LIST OF TABLES

1. Scores given for foods based on their frequency of use
2. Details of different measurements recorded for the preschool children
3. Prevalence of low birth weight in the locale of the study
4. Influence of different sectors on selected socio economic variables
5. Influence of religion on selected socio economic variables
6. Influence of caste on selected socio economic variables
7. Association of selected social variables with the family type of the respondents
8. Association of selected social variables with the family size of the respondents
9. Distribution of families based on employment status
10. Association of selected social variables on the employment status of the family members
11. Association of selected social variables with the economic status of the respondents
12. Association of selected socio economic variables on the types of houses occupied by the families
13. Basic amenities available at household level
14. Sector wise distribution of respondents based on categorisation of PQLI
15. Distribution of respondents based on the mean scores obtained for PQLI
16. Distribution of children based on age
17. Distribution of children based on sex
18. Sector wise distribution of children based on age
19. Religion wise distribution of the children
20. Distribution of children based on variation in family income
21. Distribution of children based on variation in family type
22. Distribution of children based of variation in family size
23. Distribution of children based on variation in type of houses
24. Sector wise distribution of children based on variation in birth weight
25. Religion wise distribution of children based on variation in birth weight
26. Caste wise distribution of children based on variation in birth weight
27. Distribution of Children based on caste, sex and birth weight
28. Distribution of children based on their birth weight and family size
29. Influence of breast feeding practices of the mothers on the birth weight of the children
30. Anthropometric measurements of the children
31. Distribution of the children in different sectors based on the variation in height (cm)
32. Distribution of the children in different sectors based on the variation in weight (Kg)
33. Sector wise distribution of the children based on their BMI
34. Sector wise distribution of the children based on the mean values of BMI
35. Distribution of children based on Z score values obtained for Height for age
36. Distribution of children based on Z score values obtained for weight for age
37. Sector wise distribution of children based on Z score values obtained for weight for age
38. Distribution of children based on Z score obtained for different birth weight groups
39. Distribution of children based on Z score obtained for weight for age and their current state of health profile
40. Distribution of children based on Z score values obtained for weight for height
41. Descriptive Statistics in relation to the anthropometric data
42. Correlation matrix of the variables selected
43. Model summary
44. Analysis of Variance
45. Standardised and unstandardised regression coefficient
46. Inferences appreciated for the models
47. Sector wise distribution of children based on their Haemoglobin content (g%)
48. Distribution of the families based on the monthly food expenditure pattern
49. Distribution of children based on percentage of monthly food expenditure and birth weight
50. Influence of per capita income on monthly expenditure on food
51. Sector wise classification on monthly food expenditure based on per capita income
52. Sector wise classification of children based on duration of breast feeding
53. Sector wise distribution of children based on the introduction of weaning foods
54. Distribution of children based on the frequency of use of various foods
55. Food use frequency scores obtained for various food articles
56. Mean daily intake of food by the children
57. Sector wise distribution of children based on their daily intake of foods
58. Quantity of food consumed by the children based on family size and family income
59. Average daily intake of nutrients by the children
60. Sector wise distribution of the children based on the availability of energy from their diets
61. Sector wise distribution of the children based on the availability of protein from their diets
62. Sector wise distribution of the children based on their fat intake
63. Sector wise distribution of the children based on the availability of calcium from their diets
64. Sector wise distribution of the children based on the availability of iron from their diets
65. Sector wise distribution of the children based on the availability of carotene from their diets
66. Sector wise distribution of the children based on the availability of thiamine from their diets
67. Sector wise distribution of the children based on the availability of riboflavin from their diets
68. Sector wise distribution of the children based on the availability of niacin from their diets
69. Sector wise distribution of the children based on the availability of folic acid from their diets
70. Sector wise distribution of the children based on the availability of vitamin C from their diets
71. Distribution of respondents based on the Nutrient Intake Index obtained
72. Distribution of respondents based on their sex and NII
73. Sector wise distribution of respondents based on NII
74. Religion wise distribution of the respondents with varying NII
75. Caste wise distribution of the respondents with varying NII
76. Distribution of respondents based on their NII and variation in family size
77. Influence of birth weight of the respondents on their NII
78. Influence of the education of mothers on NII
79. Influence of the education of mothers on NII
80. Frequency of use of various foods by mothers
81. Food use frequency scores obtained for various food articles - mother
82. Classification of foods based on scores
83. Distribution of respondents based on their daily meal pattern with reference to the constituents of main meals (percentage)
84. Distribution of the mothers based on their preferences for various food combinations
85. Average food intake of the mothers
86. Nutritional adequacy of the diets consumed by the mothers
87. Distribution of mothers based on these food habits of avoiding foods during pregnancy
88. Influence of maternal education on their food habits
89. Cooking methods practiced by the families

Influence of maternal food habits on the birth weight of new born babies
90. Influence of maternal education status on the birth weight of the babies
91. Distribution of the mothers based on the duration of breast feeding
92. Influence of maternal education on the breast feeding practices
93. Sector wise distribution of mothers based on age at menarche
94. Sector wise distribution of mothers based on the health problems faced during pregnancy
95. Sector wise distribution of mothers based on the period problem faced (in months)
96. Sector wise distribution of mothers based on the habit of utilizing public health care facilities extended
97. Sector wise distribution of mothers based on type of delivery and hard work
98. Sector wise distribution of mothers based on problems faced with food consumption pattern
99. Distribution of mothers based on Height (cm) and PQLI
100. Distribution of mothers based on Weight (Kg)
101. Distribution of mothers based on weight gain
102. Distribution of mothers based on BMI
103. Distribution of mothers based on selected anthropometric indices
104. Distribution of mothers based on Hemoglobin level
105. Association between NSI and selected variables
106. Distribution of mothers based on Nutritional Status Index (NSI)
107. Educational status of the parents of LBW children
108. Distribution of mothers based on social participation
109. Influence of education level and social participation on the knowledge level
110. Distribution of mothers based on Participation Index (PPI)
111. Impact of IICP on the daily intake of food by the preschool children
112. Impact of IICP on the weight status of the preschool children
113. Impact of Intensive Individual Counseling Programme on height status of the preschool children
114. Weight/Height$^2$ Index of the preschool children
115. Impact of IICP on chest circumference status of the preschool children
116. Impact of IICP on head circumference status of the preschool children
117. Head/chest circumference ratio
118. Impact of IICP on the MUAC status of the preschool children
119. Impact of IICP on the Mid Arm Circumference/head ratio of the preschool children
120. Distribution of the preschool children based on the episodes of illness
121. Distribution of preschool children based on the occurrence of illness
122. Distribution of preschool children based on the occurrence of illness before and after the implementation of IICP
123. Percentage distribution of the mother respondents based on the knowledge levels
124. Knowledge gained and retained by the mothers
125. Neutral and mean attitude scores
126. Association with age and educational level of the mothers
127. Impact of IICP on rate of adoption of new practices
LIST OF FIGURES

1. Idukki District of Kerala state to represent tribal area
2. Pathanamthitta District of Kerala state to represent rural area
3. Thiruvananthapuram District of Kerala state to represent urban area
4. Design of the experiment
5. Sector wise distribution of respondents based on categorisation of PQLI
6. Sector wise distribution of children based on variation in birth weight
7. Sector wise distribution of the children based on their BMI
8. Distribution of mothers based on Hemoglobin level
9. Distribution of children based on Z score values obtained for Height for age
10. Distribution of children based on Z score values obtained for weight for age
11. Sector wise distribution of children based on Z score values obtained for weight for age
12. Distribution of children based on Z score values obtained for weight for height
13. Sector wise classification of children based on duration of breast feeding
14. Sector wise distributors of children based on the introduction of weaning foods
15. Mean daily intake of nutrients by the children 1-3 year
16. Mean daily intake of nutrients by the children 4-6 year
17. Mean daily intake of food by the children 1-3 years
18. Mean daily intake of food by the children 4-6 years
LIST OF APPENDICES

1. Schedule to elicit information on the socio-economic status of the families with LBW children.
2. Schedule to record the food intake through recall method
3. Procedure followed for taking anthropometrics measurement
4. Clinical and morbidity survey of the preschool child
5. Nutrition and Health Education kit developed for the education programme
6. Data Collection from Tribal Hamlets
7. Immunisation and Medical Camp at Tribal Settlements of Idukki district