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## **A descriptive study to assess the knowledge regarding prevention of malnutrition among mothers of under five children at Frank Inco Marikuppam with a view to provide an information booklet**

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### **Abstract**

Young children are the pillars of our nation. It is generally good for baby to have exclusive breast feed for 6 months. However, in India, particularly in cities, women breast feed exclusively for up to 8 months and in some case for 12 months because of lack of knowledge regarding expressed breast feeding and complimentary feeding. In India 20% of children less than five years of age suffer from wasting due to acute under nutrition.

- Only 25% of newborns were put to the breast within one hour of birth.
- Less than half of children (46%) under five months of age are exclusively breast feeded.
- Only 20% of children aged 5-23 months are fed appropriately according to world health organization.
- Only half (51%) of household use adequately iodized salt
- Only one third (33%) Indian children receive any services from an anganwadi centers; less than 25% receives supplementary foods through ICDS; and only 18% have their weights measured in AWC.
- India has the highest number of low-birth-weight babies per at an estimated 7.4 million
- According to world health organization estimates that globally around 9.2 million under five children died. It is estimated that mortality of children aged less than 5 years is 68 per 1000 live births 27% 10million children were dyeing each year, of which.

**Keywords:** Prevention of malnutrition, Frank Inco Marikuppam, information booklet

### **Introduction**

Malnutrition is most wild spread condition affecting the health of children. Scarcity of suitable foods, lack of purchasing power of the family as well as traditional beliefs and taboos about what the baby should eat, often lead to an insufficient balanced diet, resulting in malnutrition. Malnutrition makes the child more susceptible to infection, recovery is slower and mortality is higher. Undernourished children do not grow to their full potential of physical and mental abilities. Malnutrition in infancy and childhood leads to shunted growth. It is also manifest by clinical signs of micronutrients and vitamin deficiency. Exclusive breastfeeding in first 6<sup>th</sup> month of life is very important. Malnutrition results from imbalance between the bodies needs and intake of nutrients, which can lead to syndrome of deficiency, dependency, toxicity or obesity. In India malnutrition contributes to more than half of all childhood deaths, all through it is rarely listed after direct cause. More than 6000 children below the age 5years die every day in India largely due to infectious disease worsened by malnutrition.

### **Materials and Methods**

A descriptive study was done to assess the knowledge regarding prevention of malnutrition among mothers of under five children at Francisco marikuppam, KGF with a view to provide an information booklet. The main study was conducted among 30 mothers of under 5 children who were selected by convenient sampling technique. Prior to data collection the investigator introduced, explained the purpose of study and the informed consent was obtained from the subjects.

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The structured Interview schedule was used and introduced to each mothers of under 5 children to assess the knowledge regarding prevention of malnutrition and the subjects were assured about the anonymity and confidentiality of the information provided by them, approximately 20-30 minutes was spent with each mothers to complete data, the correct answer was discussed according to the mothers interest and doubts were clarified. The data collected was analysed on the basis of objectives and hypothesis of the study, the data obtained also was analysed by using descriptive and inferential statistical tests. The present study finding reveals that over all knowledge score is (23.7%) shows that under five mothers had inadequate knowledge regarding prevention of malnutrition. It also shows that there is significant association with age, sex, education and income with a P value of 0.5. The study recommends educational programs conducted by Nursing personal both in the hospitals and in community areas helps in preventing and controlling complication of malnutrition. There is a need for extensive and intensive research in this area so that strategies for educating mothers in prevention of complications associated with malnutrition can be developed.

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