

## Prevalence of malnutrition in children under 2 years old and its relationship with mothers background variables in Golestan province

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### Abstract

**Background&Objective:** WHO estimated almost 27% of under 5 years children suffered from under-weight. This study aimed are assessing anthropometric indicators (under-weight, wasting and stunting) in 0-24 months children at Golestan province and the relationship with the background variables of households.

**Materials&Methods:** This cross-sectional study was done on 1473 children (under 2 years old) whom resided in urban and rural area. Sampling method was single stage cluster sampling. Constitutional variables in child's mothers, age, educational level, job and child's weight and height are measured by structured questionnaire. The data were analysed with chi square, chi square for trend and logistic regression.

**Results:** The under-weight, wasting and stunting (mild to severe) prevalence were 21.4% (CI 95%: 19.3-23.6), 16.5% (CI 95%: 14.7-18.5) and 31.4% (CI 95%: 29.1-33.8) respectively. Maximum sex difference in the malnutrition indicators were seen stunting (boys 14.3%, girls 7.2%) ( $p<0.05$ ). The prevalence of under-weight, wasting and stunting are positively correlated with increasing the children's age. The under-weight and stunting linear trend was significant ( $p<0.05$ ). The risk of under-weight children were 2.8 fold in illitraced mothers relative to mothers with highschool diploma (CI 95% for adjusted odds ratio: 1.1-7). The risk was 1.5 fold in stunting (CI 95% for adjusted odds ratio: 0.5-4.3).

**Conclusion:** The under-weight and wasting (moderate to severe) prevalence are increased relatively ANIS study (1998), but stunting prevalence are not increased. The mothers' illitracy and very low educational level can be suspected risk factors for under-weight and stunting.

**Key Words:** Malnutrition- Under weight- Wasting- Stunting- Golestan- Anthropometric indicators