

(٧)

NUTRITIONAL STATUS AMONG CHILDREN AGED ١ – ٥ YEARS AT FAYOUM GOVERNORATE, EGYPT

Abstract:

Nutritional status of children in Fayoum Governorate (located ٩٠ km south west Cairo, Egypt) has not been investigated. The present study was undertaken to provide baseline information about the prevalence of underweight, stunting, wasting and overweight of Fayoum Governorate children aged ١ – ٥ years of a representative sample. Methods: A cross sectional study of ١٠٨٥ children aged ١-٥ years was undertaken, ٥٤٢ boys and ٥٤٣ girls were studied during the period of September to December ٢٠١٠. Height and weight measurements were made by standard techniques. Children were considered as underweight, stunting and wasting if their weight-for-age, height-for-age and weight-for-height Z-scores < -٢.٠ SD of the NCHS/WHO international reference using WHO Anthro (software Version ٣.١, ٢٠١٠). RESULTS: The overall prevalence of underweight, stunting, wasting and overweight was ٥٩ (٥.٤%), ١٤١ (١٣.١%), ٤٧ (٤.٣%), and ١٣٢ (١٢.٢%) respectively. The prevalence of underweight, stunting and wasting was higher in boys than in girls. Underweight, stunting and wasting were higher among rural areas ٤٧(٦.٠%), ١٠٤ (١٣.٣%) and ٣٧ (٤.٧%) respectively while overweight was higher among urban areas (٨٩ (١٤.٢%) with statistically significant difference. CONCLUSION: The nutritional status of the sample population reveals a gloomy picture. An urgent need is required to take appropriate steps for improvement of nutritional status of this community

Key words: Fayoum; stunting; underweight; wasting; overweight