CHAPTER - V

CONCLUSIONS

Halakki Vokkalu is a small peasant group in Karnataka and they are settled down in four taluks of Uttara Kannada district namely Karwar, Ankola, Kumta and Honnavar. They are densely populated in and around Kumta and Ankola taluks. In Karnataka they are considered as very backward community and placed in the category-I.

Around 80.00 per cent of the Halakki Vokkalu live in the houses having factory tiled roofs. They use electricity to light their houses and fire wood as cooking fuel. Biogas and petroleum gas are rarely used. Most of them depend on wells for drinking water. A few people use constructed latrines. Fifty per cent of the Halakki Vokkalu are educated and around 2.00 per cent of them have reached the stage of graduation.

Men and women of Halakki Vokkalu exhibit brown to dark skin colour and they show Australoid features like small heads, slanting foreheads, round cheeks, projecting jaws, flat noses and well-cut lips. Men are muscular with broad shoulders. Women are comparatively shorter than men and possess lean body.
On the basis of present findings, interpretations and on other aspects, the following conclusions have been made.

The comparison of mean height of both males and females of Halakki Vokkalu with ICMR and NCHS-USA standards show that the means in all age groups of the present study are concurrent with the means of ICMR reports in all the age groups and fall shorter to the means of NCHS reports. The Halakki Vokkalu males and females have maintained average height as expected by the Indian standards. The calculated t values for comparison of height also support the above explanation. The shortage of mean height when compared to means of NCHS reports may be due to the different environmental conditions, genetic material, economical status and nutrition.

The comparison of means weight of Halakki Vokkalu males and females with ICMR and NCHS standards show that mean weight of Halakki Vokkalu are par with ICMR reports but fall slightly shorter to NCHS reports. The above statement is supported by t values also.

The Mid Upper Arm Circumference shows significant difference from 18 to 50 years when compared to males and
females of Halakki Vokkalu. This is quite natural, after the maturity, females deposit more fat on their body because of the less physical activities.

The comparison of Skin Fold Thickness at Triceps of Halakki Vokkalu males and females on the basis of t test reveals that there is no significant difference as far as Skin Fold Thickness at Triceps is concerned.

The Body Mass Index for chronic energy deficiency (grade III) is observed maximum percentage in 13 to 15 years of age group and this is rectified during adolescent growth spurt in both males and females. The children between 4 to 9 years of age groups do not show energy deficiency.

The Waterlow Classification (Height for age) also shows the maximum percentage of height deficiency in 13 to 15 years of age group.

Further, according to the Gomez Classification (Weight for age), maximum percentage deficiency of weight for age due to severe malnutrition is observed in the age group of 13 to 15 years. By and large Halakki Vokkalu exhibit normal growth and development in relation with their age,
whatever nutritional deficiency is observed only in the age group of 13 to 15 years and that is reflected in their rate of growth and development.

On the basis of Clinical Signs Examination, whatever deficiency we have observed regarding the intake of Vitamin A, Riboflavin, Fatty acid, Niacin, Folic acid, Vitamin C and Iron is quite negligible. Such deficiency is quite common in majority of the Indian communities. The maximum percentage of protein energy malnutrition is reflected among the children between 13 to 15 years where stunting growth and development is observed.

The mean hemoglobin level among the males and females are 12.70 gm/dl and 11.46 gm/dl respectively. The mean hemoglobin levels are slightly lesser to the WHO standards (males; 13.00 gm/dl and females; 12.00 gm/dl).

The comparative statement of mean intake of energy (kcal/day) among the Halakki Vokkalu and the energy requirement per day recommended by ICMR reveals that males in all age groups show negligible deficiency in energy intake. The maximum deficiency of energy intake is observed in the age group 13 to 15 years in both males and females.
Halakki Vokkalu are living in healthy environmental conditions away from all pollutions. Even though they are economically poor, not much malnutrition is observed when compared to Indian standards (ICMR). Easily available rice, millet, fruits, cereals and fish have supplemented their diet. The effect of malnutrition is quite visible in the age group 13 to 15 years. This temporarily observed deficiency may be due to the cross current emotions at the time of maturity in both males and females. It is very difficult to give any other explanation for this malnutrition in this particular age group but it may be psychological. This deficiency of nutrition; stunted growth and development observed in the 13 to 15 years of age group is rectified in later age groups.

The general pattern of morbidity due to illness includes fever, diarrhoea, dysentery, acute respiratory infection and measles. The prevalence percentage of fever is highest (5=00 per cent) followed by acute respiratory infection, diarrhoea, dysentery and measles. In all Halakki Vokkalu are considerably healthy with their complete diet and they fit into the Indian standards.