

ABSTRACT

The study was based on the topic “Factors influencing Malnutrition among children under 5 years in Uganda, a case study of Kumi Hospital Malnutrition Unit”. It aimed at finding the causes of malnutrition among children, examining the consequences of malnutrition among children and suggesting the possible strategies of reducing malnutrition among children in Uganda.

The study employed both quantitative and qualitative research designs where both questionnaires and interview guides were used to collect data from the field. All data was grouped and analyzed in a statistical way where by data was presented in tables showing frequencies and percentages.

The following results were obtained basing on the study finding; Causes of malnutrition among children are majorly due to social factors, inadequate maternal and child care, disease burden among others; among the major consequences of malnutrition among children, it was found out that it leads to impaired growth, leads to long lasting and severe illnesses, it also leads to reproductive health difficulties among others, whereas nutritional interventions, proper breast feeding, increasing agricultural production and improving on the quality of services can be adopted to reduce malnutrition among children under five years in Uganda.

Among the cited recommendations were; there must be sensitization of the mothers of children on the dangers of malnutrition through government seminars, advising parents to breast feed their children at early stages, sensitizing the masses on proper farming methods and establishing more employment opportunities to households.