

CRITICAL ANALYSIS FOR INDIGENOUS AGRO-FOOD SYSTEMS AND THEIR ROLE IN PROMOTING NUTRITION AND GOOD HEALTH AMONG TRIBAL COMMUNITIES

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ABSTRACT

This study was critically evaluated the livelihood of one of the Bangladesh ethnic tribal communities, the Sawtals and others tribal peoples. Being the minority, the Sawtals faces some challenges to adjust to social, economic and natural changes that came in their way during the last three hundred years. For the study Sawtal and others tribal communities a research was conducted Sirajganj district Sadar upzilla in 2018-19 fiscal year. This study aims was to find the impacts on the livelihood pattern of the Sawtals due to the depletion of the common pool resources and how they were coping with this situation. This study identifies that pragmatic and comprehensive arrangement for the Sawtals was necessary so that they can continue living by preserving their ethnicity and cultural diversity. Ensure food security, improved nutritional status and reduced the poverty of Sawtal and others tribal families through boosting agricultural production and improved income generating opportunities at the household levels.

Key words: Brind, livelihood opportunities, nutritional status, boosting agricultural production.

Introduction

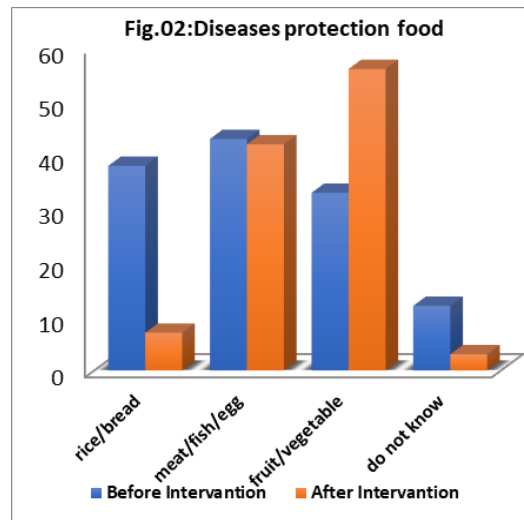
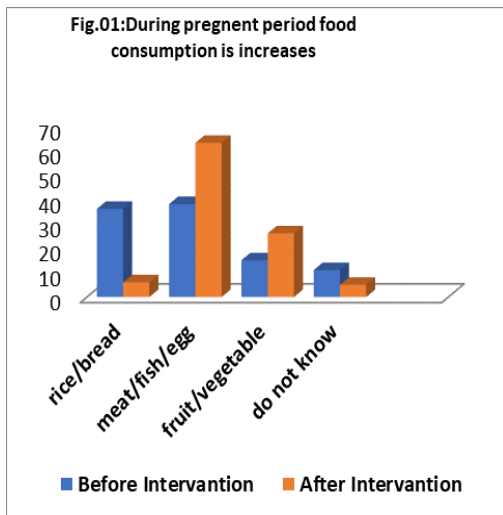
The Sawtal and other tribal peoples represent one of the oldest indigenous people in Bangladesh. Sawtal and others tribal people various place in Bangladesh but maximum Sawtal concentrated in the Barind areas in Bangladesh (Ahmad, Mohiuddin *et al.*, 2008, BBS, 2011). Their habitat is close to forests, jungles and areas accessible to nature, in following a symbiotic relationship. They are mainly hunters and gatherers, depending on the proximity to the common pool resources (CPR) (Shelly, M.R. (edited), 1992). They also depend on the agriculture-based economy for their livelihood. The present situation of Bangladesh technical and industrial development in the country is of the immense magnitude. Due to the rapid demographic pressure, the Sawtal faces multidimensional changes in the economic, financial, religious and cultural facets of their lives. They get limited access to the common pool resources as the 'beels', and 'haors' are leased out for commercial aquaculture. Many of the natural habitats for the insects and animals like crab, tortoise and snail are gradually being depleted due to mass use of insecticide. Agro-based food varieties, namely fruit, vegetables and nuts, are important for the daily diet as these contain micronutrients, fibre, vegetable proteins and bio-functional components. Consumption of fruits and vegetables is vital for a diversified and nutritious diet. Increasing dietary diversification is the most important factor in providing a wide range of micronutrients and this requires an adequate supply, access to and consumption of a variety of foods. However, food surveys show continuing low consumption of fruits and vegetables in many regions of the developing world (BBS and UNICEF, 2010). Agro-based interventions combined with extensive nutrition training offer a long-term, food-based strategy to control and eliminate micronutrient malnutrition. Agro-based production, relatively easy for unskilled people, can play an important role in poverty alleviation programmes and food security initiatives, providing work and income opportunities. Objectives was (a) Community agro-based food and nutritional activities with reduce considerable knowledge gaps at community of the Sirajganj Sadar upzilla (SDG- 02); (b) the knowledge of agro-based food consumption for better nutrition; (d) identify the factors associated with the vulnerability of the agriculture and food security in beneficiary.

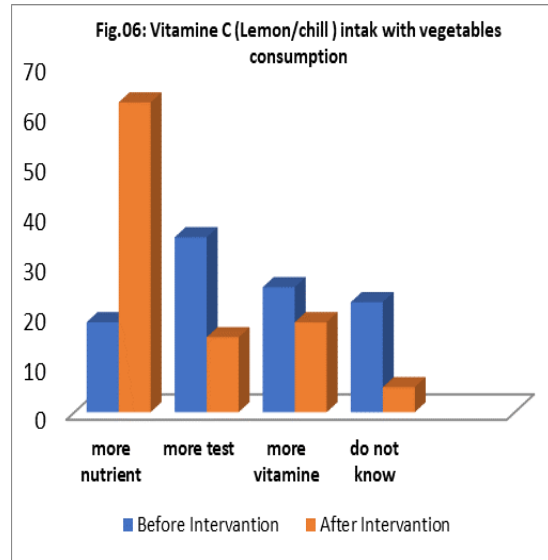
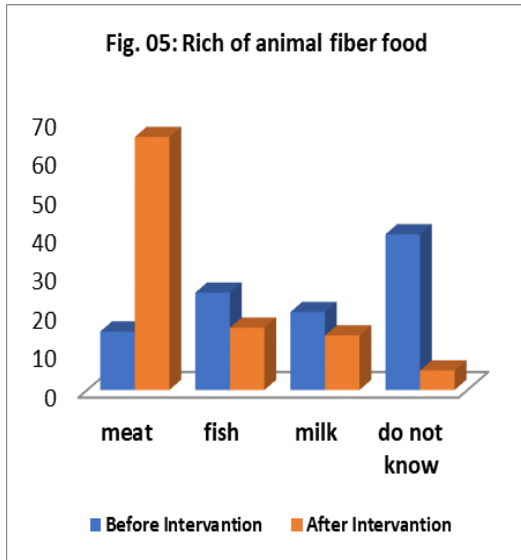
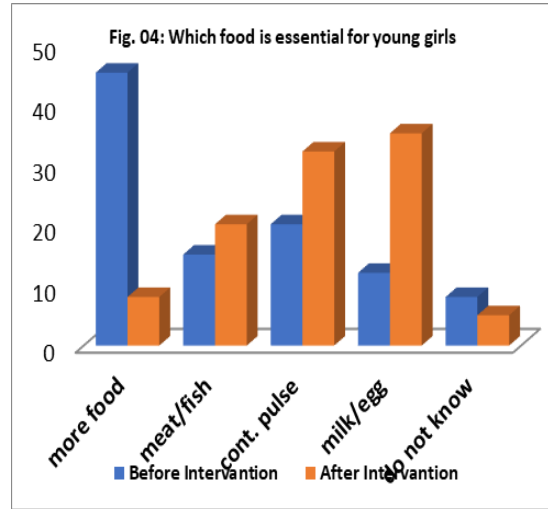
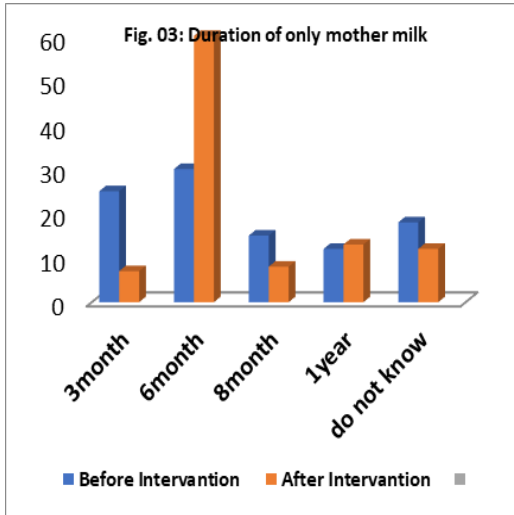
Materials and Methods

The participants selected from Sawtal and tribal household census for carrying out the study. Primary data and information collected from beneficiaries by household survey (HHS). A number of FGDs will be overseen to cross-check the primary information. In total 100 farmers were selected randomly from, Sirajganj Sadar upzilla of selected agricultural for the study. Selection of some 100 new and existing communities agro-based groups of marginal and small farmers from project areas through participatory needs assessment techniques (following the recommendations of the needs assessment). Formation of new tribal groups and strengthening of existing tribal groups by the way of participatory extension approaches (e.g. FFSs). The training undertaken using recognized participatory research and extension approaches (Barakat *et al.*, 2008). This activity was included the establishment of group-based plots to test and demonstrate the improved technologies like comprehensive homestead development; here project support to input were vegetable seeds, high value fruit sapling, fencing materials, Kitchen materials for groups work at training etc.

Results and Discussion

Dietary diversification through farmer’s home garden food intake and supported by nutrition training was, therefore, seen as a sustainable approach to fighting micronutrient malnutrition. Nutritional improvement needed through enhancing the production, supply and consumption of a variety of foods to meet dietary nutrient needs of households and communities (BBS, WFP and World Bank, 2009). Mass nutrition awareness campaigns and community based programs implemented by providing information on the nutritive value of foods, correct food combinations, food preparation and processing methods, appropriate advice and counseling to enhance dietary intake and improved the nutritional status of the people, particularly children, adolescent girls, pregnant and lactating mothers (Bleie, 2005). Capacity building in nutrition through training and counseling activities was integrated with agriculture programs and extension services to enhance consumption of a diversity of foods, improved dietary intake and nutritional status. This project was generated the following outputs: a). Improved agricultural development for agro-based food security (Fig. 01). b). Improved food safety and quality for consumer health and nutrition (Fig. 02). c). Reduced of poverty, agro-based food insecurity and malnutrition (Fig. 03). d). Increased social safety nets and improvement of living (Fig. 04). e). Identifications Agro-Based Food quality and safety problem (Fig. 05). f). Increased utilization of agro-based food and nutrition security (Fig. 06).





Most of people had a mixed diet of plant and animal food. Potatoes also form an important part of the diet being an important source of energy. Root and tuber crops together with bananas can supplement a cereal or rice-based staple diet. Starch was the main component of root and tuber crops, and plantain and green bananas. Proteins essential to the human building and repair of muscles and organs and needed in increasing amounts by growing children (Barakat *et al.*, 2008).

Although fresh farmer’s home garden produce was low protein content, on a dry weight basis, some food types such as beans were between 15 and 20 percent of protein. Small amounts of micronutrients (minerals and vitamins) needed for good health along with energy food and protein. Sodium, potassium, iron, calcium, phosphorus and many trace elements are essential for the body. Vegetables, especially leafy, have significant amounts of calcium, iron and some other minerals including vitamins A and C. Fresh farmer’s home garden produce also large amounts of fibre which, although indigestible, plays an important part in digestion. A diet with high fibre content reduces susceptibility to disease.

Conclusion

It was concluded from the study that the Sawtal and other tribal peoples in suffered from malnourish and ensure food security, improved nutritional status and reduced the poverty of marginal and small Sawtal and others tribal families through boosting agricultural production and improved income generating opportunities at the household levels of project areas.

Recommendations

In the area's need more research and inputs supplies for better health, economic rehabilitation and social safety net program in the Sawtal and other tribal peoples.

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