

**Nutritional Status in Kerala:  
An Explanatory Analysis**

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**Public Policy Research Institute  
Thiruvananthapuram, Kerala**

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# Nutritional Status in Kerala: An Explanatory Analysis

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## *Abstract*

*The nutritional issues of Kerala are changing its character from poverty to hidden poverty and over-nutrition related lifestyle diseases. It is an indicator of the mutable economic fabric of the state economy from an egalitarian to an elitist society, and the ineffectiveness of social welfare measures. Backward classes including the Scheduled Castes are facing stark economic predicaments and nutritional issues. Though there are myriad projects and programmes for solving their food and nutritional issues, statistics reveal dismal picture of missed targets. In spite of the efforts made by the government and other favourable factors such as high per capita income; stunting, wasting and anaemia remain as major health hazards in Kerala, especially among women and children. Nonetheless, the bleak point of concern is the insignificant share of resources and the critically missing concept of nutritional security over food security in the public distribution system. The simple reason for stunting, wasting and anaemia seems to be the inadequacy of food diversity. Majority of the people especially children are not getting diversified food items. Experience of many countries witness that by fortifying the main food materials deficiency of micronutrients could be disentangled without altering the food habits of the people at a relatively lower cost. Strange enough, Kerala has not initiated even preliminary steps in this regard.*

*Keywords:* Nutrition; Food Policy; Health Care; Kerala

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