

LEVERAGE AGAINST CHILDREN! INSIGHT OF UNDERWEIGHT, STUNTING AND WASTING IN ZAMBIA

CEPHAS NGOMA^{*}, L SUBBURAJ^{**}, LEENA JENEFA^{**}

ABSTRACT

There has been an emerging face of malnutrition across the globe: Childhood overweight and obesity. Malnutrition is not only an important cause of childhood mortality and morbidity, but also leads to permanent impairment of both physical and mental growth of those who survive. Good nutrition allows children to survive, grow, develop, learn, play, participate and contribute to the welfare of the community. While malnutrition robs children of their futures and leaves young lives hanging in balance, this journal will discuss on the types of malnutrition, causes and their effects and what measures have been put in place to fight malnutrition across the globe.

KEYWORDS: Malnutrition, Wasting, Stunting, Underweight.

INTRODUCTION

Malnutrition is explained that in-sufficient nutrition and vitamin deficiency either as under nutrition or high nutrition. Under nutrition deficiency, nowadays more number people were affected and also with overweight or with underweight with multiple number of side effects. The age and the height is not equal due to lack of minerals, food intake, improper care and infected diseases.

If the people affected with Under-nutrition, their body immediately will attack of disease. Malnutrition has two major results which have been identified as the types of malnutrition these include stunting and wasting. Stunting is the devastating result of poor nutrition in-utero and early childhood. Children suffering from

stunting may never attain their full possible height and their brains may never develop to their full cognitive potential. Stunting mostly affects children under the age of five; these children begin their lives at a marked disadvantage: they face learning difficulties in school, earn less as adults, and face barriers to participation in their communities.

Wasting might be other devastating result of lack of nutrition in children is the life threatening result of poor nutrition intake or disease. Children suffering from wasting have weakened immunity and susceptible disease and face with increased rate of death when wasting is severe.

*Student, Department of Education, DMI-ST. Eugene University, Zambia.

**Senior Lecturer, DMI-ST. Eugene University, Zambia.

Correspondence E-mail Id: editor@eurekajournals.com

Malnutrition can cause a lot of problems but the path to prevent it is needed much more attention and care, any how some of following methods like having adequate nutrition to mother during before and after pregnancy and lactation, and for childhood breastfeeding in first two years is needed also make available good nutrition's, safe diverse food in childhood. And healthy environment, including access to basic health, water, hygiene and sanitation service and chance to have for safe physical activity. These key factors can deliver a world where children are free from all forms of malnutrition. Though this opportunity the UNICEF, WHO, World bank global and regional child malnutrition report says that we are still far from a world without malnutrition.

Apart from report of these agency disclose , published in may 2018 that the key factor of stunting, wasting, and overweight among children under 5, and shows insufficient progress to reach the WHO target set for 2015 sustainable development goals set for 2030. And regular check, data collection, monitoring stunting and wasting is not easy work do it in regional and global level anyhow some measures are also needed for feature.

To preventing stunting, wasting mothers are played in front line careers of children also they are playing vital role in feeding, preventing sickness and seeking good health. Healthy development of child is impacted by between mother and her job or career and also some other aspects of mother's psychological status and mental health and the environment in which she lives(WHO 2004)

A research survey report of 22 studies from developing countries published between 1990 and 2011 shows a strong relationship between maternal autonomy and child nutritional status (report on 2014), woman with low autonomy have associated with poor nutrition condition in children for example lower maternal age, lower

social economic status, low level of education, poor nutritional status report from sethuraman 2006, chakraborty and Anderson 2011, Ahmed 2014

Maternal under nutrition is of great concern in many countries, and especially so for those in emergency settings (ENN, 2013b). Good maternal nutrition status is also crucial for the mothers' own ability to live a healthy life. Mothers with low BMI and short stature are at increased risk of obstetric complications leading to an increased risk of maternal morbidity and mortality, and face greater risks of adverse pregnancy outcomes (Kramer, 2003).

RESEARCH METHODOLOGY

PARTICIPANTS AND SETTINGS: Participants of the study are those who are affected by malnutrition in Lusaka. A pilot study preceded the interviews to highlight errors in advance. Some of the information was obtained through casual conversation with participants. Individual face-to-face interviews were used for individual respondents.

The sample size selected for this research purpose constituted of 100 respondents through structured questionnaire in the natural environment. In this research, the researcher used purposeful sampling.

SAMPLING PROCEDURE

The pilot study has been conducted from 15 respondents to confirm and efficacy of the questionnaire. Based on the feedback on the pilot study, certain modifications were carried out. By adopting purposeful sampling, 100 respondents have been selected.

SOURCE OF DATA

The primary data were collected from various locations in Lusaka. Secondary data were collected from different literature, published

articles, health department statistics, journals, books, newspapers, magazines and websites.

COLLECTION OF DATA

For data collection especially primary data concern a well structured questionnaire was used with using of Likert five point scaling techniques as well as for secondary data concern few reputed journals and articles were reviewed like food and health nutrition’s journal.

DATA RELIABILITY AND VALIDITY, PROCESSING, MANAGEMENT AND ANALYSIS

This section explains the meaning and importance of reliability and validity in data collection, processing, management and analysis. Reliability of data is the ability to

obtain similar results by measuring an object, trait or construct with independent but comparable measures. The researcher examined the internal consistency of the scale by computing the coefficient of reliability.

DATA PROCESSING, MANAGEMENT AND ANALYSIS

The data was collected edited, coded for completeness and processed using the Statistical Package for Social Scientists (SPSS) version 17 for the purpose of summarizing it. The research findings have been organized and presented in tables, charts and graphs by using numbers and percentages. Data analysis and interpretation has enabled the researcher to answer the research questions, address the research objectives and the research problem and she has eventually been able to give her recommendations.

DATA ANALYSIS AND INTERPRETATION

Table 1. Demographic details of the Respondent

Demographic Profile	Frequency	Percentage
Gender		
Male	27	27
Female	73	73
Total	100	100
Age group		
0 -6 months	20	20
7-12 months	15	15
1 year to 3years	25	25
4 to 6 years	15	15
7 to 10	25	25
Total	100	100
Parent Qualification		
Illiterate	37	37
Primary / Upper Primary	47	47
Bachelor Degree	12	12
Post Graduate	04	04
Total	100	100
Classification of Respondents		
Living with Husband	26	26

Living without Husband	48	48
Living with Parents	16	16
Living with sponsor support	10	10
Total	100	100
Family Income		
Zmk< 1000	26	26
1001 to 3000	34	34
3001 to 6000	22	22
6001 to 10000	14	14
Above 10000	04	04
Total	100	100

Source: Primary data

The above table shows the respondents categorization on the basis of demographic details. It is very useful to analyze and interpret the data. In the Category of gender more number of Female respondents is included.

Under the age group category between the ages of less than one year more respondents are included. In the category of the family income more number of low.

Table 2. Nutritional status of under-fives by some MCH factors

Nutritional status	No of Respondents	Percentage
Underweight (weight for age)	22	22
Stunting (height for age)	48	48
Wasting (weight for height)	30	30
Total	100	100

Source: Primary data

Majority of the respondents 48 percentage are under Stunting.

Table 3. Factor Influencing Malnutrition in Young Adults

Factor Influencing	N=767
Lack of quality food	63
Unhygienic	71
Premature baby	26
Early marriage	81
More number of Siblings	74
Minor parents	76
Lack of Education	67
Lack of knowledge about food and nutrition	82
Low Income	86
No support from family and friends	78
Others	63

Source: Primary data

Majority of the respondents opted for “Low Income”, “Lack of knowledge about food and” “able to get lecture notes” and “Early marriage”

are the main factor for Influencing Malnutrition in Young Adults.

CHI SQUARE TEST

The table value for 5% level of significance is affected by malnutrition in Zambia 16.92. The computed value is 19.66. Since, the computed value is more than both the table values the H_0 is rejected. Hence there is Relationship between the Age, Income and minor marriage of Respondents

CONCLUSION

In conclusion malnutrition is a great concern that every country should have. This should take national integration in the fight against malnutrition. This is to ensure global healthy and good living conditions of people. Improving the educational status of parents, especially of mothers, on nutrition, sanitation and common disease prevention strategies should logically reduce the malnutrition related mortality and morbidity. It is said that the way to the child's stomach is through the mind of the mother. Quality of food taken, choices and quantity are all at the discretion of the mother or care giver.

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