

Project Aim: What shapes adolescents' diet and physical activity habits in rural Kokan, India? Adolescents' and caregivers' perspectives

Project Information

Funded by
MRC UK Southampton University

Start Date
Year 2018

Project Cost
35 Lakhs

Project status
Completed

Project Output

Publications
2

Equipment sanctioned
Yes

Enrolled Subject
197

Manpower
4

Details

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Project Summary

Focus group discussions were conducted in major and minor boys and girls from villages. This project was implemented in 9 centers across the globe (Ethiopia, Ivory Coast, Gambia, Kenya, South Africa and 4 places in India - Mumbai, Pune, Mysore and Dervan).

Three themes emerged from discussion: (1) adolescents' and caregivers' perceptions of the barriers to healthy diet and physical activity; (2) acceptance of the status quo; and (3) salience of social and economic transition.

Adolescents' basic dietary and physical activity needs were rarely met by the resources available and infrastructure of the villages.

Conclusion: FGDs with adolescents and their caregivers provided insights into factors influencing adolescent diet and physical activity in rural India. Scarcity of basic resources limited adolescent diet and opportunities for physical activity. To achieve current nutritional and physical activity recommendations for adolescents requires improved infrastructure in these settings, changes which may accompany the current Indian social and economic transition.