

ABSTRACT

Introduction

Malnutrition is one of the acute and chronic disorders disturbing the under-fives in developing countries especially on African continent. It has been evident that it affects the under-five than the adults and this is associated with morbidity, disabilities and mortality (WHO, 2015).

General objective:

The general purpose of the study was to determine factors influencing malnutrition among children (0-5years) in MRRH.

Methods and materials:

The study was cross sectional, conducted in Mubende Regional Referral Hospital in Mubende District where a total of 185 participants were selected using Simple random sampling technique. Knowledge of care takers, Socio-economic and Demographic factors, Health service factors and anthropometric measurements including Weight, height and Mid Upper Arm Circumference (MAUC) were used in data collection. Data was analyzed using SPSS and results were presented using Pie charts, frequency tables and bar graphs.

Results and conclusion:

The key findings of the study showed that majority of the children (63.78%) were malnourished with 38.25% severely stunted, 32.04% severely wasted and 85.565 had a MUAC <12.5cm. This was so due to the fact that a few (40.5%) of the children were not exclusively breastfed for the first six months, among other factors which included birth order and caretaker's level of education.

Recommendations:

The study recommended, that MOH, MOE, Health workers at all levels and community leaders should incorporate education of exclusive breastfeeding in all their sensitization activities. Attitude and behavioral change programs should be introduced at community level where mothers are found by MOH, MOE, NGOs, District local governments and other partnering agencies as community policies.