

## **ABSTRACT**

Both underweight and stunting are threatening the health of children younger than five years old, with Kamuli district having a very high percentage of stunted children in Uganda. Malnutrition is still the leading cause of mortality and morbidity in children younger than five years old. The study aim at determining factors influencing the prevalence of malnutrition among under 5 years old children attending Kidera health centre IV in Kamuli District.

### **Methods:**

Care takers/mothers of Fifty-two children under-five years admitted to Kidera healthy centre IV were identified and responded to the questionnaires.

### **Results:**

Household food insecurity and inadequate nutrition information received on care practices were often contributing factors. Most of the children included in the study were malnourished. Clinic attendance was poor and the screening for HIV and TB was insufficient as some of the children's statuses were unknown. Significantly more children were up to date with their immunizations. The education levels of the mothers were generally low, health and feeding information given at clinics did not have a significant impact. Information on infant feeding showed that exclusive breastfeeding is still a challenge and mothers are not effectively using milk alternatives when breastfeeding is ceased. Cup feeding was less practiced, and the use of bottles can increase the risk of diarrhea.

### **Conclusions:**

Low attained levels of schooling and poverty and ignorance and illiteracy were noted to be the main factors contributing to malnutrition that are prevalent in the Kamuli District.