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Factors that Influence Stunting in Children Aged 6–59 Months in Kapiri-Mposhi District, Zambia

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Abstract

Stunting has remained a challenge in Zambia. Poor nutrition in early life of children below the age five has a great effect on stunting. This paper looked at other factors that can influence stunting among children aged 6–59 months. A cross-sectional survey was conducted in Kapiri-Mposhi district among 100 children aged 6–59 months. This study was part of the macro study Implementation of Nutrition-sensitive Agriculture in the Central Province of Zambia.” We looked at four factors, which included, the Mothers age, level of mother’s education, Family size and marital status. These factors were compared to the nutrition status of children (Stunting). We used descriptive and binary logistic regression analysis to assess the factors that influence stunting. The prevalence of stunting was found to be 21%, wasting was 9% and underweight was 2%. This study found that Children who were born from teenage mothers were likely to be stunted ($P < 0.02$) than those from older mothers. In addition, we also found that there was a significant relationship between family size and stunting ($P < 0.01$). Most families that had over eight member were likely to have stunted children than those we had less. This study did not find any association between the mother’s level of education or marital status and stunting in Kapiri-Mposhi district. Family size and mother’s age are associated to stunting in Kapiri-Mposhi district.

Conflict of Interest

There is no Conflict of Interest