

**A CROSS SECTIONAL STUDY ON THE PREVALENCE OF ACUTE AND  
CHRONIC MALNUTRITION AND ITS DETERMINANTS AMONG  
6 MONTHS TO 2 YEARS CHILDREN, RURAL AREA, TAMILNADU**

**INTRODUCTION**

Malnutrition is a global health problem .It leads to permanent impairment of physical and mental growth of the survivors. Annually Malnutrition is responsible for 60% of the 10.9million deaths among under-five children .The earlier state survey and NFHS 3 data shows that the prevalence of under nutrition rise up to two years of age after that more or less stabilizes .The first two years of life is most critical period.

The Optimal feeding practices (Breast feeding, complementary feeding) plays an major role in nutritional status of under two years children.

The under nutrition was substantially higher in rural than in urban areas.

**OBJECTIVE**

1. Nutritional status assessment of 6 months to 2 years children in terms of acute and chronic malnutrition.
2. To assess the determinants of acute and chronic malnutrition among mothers of 6 months to two years children.

**METHODOLOGY**

**A study design:** Cross sectional, **Study population:** Children in the age group of 6months to two years and their mothers. **Study period:** March 2016 to august 2016

**Sample size:** 180 Children, Sampling **Method:** Stratified random sampling,

**Study area:** Rural field practice area of Government Kilpauk medical college

Peerkankarani rural area. Using semi structured questionnaire contains socio demographic details, factors related to feeding practices. Anthropometric measurements was taken like weight ,length to calculate wasting and stunting, and also midarm-circumference ,head circumference ,chest circumference was taken.

**Data analysis :** Data thus collected was entered in Microsoft excel sheet and analysed using SPSS version 23.the chi-square test was used to the test the significant association between malnutrition and risk factors. The significant variables were analysed by using multivariate analysis.

**RESULTS :** In the study population the prevalence of under nutrition (underweight ) was 31.6%.the prevalence of acute malnutrition ( wasting )was 15%,moderate 12.8%(95%CI: 8.3 to 18.3) ,severe2.2%(95% CI :0.6 to 4.4) respectively. The prevalence of chronic malnutrition (stunting) was 45.6%, moderate 21.7% (95% CI: 16.1 to 28.3), severe 23.9% (95% CI: 17.8to 30.0)

Age groups ( $\leq 12$ months, $>12$ months), mothers age, timing of birth (preterm term ,post term )initiation breast feeding within 4 hours of delivery ,exclusive breast feeding ,type of food initiated ,traditional feeding practices were statistically

significant association with acute malnutrition .And also ,age groups of children ,gender (male ,female ),SES ,initiation of prelacteal feeding, colostrum feeding ,feeding frequency per day (< 3 times /day ,>3 times per day ),hygienic practices were statistically significant with chronic malnutrition. On multivariate analysis with adjusting covariates, timing of initiation of complementary feeding (<=6months,>6months) was statistically significant association with acute malnutrition.

Frequency of feeds per day (<3times,>3 times) and prelacteal feeds was statistically significant in chronic malnutrition.

**KEY WORDS:** Acute malnutrition, chronic malnutrition, under-2 years children, prevalence, rural