

Title: Assessing the Impact of Nutrition Workshops on Nutrition Knowledge, Attitudes, and Practices (KAP) in the Santhal Community.

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Abstract

Background

The Santhal indigenous community experiences high malnutrition rates due to extreme poverty and limited nutritional knowledge, particularly around locally available foods, highlighting an awareness and information deficit. This study evaluates the impact of an intervention related to locally available food and knowledge on nutrition knowledge, attitudes, and practices (KAP) in Bihar, India. By promoting locally assessed foods, the intervention aimed to enhance sustainability and resilience of local food systems.

Methods

A KAP questionnaire, tailored to reflect local diets and dietary patterns in the Santhal communities, was administered pre-and post-intervention. The questionnaire was internally validated for addressing key nutrients, ease of administration, and understandability. Comparisons were made between responses, objective correct answers, and baseline scores to assess improvements in nutritional KAP.

Results

The study included 293 participants, including 280 women and 13 men. Pre-intervention, knowledge scores averaged 12.8/28(\pm 6.42), indicating differing levels of knowledge among participants. Attitude analysis showed an average score of 17.6/26(\pm 3.11), with positive attitudes towards diverse diets (69%), harmful effects of excess salt (69%), and vitamins in fruits/vegetables (46%). Practices scored 13.6/30(\pm 4.48), with infrequent consumption of leafy vegetables (14%), nuts/seeds (40%), and high fatigue levels (68%). Post-intervention, improvements were observed in knowledge, with an average score of 23.6/28(\pm 4.39). Participants demonstrated improved knowledge of diet diversity (93%), regular meal consumption (99%), and benefits of eggs for protein (92%). Attitude scores increased to 22.2/26(\pm 2.91), with stronger agreement on pre-intervention topics and increased recognition for iron-rich foods (98%) and dietary considerations during pregnancy (68%). Post-intervention practices scored 18.3/30(\pm 2.65), with enhancements in meal planning (68%), consumption of leafy vegetables (61%), and iodised salt (74%).

Conclusion

The intervention improved nutrition-related KAP among participants, emphasising the importance of targeted interventions for nutrition literacy and healthier dietary practices. Further research is needed to assess long-term sustainability and impact in Santhal and other indigenous communities.