

Program UTTHAAN



Pre Health camp analysis report

Executive Summary:

To increase community participation and initiate the health intervention in the village, a Raksha Bandhan activity was organized involving community members, the TREEI team, and external stakeholders. The activity aimed to build trust, familiarity, and engagement around the intervention.

The preliminary health camp under Project Uththan was conducted in Watunde village on 4 September 2026, marking the first health-related intervention under the project. The camp included Hb and CBC testing, along with height and weight assessments for BMI calculation.

The sample indicates that the largest estimated health concern is nutritional status: The haemoglobin assessment indicates that 44.4% of the population falls within the normal/optimum category, 5.6% within the moderate category, 33.3% within the low category and 16.7% within the chronically-low category.

The BMI assessment indicates that 72.2% of the population falls within the underweight category, 11.1% within the moderate category and 16.7% within the overweight category.

Haemoglobin Interpretation

The population-level analysis indicates a significant proportion of the population with low haemoglobin levels.

The haemoglobin analysis was conducted as part of the health screening under Project Uththan. Based on the distribution observed in the sample, the following population-level distribution is estimated:

Haemoglobin Category	Population Distribution
Normal / Optimum	44.4%
Moderate	5.6%
Low	33.3%
Chronically Low	16.7%

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The analysis shows that **50.0%** of the population falls within the combined **low and chronically-low haemoglobin categories**. The sample report specifically notes that among those identified with low haemoglobin, some cases were classified as chronically low.

Anthropometric Assessment – BMI

Height and weight measurements were used to calculate BMI as part of the anthropometric assessment.

Based on the sample distribution, the estimated population-level BMI distribution is:

BMI Category	Population Distribution
Underweight	72.2%
Moderate	11.1%
Overweight	16.7%

BMI Interpretation

The analysis shows that **72.2%** of the population is represented in the underweight category. The presence of both underweight and overweight categories also indicates variation in nutritional status within the population, posing unhealthy lifestyle patterns and food consumption choices.

Gender Distribution

The camp recorded female and male participation, with the sample consisting of **57.9% female and 42.1% male participants**.

Gender	Distribution
Female	57.9%
Male	42.1%

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BMI Distribution by Gender

The detailed BMI assessment in the sample shows the following distribution:

Gender	Underweight	Moderate	Overweight
Male	62.5%	12.5%	25.0%
Female	80.0%	10.0%	10.0%

The sample therefore indicates a higher proportion of females in the underweight category, while overweight representation is higher among males.

Conclusion

The sample based population analysis provides an indicative picture of the health profile of Watunde village. The findings particularly highlight nutritional status and haemoglobin levels as important areas for continued intervention under Project Uththan.

The high representation of the population in the underweight category, together with the proportion falling within the low and chronically-low haemoglobin categories, indicates the importance of continued health screening and nutrition-focused intervention.

Glimpse of the camp:

