

**NUTRITIONAL STATUS OF
MOTHER-CHILD PAIRS AT HOUSEHOLD LEVEL
IDENTIFYING THE PRESENCE AND FACTORS ASSOCIATED
WITH DOUBLE BURDEN OF MALNUTRITION IN NEPAL**



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**A THESIS SUBMITTED IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF PRIMARY HEALTH CARE MANAGEMENT
FACULTY OF GRADUATE STUDIES
MAHIDOL UNIVERSITY**

2018

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ABSTRACT

Double burden of malnutrition (DBMN) in mother-child pairs are prevalent globally. Moreover, nutrition transition in low and middle income countries has triggered such dual form of malnutrition. The study assessed the prevalence of double burden of malnutrition among mother-child pairs with mothers aged 18-49 years and children aged 6-59 and 6-23 months. A cross-sectional study was conducted utilizing the secondary datasets of Nepal Demographic Health Survey, 2016. In the process of analysis, 1973 mother-child pairs with children aged 6-59 and 691 pairs with children aged 6-23 months were included. The prevalence of DBMN among mother-child pairs with children aged 6-59 was 8.2 %. Moreover, after multivariate logistic regression analysis, region of residence (AOR: 3.737, 95% CI: 1.779-7.85; $p = 0.001$), age of the child (AOR: 3.877; 95% CI: 1.672-8.990, $p=0.002$) and maternal education (AOR: 1.819; 95% CI: 1.008-3.281, $p=0.047$) were significantly associated with DBMN. On the other hand, the prevalence of DBMN among mother-child pairs with children aged 6-23 months was 5.5%. Only, sex of the child (AOR: 2.142; 95% CI: 0.987 – 4.650; $p = 0.049$) was significantly associated with DBMN after multivariate analysis. Hence, double burden of malnutrition exists in mother-child pairs at household level in Nepal. Appropriate interventions and strategies should be added up in the current nutrition policies to address all forms of malnutrition. In further days, studies could assess other forms of dual burden of malnutrition in Nepal.

KEY WORDS: DOUBLE BURDEN OF MALNUTRITION/ MATERNAL OVERWEIGHT
OR OBESITY/ CHILD STUNTING/ MOTHER-CHILD PAIRS

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