

Nourishing Tribal Futures: Tackling Anemia with Simple, Local Diet Changes in Nandurbar, Maharashtra

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BACKGROUND

Burden of maternal and child mortality, high anemia prevalence among women (65%) and children (71%) as per NFHS-5

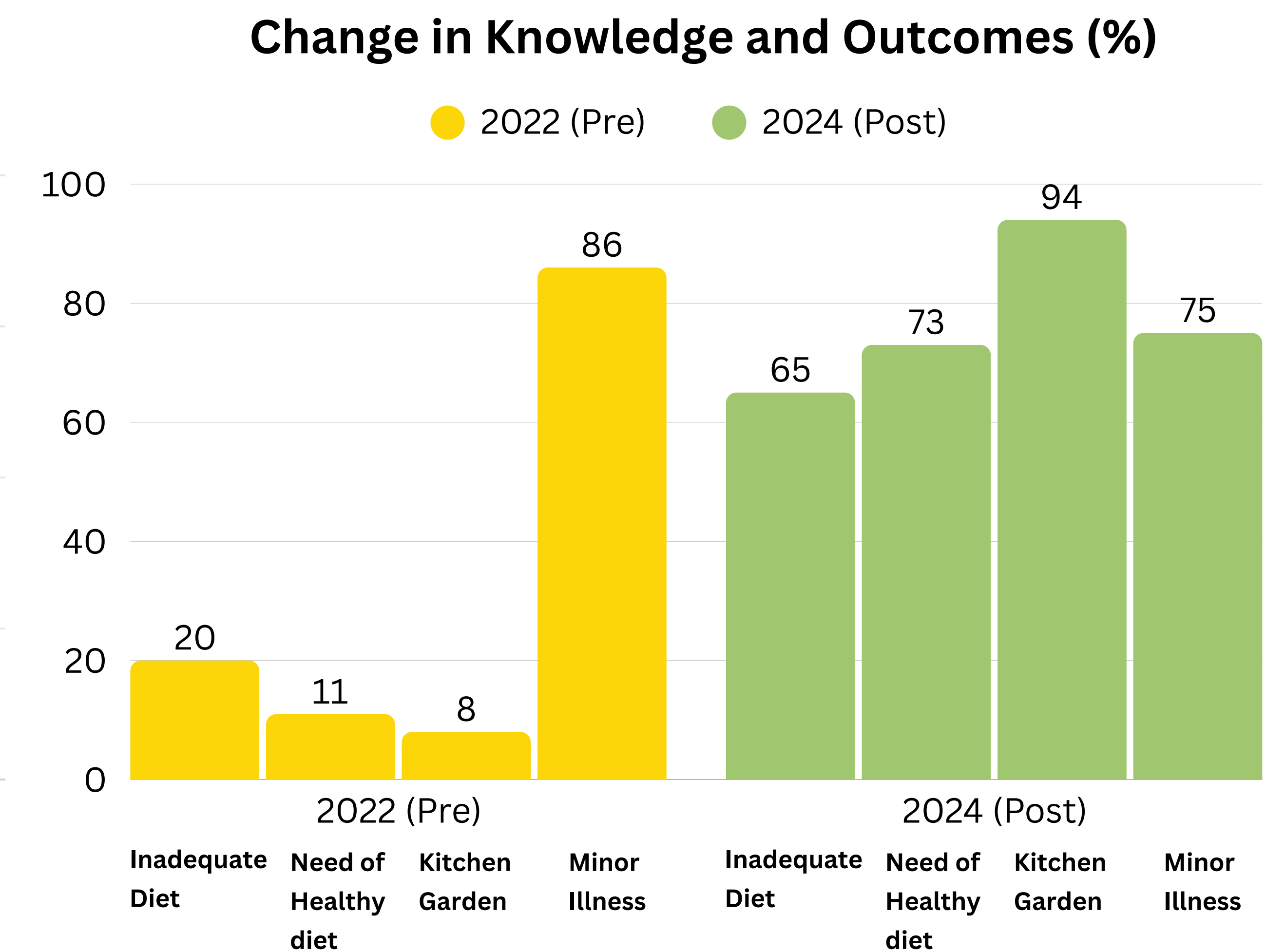
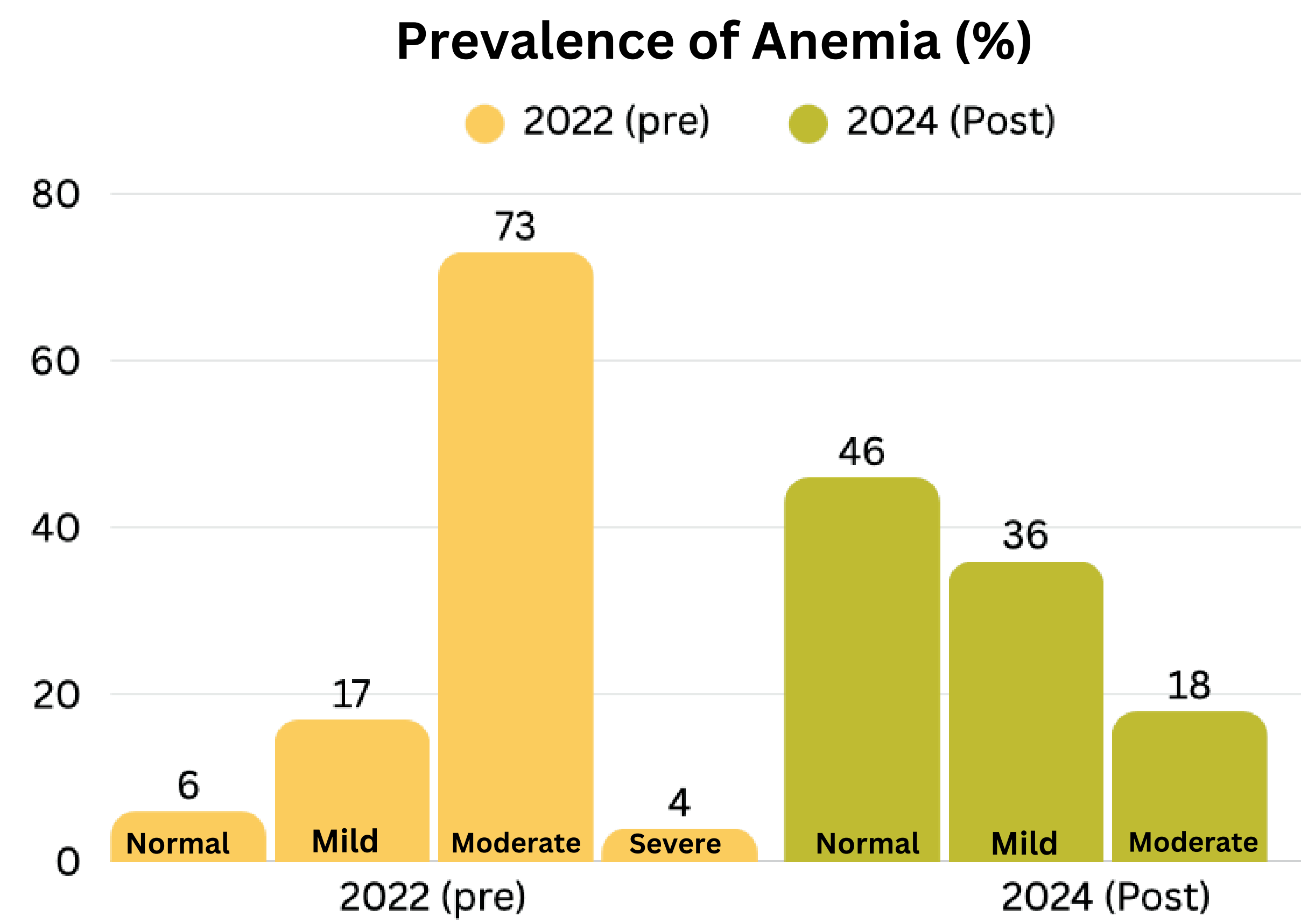
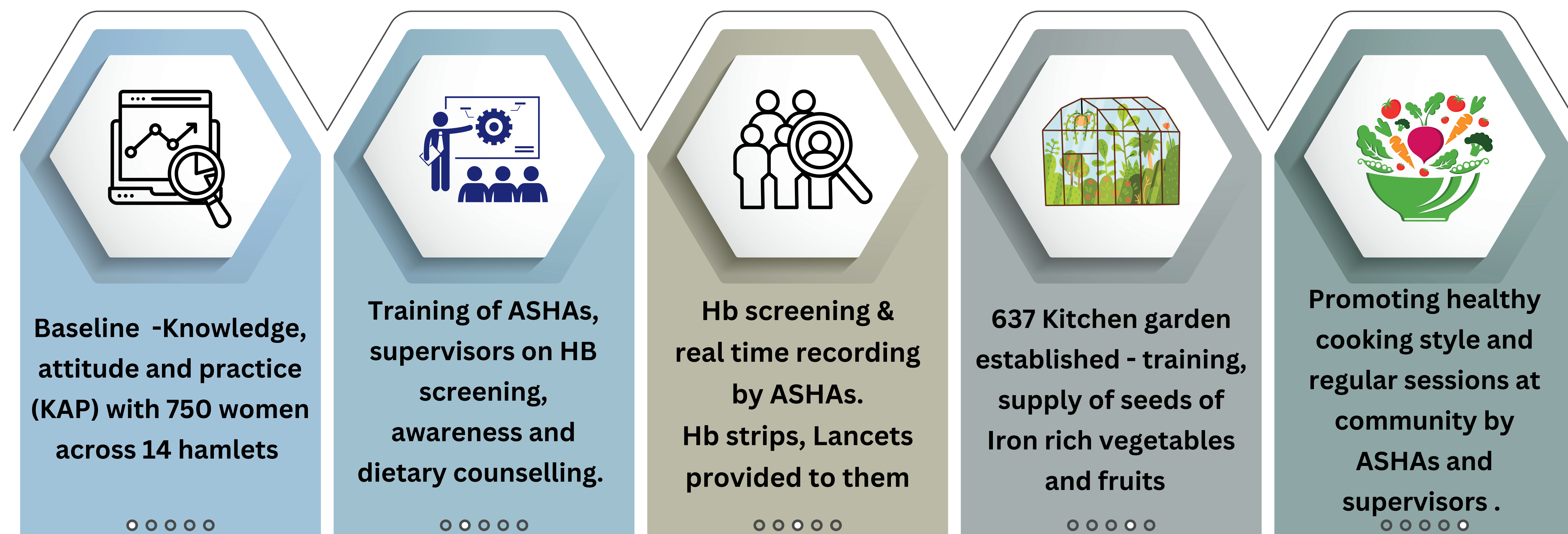
Reduce anemia among tribal women Promote nutritious, low-cost, local diets 14 Hamlets of Akkalkuwa block, Nandurbar.

Nandurbar -Remote aspirational district where 84% population lacks health care services.

OBJECTIVE

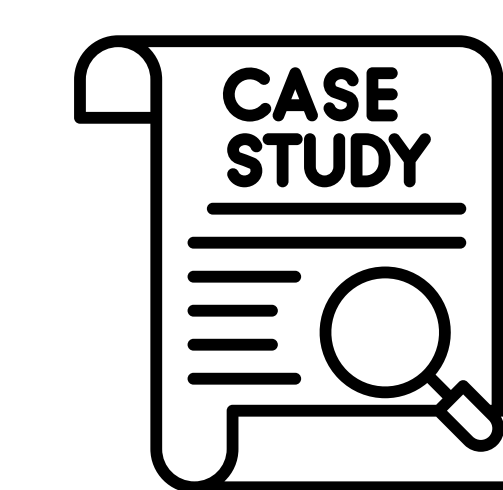
- Educate 700 community members on how food and lifestyle affect common health issues.
- Help 80% of women (reproductive age) achieve Hemoglobin >12 g/dl naturally – through food, not medicine.
- Support 85% of families in growing their own food year-round using native seeds and grey or fresh water.
- Promote diverse, nutritious diets and healthy cooking to overcome anemia and nutrient deficiencies in 80% of beneficiaries.
- Form and strengthen Mahila Arogya Samitis and train health volunteers in all 12 hamlets

INTERVENTIONS



NEXT STEPS

- ➔ Social Safety nets (Strengthening of Food Distribution Systems)
- ➔ Direct support for kitchen gardens to enhance food diversity
- ➔ Rigorous follow-up and regular health screenings
- ➔ Peer learning & awareness campaigns and showcasing local success stories



Dohari Bharat Naik – Overcoming Anemia Through Lifestyle Changes

Dohari Bharat Naik, a resident of Chapadi, initially suffered from anemia with a hemoglobin level of 8 g/dL. She experienced persistent weakness, body aches, and daily fatigue. After engaging with the Arogyamitra project, she adopted the recommended health tips, improved her dietary habits, and established a kitchen garden. As a result, her hemoglobin level increased to 12 g/dL. More importantly, she now feels healthy and energetic, with no recurring aches—highlighting the impact of simple, sustainable behavior changes on women’s health.

