

**RELATIONSHIP BETWEEN STUNTING AND FOOD PROVIDED
TO CHILDREN AGED FROM 6 TO 24 MONTHS
IN SOC SON DISTRICT, HANOI, VIETNAM**



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ABSTRACT

A case-control study was conducted to determine the risk factors of stunted children in Soc Son district, Hanoi, Vietnam. The risk factors were classified into socio demographic factors, maternal knowledge, food provision practices, and maternal and child health care. The data were collected from January 12 to February 3, 2009. The subjects were 236 children aged 6 - 24 months, out of whom 118 stunted children were selected as a study group and 118 normal children were selected as a control group. Secondary data included nutritional status and information about the children. Mothers were interviewed and measured for their height after they gave consent to participate in the study.

From Chi-square test, the following factors increased the likelihood of stunted children: mothers less than 150 cms tall (P-value=0.047), low birth weight (P-value=0.011), mothers' lacking knowledge about iron supplementation (P-value=0.025), inappropriate duration of monitoring an underweight child (P-value=0.009), inappropriate eating of protein foods (P-value=0.013), inappropriate eating of all kind of foods (P-value=0.013) and having acute respiratory infection (ARI) (P-value=0.014). From the final model of Multiple Logistic Regression, the variables found most significantly associated with stunted children were low birth weight (OR=7.720, 95% CI = 1.672-35.687), inappropriate feeding practices (OR=1.929, 95% CI=1.124-3.308) and having ARI (OR=4.315, 95% CI=1.361-13.677).

Appropriate nutritional education, diet and iron supplementation should be given to pregnant women and adolescent girls to reduce low birth weight. Child malnutrition control programs should focus on appropriate feeding practices especially with high risk groups (low birth weight children and stunted children). Education programs for ARI prevention should include provision of appropriate food, good environment and hygienic practices.

KEY WORDS : STUNTING/ FEEDING PRACTICES/ CHILDREN AGED 6 TO 24 MONTHS

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