Exploring Health Determinants of Mothers and Children in Non-Tribal Communities in the Nilgiris Biosphere Reserve

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Abstract
This research attempts to understand the different factors that are influencing mother and child health in two non-tribal villages in the Nilgiris Biosphere Reserve (NBR) of India. It draws on a comprehensive health survey created by Cornell researchers and the Keystone Foundation. We surveyed 21 mothers in March and April of 2017 to evaluate mother’s perception of health risk factors. Additional Water, Sanitation, and Hygiene (W.A.S.H.) observations were conducted to better comprehend the daily environment and activities of a mother and young child, and to analyze the ways in which mother and child viewed sanitation in selected households. Using the health determinants model, the positive and risk factors influencing health were interpreted on the individual, the family & community, the home & working condition, and the overall socio-economic and environmental conditions levels. By understanding the illnesses affecting mother and child in a non-tribal rural setting, this work serves as a comparison between health survey done in tribal villages in the NBR to determine if the same health issues are affecting two different communities and to guide future interventions focused on promoting mother and child health in the Nilgiris Biosphere Reserve.