

INTRODUCTION:

The first 18 months of life are the most important for the long term childhood well-being. Anaemia and malnutrition occurring in this key period of life have serious complications for individuals and societies, especially in rural areas in developing countries. Anaemia and malnutrition, normally are associated with serious implications including stunting, impaired motor and cognitive development, increased morbidity and mortality.

OBJECTIVE:

The study was carried out to determine the prevalence and risk of anaemia among malnourished children under five years attending Masindi Hospital. This cross sectional study involved 100 children under five years of age, majority being females with a 60% and 40% males whose age was ranging from 6 to 59 months of age.

A child was considered to be anaemic if her/his HB was less than 11g/dl. The prevalence of anaemia was found to be 44% with mild, moderate and severe anaemia being 12%, 25% and 7% respectively. Malnutrition levels were categorized into three stages being under weight, stunting and wasting, further, re-grouped into mild, moderate and acute, depending of the severity.

RESULTS:

Of the 15 children who were found to be moderately with malnourishment, 26.7% had severe anaemia, majority 46.7% had moderate anaemia, 13.3% had mild anaemia and last 13.3% had no signs of anaemia at all.

RECOMMENDATION

We therefore recommend that parents/ guardians should always seek early medical care for their children, aimed at reducing the risks and dangers of malnourishment and anaemia. Furthermore, health education programmes that focus on breast feeding and complementary feeding practices could be critical and practical strategies for preventing anaemia and malnutrition in young children.