

**FACTORS INFLUENCING ON UNDER NUTRITION WITHIN
1000 DAYS AMONG CHILDREN IN DRY ZONE, PAKOKKU
TOWNSHIP, MAGWAY REGION, MYANMAR**



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THESIS ADVISORY COMMITTEE: ISAREETHIKA JAYASVASTI CHANTARASONGSUK, Ph.D,
AROONSRI MONGKOLCHATI, Ph.D.**ABSTRACT**

Community based cross-sectional study was conducted to identify the prevalence of under nutrition and influencing factors among children aged under two years children in Dry Zone, Pakokku Township. Multi-stage sampling was used to randomly select 393 respondents. Face to face interviews were conducted using structured questionnaires. Chi-square test and multiple logistic regressions were used to examine the associations between independent variables and nutritional status of the children.

Prevalence of underweight (weight for age) was 15.3%, stunting (length for age) was 14.8% and wasting (weight for height) was 8.4%. Nutritional status was found to be significantly associated with family income, number of children in a family, child's age, child weight at birth, gender of the child, maternal height and marital status, taking ferrous sulphate, duration of exclusive breastfeeding, gestational period and cash transfer in Chi-square.

After using multiple logistic regression method with the independent variables, family income (AOR= 2.03, 95% CI=1.05-3.92), number of children in a family (AOR= 4.71, 95% CI= 2.20-10.05), gender of the child (AOR= 2.45, 95% CI=1.27-4.73), maternal age (AOR=3.02, 95% CI=1.41-6.46), maternal height (AOR=3.53, 95% CI=1.15-10.80), marital status (AOR=9.39, 95% CI=1.54-57.05) and cash transfer (AOR=3.59, 95% CI=1.79-7.19) were significant association with underweight (P-value<0.05).

It was found that number of the children in a family (AOR =2.13, 95% CI=1.05-4.31), child's age between 13 to 24 months (AOR= 4.52, 95% CI=1.20-16.98), child weight at birth (AOR= 3.26, 95% CI=1.34-7.95), maternal height (AOR= 3.84, 95% CI=1.29-11.43) and gestational period (AOR=2.69, 95% CI=1.33-5.43) were still significant with stunting (P-value<0.05).

For wasting, number of children in a family (AOR= 4.20, 95% CI=1.59-11.14), gender of the child (AOR=2.88, 95% CI=1.17-7.06), child's age between 13 to 24 months (AOR=3.82, 95% CI=4.53, 95% CI=1.12-18.29), mother's age (AOR=3.82, 95% CI=1.43-10.21), marital status (AOR= 17.58, 95% CI=2.70-114.18) and duration of exclusive breastfeeding (AOR=3.65, 95% CI= 1.04-12.78) still remained significant association with wasting (P-value<0.05).

The findings of this study suggested that maternal factors mostly related with child nutrition status within 1000 days period. Cash transfer supports child growth. Therefore, nutrition intervention needs to improve for both mother and children since mother was pregnant.

**KEY WORDS: UNDER-NUTRITION/ 1000 DAYS/ MATERNAL FACTORS/ DRY ZONE/
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