are further classified in fifteen categories. Intensity of diseases in the area, where diseases occur more frequently or less frequently has been analysed.

The ranking of diseases is a relatively simple method to assess the degree of prevalence of diseases in an area and its importance compared to other places. Detailed study of disease ranking have been made along with the description and discussion and given in Table 7.1 and 7.3. It is clear from Table 7.3 that the Dysentery is the most frequently reported disease in the study region, while skin diseases rank at second position. Deficiency diseases are also quite prevalent in the entire area.

HEALTH CARE

The necessity of sufficient availability of health services such as hospitals, health centres, beds, doctors and other health personnel can hardly be over emphasized. The study has been made about the ratio of beds, doctors and hospitals per thousand Sq. Km. area and again beds, doctors and hospitals ratio per thousand persons. This study shows very critical picture of the region.
CONCLUSION

Studies of the correlation of the agriculture, nutritional level and rural health are indispensable in the present context. Agricultural production is directly influenced by natural and cultural environment while nutritional status is directly related with agricultural production of the region. Good health means sufficient resistance power in the body to fight against diseases and also adequate energy to withstand the pressure of various types of works for development.

It has been made clear in the earlier Chapters that prevailing dietary pattern have very close relationship with the local food production, while on the other hand deficiency health hazards are directly controlled by the prevailing dietary habits.

Malnutrition is mainly responsible for the occurrence of various deficiencies as well as other health disorders because it determines the resistance power of the body against diseases. It has also become clear from previous discussion that some health hazards have close relation with the natural and cultural environment.

Agriculture decides the consumption of food stuffs and food stuffs which give the energy or resistance power for body to make good health. So it is now clear that agricultural production, nutritional level and rural health of the region are interlinked. In other words food is a basic necessity for survival; and food, nutrition and health are interrelated.
In view of the existing cropping pattern and production of the region, it is very essential to take necessary steps to increase the production of more nutritive crops. Steps should also be taken to popularise the cultivation of vegetables and fruits, to avoid the dietary deficiencies in the area. Health care facility is one of the primary needs of the human being. Health conditions of the people can be improved by providing them sufficient health care facilities.

SUGGESTIONS

To improve the nutritional level of the area it is very necessary to increase the present agricultural production. Some of the suggestions, given further, may prove helpful in this connection. It is desirable to take some steps to increase the cultivable land by which production of crops will automatically increase. Other steps should be taken in the field of irrigation facilities, use of fertilizers, quality of seeds, use of modern techniques and to increase the area under pulses, fruits, vegetables etc.

In the study area, on the basis of agricultural products, it is possible to suggest more nutritive value crops to do away with the prevailing deficiencies. It is desirable to introduce more nutritive value crops and high yielding varieties of rice, wheat etc. It is also suggested to increase the pulse production. Soyabean is a very rich crop from proteins point of view. Diet survey shows that vitamin A deficiency is widespread in the entire area. So it is desirable
to increase the production of vegetables and fruits to meet the demands.

In the previous chapter, it has been concluded from the discussion that the literacy is not quite satisfactory in the basin. Besides poverty, ignorance, carelessness including illiteracy of the region are also responsible to a certain extent for the poor diet. It has been observed by the author during diet survey that due to faulty cooking methods, most of the nutrients are destroyed during the process of cooking. Hence it is desirable to educate the people for which a nutrition oriented education programme should be started. This may help to improve their diet as well as the agricultural production. But this nutrition education programme should be related to local environment particularly with the local customs and traditions of the inhabitants of the area.

AGRICULTURE

The first step to increase agricultural production through modifications as follows:

(a) By increasing the net sown area.

(b) By increasing the irrigation facilities, particularly at the small village level.

(c) By increasing the use of fertilizers and by using improved techniques of cultivation.

NUTRITIONAL LEVEL

Now it is clear that the diet of the region is directly controlled by the food production of the region. So it is
desirable to improve the nutritional level of the region. On the basis of overall suggestions discussed above, following measures can be taken to improve the nutritional level:
(a) by introducing more nutritive value crops;
(b) by increasing pulses production (soyabean may be the best to introduce as pulse);
(c) by increasing the production of vegetables and fruits;
(d) by increasing the employment facilities; and
(e) by arranging regular supply of uncontaminated water.

RURAL HEALTH

It is clear from the study of ranking of diseases that the Dysentery, Skin diseases and deficiency diseases are most frequently reported in the basin. This is due to lack of uncontaminated drinking water supply, personal hygiene and lack of nutrients in the diet. For the eradication of many health hazards and for better health conditions, the following aspects may be considered and improved, according to the local environmental conditions.
(a) Improvement in nutritional status.
(b) Provision of health facilities at village level (Sanitation).
(c) Food habits may be improved in the light of local food availability.
(d) Provision of adequate uncontaminated water for drinking purpose.
(e) Improvement in living environment.
(f) Improvement in educational facilities, particularly in the field of female literacy.
HEALTH CARE

The study of health care services highlights the fact that there are wide variations in the availability of health facilities in different regions. Villagers have to travel long distances in order to get medical treatment. Therefore, the facilities of health care should be increased at PHC and Village levels where a health worker should be necessarily posted.

SCOPE FOR FURTHER RESEARCH

It is evident from enquiries conducted by the author during the course of this work as also from the discussions made in the above study that further research is required along the following lines:

(i) Nutritional deficiency and diseases, particularly deficiency of one nutrient leading to a particular disease.

(ii) Study and detailed analysis of what may be termed as the micro environmental factors which affect food and nutritional status of the people.

(iii) Detailed study and analysis of these factors which affect the agricultural production.

(iv) Detailed study of rural health with relation to health care of the region.

(v) Study of local environments of the area for development of socio-economic standard of the people.