

NUTRITIONAL STATUS OF UNDER FIVE
CHILDREN IN NARGIS AFFECTED AREA
YANGON DIVISION, 2008

WIN YEE MON

MASTER OF PUBLIC HEALTH
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By
Win Yee Mon
M.B.,B.S.

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ABSTRACT

The general objective of this study is to determine the nutritional status of under-five children in Nargis affected area, Yangon Division. This baseline study was carried out in Yangon Division. This study was community based cross-sectional study by using interview, observation and anthropometric measurement. 408 under-five children from 351 households were included in the study. The study was based on under 5 children as well as their mother. So, multistage sampling technique was used for sampling procedure. The data was analyzed by using anthro software and SPSS (Version 15) and Epi Info 2000. The factors included in the study were number of under 5 children, maternal/care giver age, education, occupation, food expenditure and food stock, breast feeding practice and complementary feeding starting time and variety of food. Vitamin A supplementation, de-worming status and measles immunization status were also assessed. The presence of iodine in the salt was checked by test kit. The classification of the nutrition indicators was used according to the NCHS/WHO Z-score reference by regarding, two standard deviation: weight for age, height for age and weight for height as anthropometric indices for data analysis. Based on the results of the present study, wasting was 15.2 %, stunting was 27.3 % and underweight was 42.5 %. Wasting was common in 1-2 years age. Stunting was common in 2-5 years age and under weight was common in 1-3 years age. The lower the level of maternal education, the higher the level of stunting and under weight observed. Breast feeding within last 24 hours was found to reduce the prevalence of stunting. The measles immunization was found to reduce the prevalence of wasting. De-worming was found to reduce the prevalence of wasting. According to the WHO worldwide prevalence ranges, median prevalence in stunting, very high prevalence in underweight and critical condition in wasting proved that malnutrition is a problem in Nargis affected area, Yangon Division. Results of this study revealed some recommendation, which should be done by community participation and multi-sectoral approaches such as extended nutrition program and health program.