

KNOWLEDGE, ATTITUDE, AND PRACTICE ON NUTRITIONAL REQUIREMENTS OF CHILDREN UNDER FIVE YEARS AMONG MOTHERS ATTENDING MAKINDYE MILITARY POLICE HEALTH CENTRE III, KAMPALA DISTRICT. A CROSS-SECTIONAL STUDY.

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ABSTRACT

Background

This study aimed to assess the knowledge, attitude, and practices of nutritional requirements of children under five years among mothers attending Makindye Military Police Health Center III, Kampala district.

Methodology

The study employed a cross-sectional study to address the specific objectives where quantitative and qualitative approach was used to collect data in a short period at Makindye Military Police Health Centre III, Kampala district.

Results

This study documented that (92%) of the respondents had ever heard about nutritional requirements, (55%) obtained information about it from healthy facility, (93%) reported to know the meaning of exclusive breast feeding, (52%) knew breast feeding on demand, (70%) knew the stopping breast feeding at one year and above, (57%) reported feeding a child three times a day, (83%) knew the relevancy of adding fruits and vegetables on meals, (57%) knew that complementary feeds are introduced after 6 months (57%) preferring diet diversity, (77%) felt its right to exclusively breast feed a child for first 6 months (85%) with good attitude towards balanced diet (58%) feeling bad upon seeing a malnourished child (68%) stopping breastfeeding at 2 years, (70%) think fruits and vegetables are a must daily, (45%) would introduce complementary feeds at (4-6) months, (65%) exclusively breast fed their children for first 6 months of life, (35%) had breast fed their children for 1 years and (60%) feeding child 3 times a day.

Conclusion

Women had good knowledge and attitude with poor practices towards nutritional requirements of children under five years even though fair practices.

Recommendation

MOH, NGOs, and other stakeholders should train an adequate number of service providers and health extension workers on health educating the community about the nutritional requirements of children under five years.

*Keywords: Knowledge, Attitude, Practice, Nutritional Requirements, Military Police Health Centre, Makindye
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BACKGROUND OF THE STUDY

Tubatse et al (2020) conducted a cross-sectional study on the nutritional knowledge of caregivers' influences on feeding practices and nutritional status of children 2 to 5 years old in Sekhukhune district south Africa where 120 caregiver-child pairs were used and 43% of caretakers reported health professions as their source of nutrition information. Almost all children 94.2% were breastfed at one stage in their lives

with 62.5% introduced to solid foods before six months maize meal porridge 87.5% and bread 54.2% were consumed daily by most of the children, while 48.3% consumed meat and meat products three to four times per week .1/8 children consumed fruits daily and 5.8% vegetables daily. 41% of children were stunted. Family income showed a positive correlation with the nutritional status of children (weight for age R=0.0203, P=0.26). An association was observed between the duration of

breastfeeding and alternative food, to milk ($R=0.302$, $P=0.001$), and the amount of fruit consumed daily ($R=0.284$, $P=0.48$) thus nutritional knowledge and feeding practices of the caregivers were not satisfactory.

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Kingsley et al (2020), conducted a cross-sectional study in Ghana on the mother's knowledge and attitudes regarding child feeding recommendations, complementary feeding practices, and determinants of adequate diet where 200 children aged 6-23 months were used plus their mothers/caregivers and results showed that 68% of the mothers knew the recommended duration of continued breastfeeding, 56.5% how to ensure dietary diversity and enrich their children's diet and 94% had a positive attitude towards recommended infant and young child feeding practices. The majority of the mothers practiced continued breastfeeding (92%, $n=183$), 10.5% of the children met minimum dietary diversity score, 39.5% minimal meal frequency and 8.5% received minimum adequate diet and its determinants were: having high knowledge regarding infant and young child recommendation as well as the child's father having adequate income to cater for the family thus mothers knowledge level regarding infant and young child feeding recommendations had noticeable deficits although they generally had a positive attitude.

Sa'adatu et al (2020) conducted a descriptive cross-sectional study on the assessment of nutritional status, knowledge, attitude and practices of infants and young children feeding in Kumbotso Local Government area Kano State, Nigeria where 270 children of 0-59 months and their caregivers were used and majority 51.1% of the caregivers were 25-34 years of age, 53.7% of caregivers have secondary school education as the highest level of formal education. Only 23.7% of mothers initiated breastfeeding within one hour of life while only 15.4% practiced exclusively breastfeeding, and 19.26% started complementary feeding at the right time. 26.63% had adequate dietary diversity while 11.35% of children reported intake of meat or meat products and 15.7% of milk/ milk products based on a 24-hour recall. Results of this study suggest poor nutrition knowledge, attitudes, and practices among caregivers of children under 5 years and thus call for more interventions towards behavioral change.

Prossy et al (2018) conducted a cross-sectional study on the status of nutritional knowledge, attitude, and practices associated with complementary feeding in a post-conflict development phase setting, the case of the Acholi sub-region of Uganda 382 respondents were used where women 85.8% in most households decided the type of food to be cooked and more than half of the men made decisions on how family

income is spent in the household Knowledge and attitude about nutrition are highly retained but poorly translated into good complementary feeding behavior. Poverty, food insecurity, and maternal ill health are the major factors that hinder caregivers' efforts to adhere care to good complementary feeding practices

In Central, Northern, and Eastern Uganda, children are fed on commonly grown foods like millet, matooke, cassava, potatoes, and others thus malnutrition is still rampant since such foods are fed frequently. Over 38% of children aged less than five years are stunted, 5% are severely stunted and 22.5% are underweight in such areas (NEW VISION, 2017). Therefore, the objective of this study is to assess the knowledge, attitude, and practices of nutritional requirements of children under five years among mothers attending Makindye Military Police Health Center III, Kampala district.

METHODOLOGY

Study Design

The study employed a cross-sectional study to address the specific objectives where quantitative was used to collect data in a short period at Makindye Military Police Health Centre III, Kampala district.

Study Area

The study was conducted at Makindye Military Police Health Centre III, Makindye West Sub County at the latitude of 0.28864 degrees and longitude of 32.58038 degrees East open street map ID (way 161299642) Kampala district, in central Uganda.

Study Population

The study targeted mothers/caretakers of children under five years of age attending OPD at Makindye Military Police Health Centre III. Women of reproductive age (20 to 45 years) and with at least one child under five years of age were the study population of interest.

Sample Size Determination

The sample size is estimated using the formula below (Burton's Formula)

Sample size = QR/O

Where: Q- Number of days spent in data collection

R- Maximum number of people interviewed per day

O- Maximum time taken while interviewing.
Q=8, R=10, O=1
= (810)/1hr
= 80 respondents
Due to limited time and finances, I managed to have 50 respondents

Sampling Technique

A convenient sampling method was used to recruit study subjects of 80 respondents. This technique was selected because of the limited time and financial constraints that the researcher anticipated to face.

Sampling procedure

This study targeted all mothers or guardians taking care of children under five years attending OPD services at Makindye Military Police Health Centre III.

Selection criteria

Inclusion Criteria

Mothers of children under five years of age who were come to OPD. It also included women of reproductive age (20 to 40 years) only who were interviewed after consenting during the time of data collection because these mothers are the best from whom to obtain nutrition-related information at the facility.

Exclusion Criteria

Mothers who came to get medical services at medical OPD but had no child and were not in the age bracket of (20-40) were not interviewed during the study.

Data Collection Tools

Questionnaire

A questionnaire was used to collect data and it was pretested. It is designed based on the study objectives written in the English language containing both open and closed-ended questions. The reason why a semi-structured questionnaire is referred to is because it deals with the literate and illiterate respondents and also encourages and ensures maximum confidentiality. The research assistant helped translate the questions into Luganda for those who were able to understand or read the English version.

Data Collection Procedure

After approval of the research proposal, an introductory letter from the Kampala School of Health Sciences research committee to the study was attained. With permission granted the researcher and the trained research assistants were given questionnaires to the respondents through an interview. The purpose of the study was explained to the respondents and data collection started with the signing of a consent form. The questionnaire participation was repeated every day until the desired number of respondents (80) was achieved.

Study Variables

The dependent variable is nutritional requirements.

The independent variables are knowledge, attitude, and practices.

Quality Control

Pre-testing the research tool (questionnaire) at Makindye Military Barracks among 5 respondents to assess its relevancy. The researcher ensured proper training of research assistants. The questions were interpreted and phrased properly and unnecessary questions were deleted. To ensure confidentiality, the respondents were interviewed one by one. To ensure correctness and accuracy, the information given was explained to the importance of their responses and the study at large. Clarification and questioning techniques to ensure that all questions are understood by the respondents were used to enable them to give consistent and reliable information.

Data Analysis and Presentation

Data was summarized on sheets of paper, tallied, analyzed, and then presented in the form of frequency tables and graphs to address each study objective and report the study findings.

Ethical Considerations

Before the commencement of the study, ethical clearance was obtained from the Kampala School of Health Sciences Research Committee. Seeking permission from the administration of the facility where the study was conducted before data collection, once permission is granted, the researcher and the research assistants introduce themselves to the respondents explain the purpose of the study, get consent, and assure confidentiality. No names were written on the questionnaire.

RESULTS

Demographic Data

It was necessary for the research to first determine the characteristics of the respondents in aspects of age, marital

status, religion, level of education, tribe, and occupation as from questions 1-6 of the questionnaire. This is because the researcher anticipated that they may have an effect on mothers' knowledge, attitude, and practice on the nutritional requirements of children under five.

Table 1: Shows the distribution of respondents by age, marital status, religion, and level of education.

RESPONSE	FREQUENCY(f)	PERCENTAGE (%)
AGE(YEARS)		
20-24	15	25
25-29	27	45
30-34	11	18
35 And above	7	12
TOTAL	60	100
MARITAL STATUS		
Single		19
Married		29
Divorced		7
Widow		5
TOTAL		60
RELIGION		
Catholic	21	35
Muslim	16	27
Anglican	10	16
Born Again	13	22
Total	60	100
EDUCATIONAL LEVEL		
None	9	15
Primary level	20	33
Secondary level	25	42
Tertiary level	6	10
TOTAL	60	100

Table 2: Shows the distribution of respondents by occupation and tribe.

RESPONSE	FREQUENCY(f)	PERCENTAGE (%)
OCCUPATION		
Employed	42	70
Unemployed	18	30
TOTAL	60	100
TRIBE		
Muganda	25	42
Musoga	08	13
Munyakole	12	20
Others	15	25
TOTAL	60	100

From table 1, most of the respondents (45%) were within the age bracket of 25-29 years whereas the least (12%) were within the age bracket of and above years.

The study further revealed that the majority of the respondents (48%) were married whereas the minority were widowed (8%).

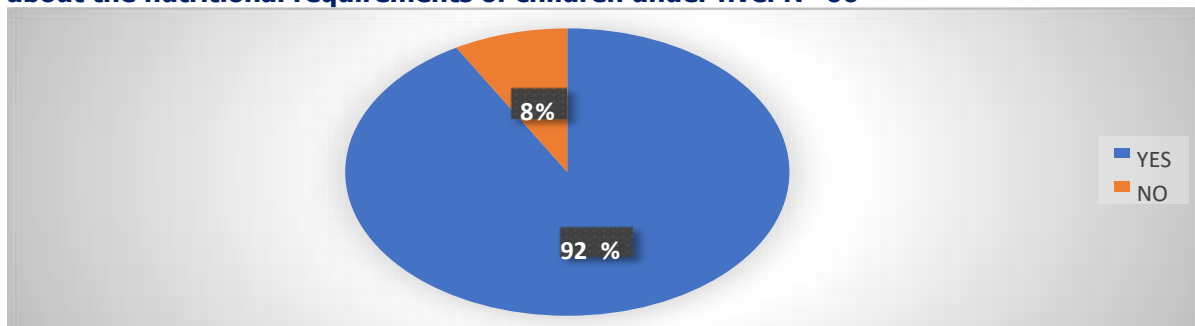
The study revealed that most of the respondents (35%) were Catholics whereas the least (16%) were from the Anglican. As regards the level of education, 42% of the respondents had attained a secondary level of education whereas the least (10%) had attained a tertiary institution/university level of education.

Based on the study findings in Table 2, more than half (42%) of the respondents were Baganda by tribe whereas the least (13%) were Basoga.

Findings obtained from 60 respondents showed that most of the respondents 70% were employed and the least (30%) were unemployed.

Knowledge of the nutritional requirements of children under five among mothers

Figure 1: Shows the distribution of respondents according to whether they have ever heard about the nutritional requirements of children under five. N=60



From Figure 1, the majority (92%) of the respondents had ever heard about the nutritional requirements of children under five years and the least (8%) had never heard about it.

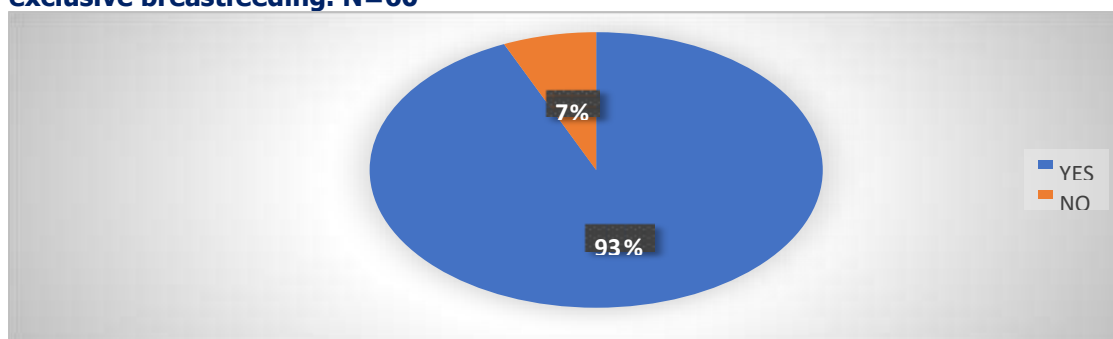
Table 3: Shows the distribution of respondents according to where they obtained the first knowledge of the nutritional requirements of children under five years. N=55

Response	Frequency (f)	Percentage (%)
Media	10	18
Healthy Facility	30	55
Family Member	9	16
Non-Family Member	6	11
Total	55	100

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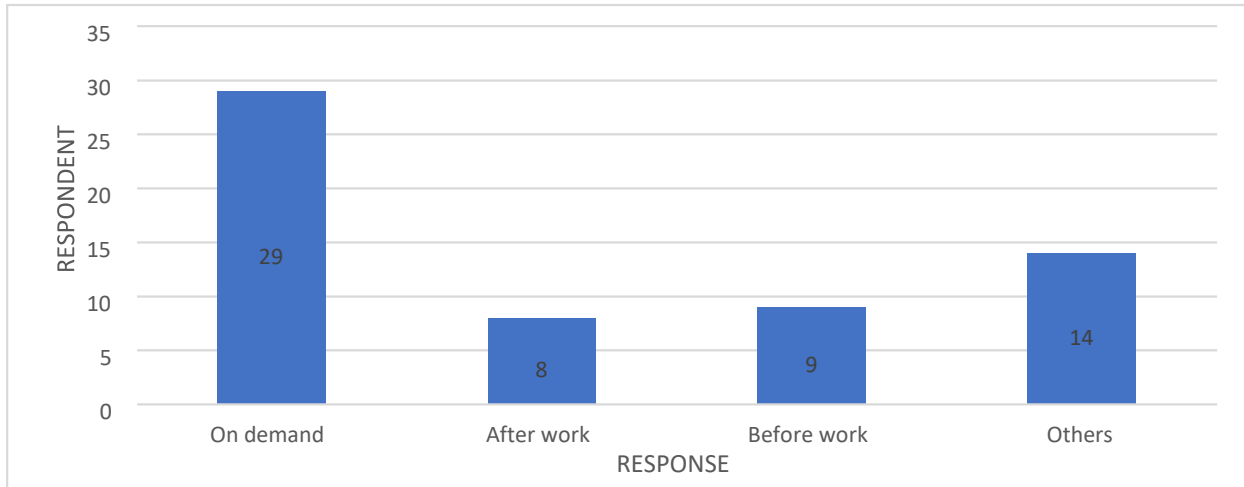
From Table 3, more than half of the respondents (55%) had obtained the knowledge about nutritional requirements of children under five from a healthy facility whereas the least (11%) had obtained the knowledge from non-family members.

Figure 2: Shows the distribution of respondents based on whether they know the meaning of exclusive breastfeeding. N=60



From Figure 2, the majority (93%) of the respondents know the meaning of exclusive breastfeeding while the least (7%) know the meaning.

Figure 3: Shows the distribution of respondents based on their knowledge of how often a child should be breastfed. N=60



From Figure 3, the majority of the respondents (52%) breastfed their children on demand while the minority (13%) breastfed after work.

Table 4: shows the distribution of the respondents by when they knew breastfeeding a child should be stopped.

Response	Frequency(f)	Percentage (%)
2 years	19	32
1 year	23	38
6 months	7	12
others	11	18
Total	60	100

From Table 4, the majority of the respondents stopped breastfeeding at 1 year and the minority stopped breastfeeding at 6 months.

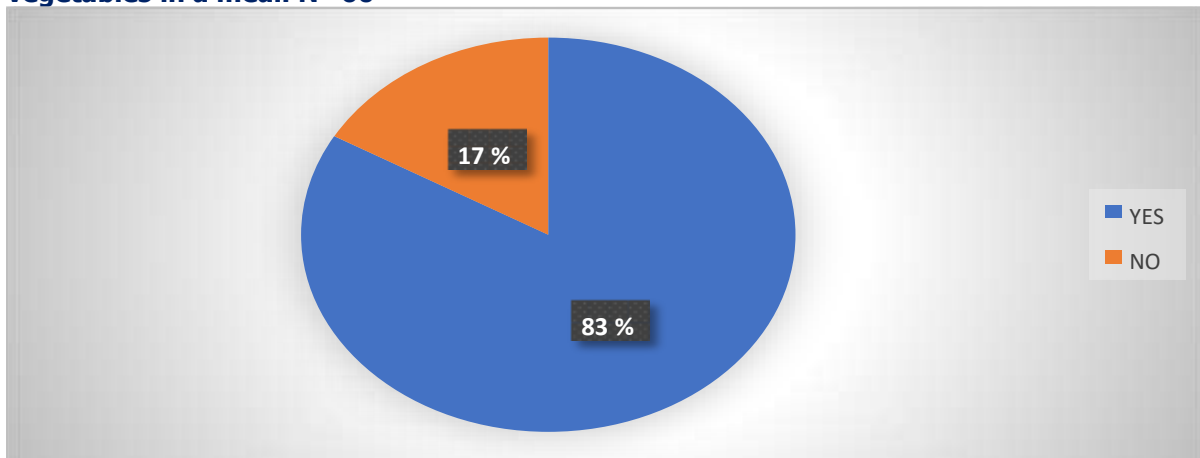
Table 5: shows the distribution of respondents' knowledge according to how often should a child between 2-5 years feed in a day

Response	Frequency (f)	Percentage (%)
4 times	15	25
3 times	34	57
2 times	3	5
others	8	13
Total	60	100

From Table 5, the majority of respondents (57%) feed their children 3 times a day while the minority (5%) feed 2 times.

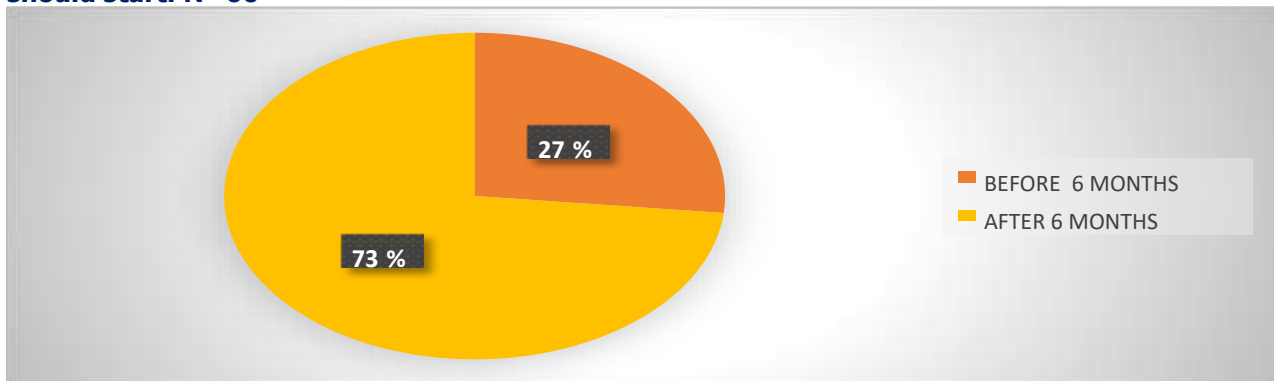
Figure 4: shows the distribution of respondents based on necessity of the fruits and vegetables in a meal. N=60

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From Figure 4, the majority of the respondents know the necessity of fruits and vegetables in a diet while 17% don't agree.

Figure 5: shows the distribution of respondents' knowledge of when complementary feeds should start. N=60



From Figure 5 the majority of respondents (73%) supported starting complementary feeding after 6 months and the minor (27%) supported starting weaning before 6 months.

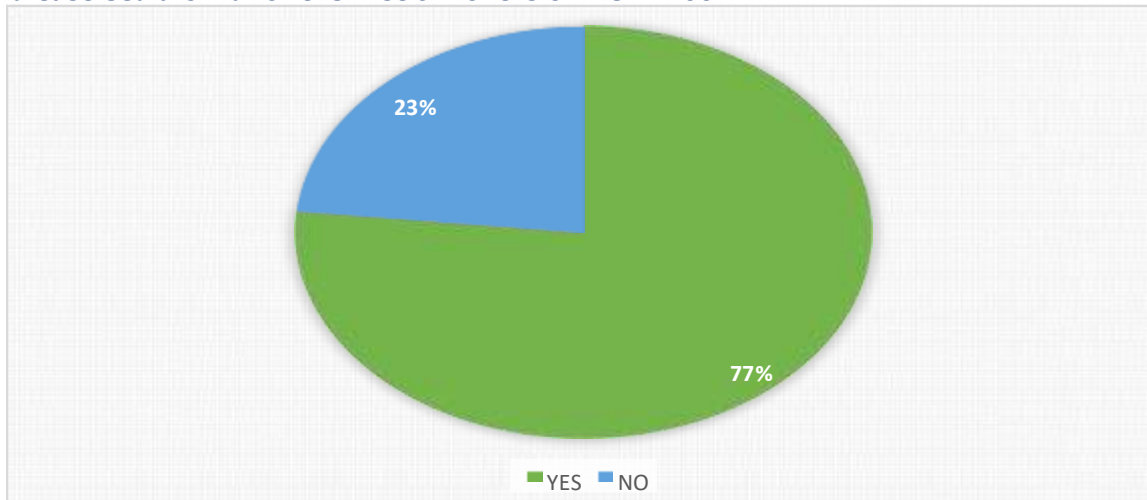
Table 6: Presents the distribution of respondents' knowledge about the kind of food to feed children under five years

Respondents	Frequency	Percentage
Milk and its products	9	15
Meat and its products	6	10
Cereals and legumes	11	18
Diet diversity	34	57
Total	60	100

From Table 6, the majority of the respondent's knowledge on what children should feed is diet diversity while the minority on milk and its products.

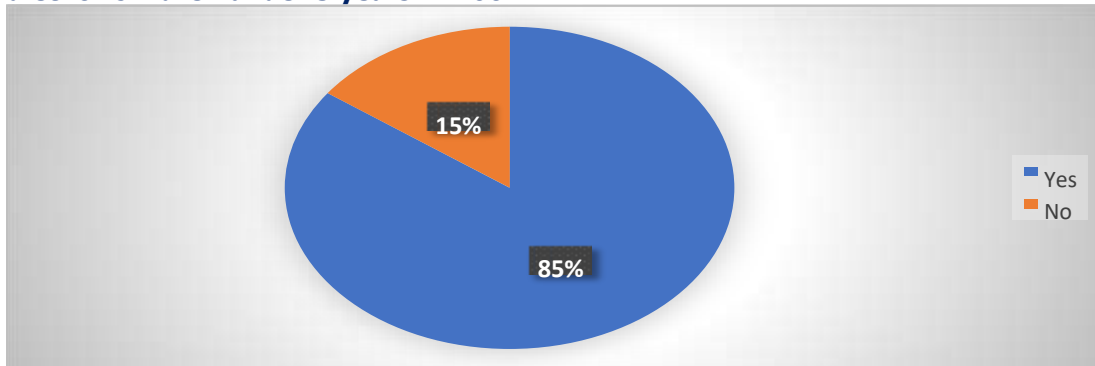
The attitude of mothers towards the nutritional requirements of children under five years

Figure 6: Shows the distribution of respondents based on whether the right to exclusively breastfeed a child for the first 6 months of life. N=60



From Figure 6, the majority of respondents (77%) think it is right to exclusively breastfeed the child for the first six months of life while the minority (23%) believe otherwise

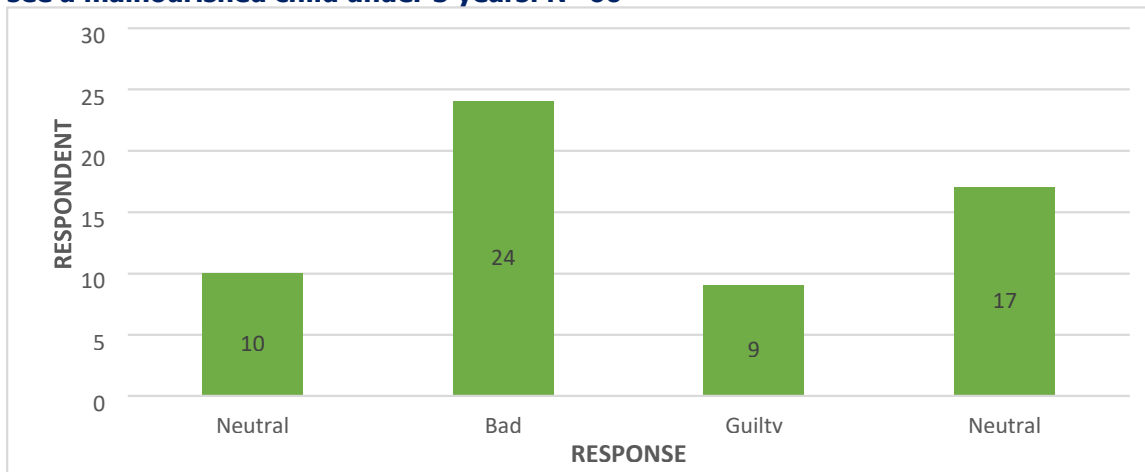
Figure 7: Shows the distribution of respondents based on their attitude toward a balanced diet for children under 5 years. N=60



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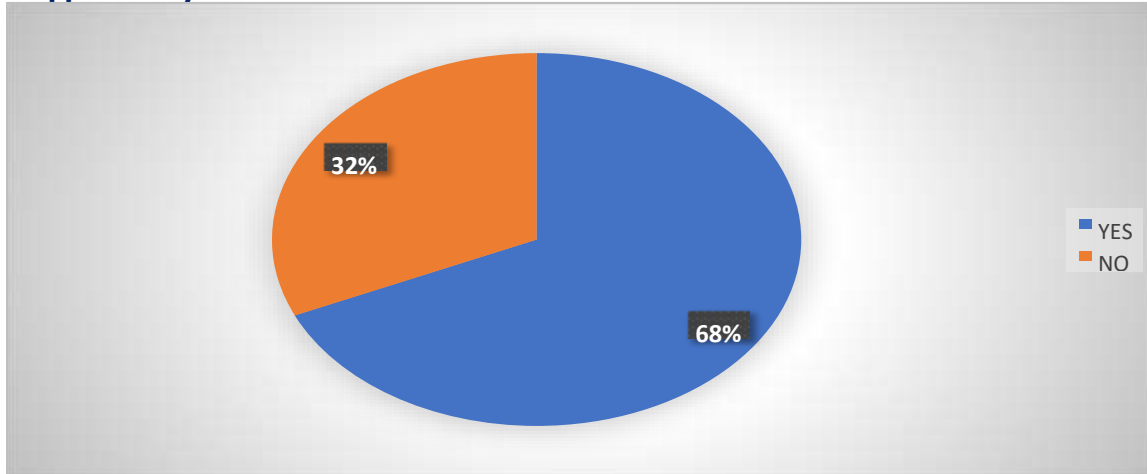
From Figure 7, the majority of the respondents had a positive attitude towards a balanced diet and the minority (15%) had a negative attitude

Figure 8: shows the distribution of respondents according to what they feel whenever they see a malnourished child under 5 years. N=60



From Figure 8, the majority of respondents (40%) feel bad upon seeing a malnourished child while the minority (10) feel neutral.

Figure 9: Shows the distribution of respondents in accordance to breastfeeding being stopped at 2 years. N=60



From Figure 9, more than half of the respondents (68%) agree that breastfeeding should be stopped at years while a minority (32%) don't agree

Table 7: represents the distribution of respondents of whether they think fruits and vegetables are necessary daily.

Response	Frequency (F)	Percentage (%)
YES	42	70
NO	18	30
Total	60	100

From Table 7, the majority of the respondents (70%) think fruits and vegetables are necessary daily and the minority (30%) think otherwise

Mothers practice towards the nutritional requirements of children under five years

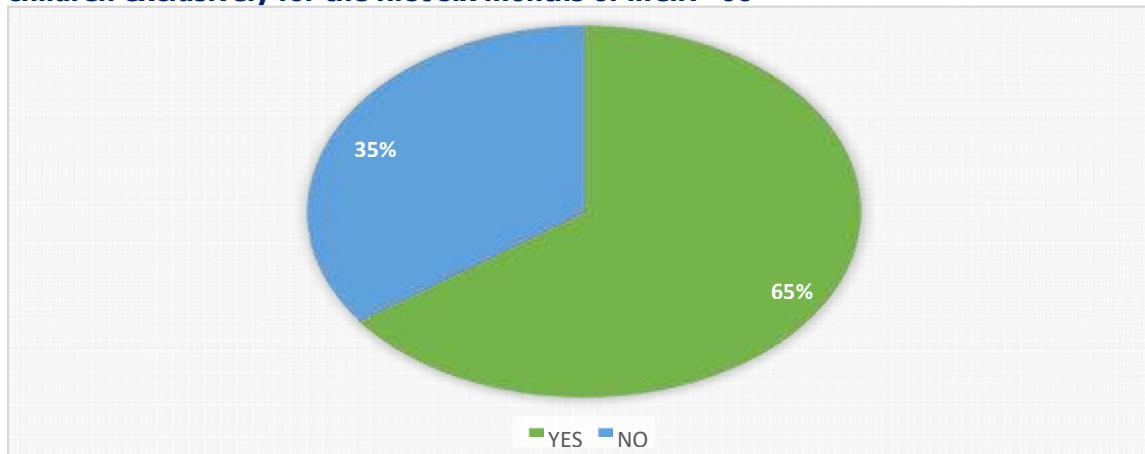
Table 8: Shows the distribution of respondents to what age they started complementary feeding their child or children

Response	Frequency(F)	Percentage (%)
1-2 Months	5	8
2-4 Months	13	22
4-6 Months	27	45
7-9 Months	15	25
Total	60	100

From Table 8, the majority of respondents started weaning at 4-6 months while the minority began at 1-2 months for various reasons.

Figure 10: represents the distribution of respondents based on whether they breastfed the children exclusively for the first six months of life.N=60

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From Figure 10, more than half of the respondents (65%) exclusively breastfed their children exclusively for the first six months of life while the minority (21%) did not.

Table 9: shows the distribution of respondents by when they stopped breastfeeding their children

Response	Frequency (f)	Percentage (%)
6 months	19	32
1 year	21	35
2 years	15	25
Others	5	8
Total	60	100

From Table 9, the majority of respondents (35%) stopped breastfeeding at 1 year while the minority (8%) were falling under others.

Table 10: presents the distribution of respondents according to how many times they feed their children in a day.

Response	Frequency (f)	Percentage (%)
4 times	10	17
3 times	36	60
2 times	3	5
others	11	18
Total	60	100

From Table 10, the majority (60%) feed their children three times a day while the minority (5%) feed their children 2 times a day.

DISCUSSION

Mothers' knowledge of the nutritional requirements of children under five years

The study findings showed that most respondents (92%) reported that they had ever heard about nutritional requirements for children under five. This indicates that the majority of the mothers have prior knowledge of it. This study finding was in agreement with a study carried out by Tubatse et al (2020) where more than half of the respondents 58.3% of mothers had heard about the nutritional requirements.

The study further revealed that more than half of the respondents (55%) had obtained information about nutritional requirements for children under five years from the health facility. This implies that health facilities and health professions are good sources of factual information about the nutritional requirements of children under five years hence promoting awareness among mothers. The study finding was not consistent with a study done by Tubatse (2020) where less than half of the mothers (43.8%) had heard it from the health workers.

Exclusive breastfeeding is the recommended feeding option for children under 6 months, it's the core to provide the basic nutritional requirements for children below 6 months. Mothers' knowledge of exclusively breastfeeding is highly recommended for proper growth and maintenance. From the study findings, 93% of the respondents which is the majority of the respondents had knowledge about exclusive breastfeeding which shows the improvement in health as a result of continuous health education. This was not in agreement with a study carried out by Sa'adatu et al (2020)

where less than half (46.7%) of the respondents knew about exclusive breastfeeding

Regarding how often one should breastfeed a baby, study findings showed that more than half of the respondents knew that children must be breastfed on demand whenever they show interest in breast milk. Breastfeeding children on demand is an appreciated and approved way of carrying out breastfeeding as per the guidelines. This shows that a great number of people know about breastfeeding. This is in agreement with a study carried out by Prossy et al (2018) which showed a majority of the respondents (85%) knew about breastfeeding on demand

The study findings further showed that 32% of the respondent's knowledge of when to stop breastfeeding was at 2 years, 38% at 1 year, and 12 % below 6 months. This indicates that the majority of mothers 70% know stopping breast from from1 year and above. The ideal time to stop breastfeeding is at 2 years but mothers gave reasons why they would stop during that time with most of them saying reduced time with children because of work and short holidays or days off and need to maintain the figure that is desired by their lovers or husbands These findings were in line a study carried out by Tubatse et al (2020) where 35% of the mother went for 2 years.

In regards to knowledge of how often a child between 2- 5 years, the majority of the respondents agreed with 3 times a day which was 57%, and for those four times where 25%. This means most mothers know the appropriate number of times to feed the child thus reducing malnutrition and its side effects plus building strong immunity. This was in agreement with a study carried out by Kingsley et al (2020) where 60% of the respondents knew 3 times a day and 17% knew 4 times a day.

Furthermore, the study findings showed that the majority of the respondents (83%) knew the need for fruits and

vegetables in a balanced diet or a meal for a child under five years. fruits and vegetables are important sources of micronutrients especially vitamin A-rich fruits responsible for sight quality at night. The majority of the mothers knowing about it reduces the risks of vitamin A deficiency. From the study findings majority of the respondents (73%) had knowledge of the right period when to introduce complementary feeds which is at 6 months as per UCG (2020) which favors and promotes child growth. this was not in agreement with a study conducted by Sa'adatu et al (2020) where the majority of the respondents (96.70) had no appropriate knowledge of when complementary feeding would start.

Dietary diversity is an important element for diet adequacy. The study findings show that the majority of the respondents (57%) knew dietary diversity. The poor diversity among children could be due to poor knowledge attitude of infant and young and infant feeding practices of mothers. The diet of children assessed in the study was often poorly balanced, comprised mainly of staple foods, legumes, vitamin A fruits and vegetables, and poor meat and milk products, fruits and vegetables. This was not in agreement with a study carried out by Prossy et al (2018) where the diet diversity knowledge was 47.4%.

Mother's attitude towards the nutritional requirements of children under five years

From the study findings, more than half of the respondents (68%) think that breastfeeding should be stopped at 2 years. This is a good percentage of respondents who know and think in line with the recommended guidelines of child health ensuring maximum growth and development. This was not in agreement with a study by Prossy et al (2018) where 42.9% of the respondents thought it right to stop breastfeeding at 2 years.

In regards to what respondents thought about the necessity of a balanced diet, the study findings showed that the majority of the respondents (85%) had a good or positive attitude toward it. Meaning if the mother has a positive attitude, she is most likely to practice it. This was in agreement with a study carried out by Prossy et al (2018) where 89.5% had a positive attitude towards a balanced diet.

Furthermore, the study findings showed that more than half of the respondents (65%) thought it needed to exclusively breastfeed the child for the first six months of life. This indicated an affair attitude towards exclusive breastfeeding among my respondents. This finding was in agreement with

a study by Prossy et al (2018) where 50% of the respondents had a positive attitude towards exclusively breastfeeding for the first six months of life

Mothers practice towards the nutritional requirements of children under five years

From the study findings, 45% of the respondents introduced complementary feeds between 4-6 months of age. Studies have demonstrated early introduction of solid foods is a risk factor for infection, early cessation of breastfeeding, and increased consumption of fatty/ sugary foods at one year of age. Poor practice of early introduction of complementary foods was due to poor perceptions of the mothers about breast milk alone not being able to satisfy the child thus the need to start complementary feeding early. This wasn't in agreement with a study by Prossy et al (2018) where 50% of respondents introduced complementary feeding at 6 months

In regards to exclusive breastfeeding for the first six months of life, the study findings showed that 65% of the respondents exclusively breastfed their children for the first six months of life. This is a good practice for it avails the child with the desired nutrients to support growth and development and breast milk is the only recommended food for children under 6 months. This was in agreement with a study (Prossy et al 2018) where 72.8 % of the respondents exclusively breastfed for the first 6 months of life.

From the study findings, 25% of the respondents breastfed their children for up to 2 years while the total who breastfed their children for 1 year and above was 60 %. This implies that those who breastfeed up to the required time of 2 years are few compared to the desired number thus more effort is needed. This was in agreement with a study by (Raider H et al 2019) where only 43% were breast for up to one year.

The study findings furthermore show that 60% of the respondent fed their children three times a day. The desired feeding times in a day for proper growth and development for children under five years is 3 to 4 times a day. This implies a good practice among mothers to ensure or reduce the chances of malnutrition. This was in agreement with a study by (Ickes et al 2017) where 54% of the respondents fed their children 3-4 times daily.

CONCLUSION

The overall knowledge of mothers on the nutritional requirements of children under five years was fairly good where 92% of the respondents had ever heard about it, with

55% getting the information from the health facility of health practitioners, 93% knew the meaning of exclusive breastfeeding, 52% knew breastfeeding must be on demand, 32% knew breastfeeding should stop at 2 years, 82% knew that a child must feed 3 or 4 times a day, 83% knew the necessity of fruits and vegetables on a daily meal for the children and 73% knew that complementary feeds must be introduced at 6 months.

Regarding the attitude of mothers on the nutritional requirements of children under five years, it was observed that the respondents had a fairly good attitude where 77% had a positive attitude on exclusive breastfeeding for the first six months of life, 85% had a positive attitude towards a balanced diet, 40% feel bad upon seeing a malnourished child, 68% have a positive attitude of stopping breastfeeding at 2 years plus 70% having a positive attitude on the necessity of fruits and vegetables daily.

In regards to the mother's practice on the nutritional requirements of children under five years, it was observed that the respondents had poor practice where 45% of the respondents introduced complementary feeding at 4-6 months, 65% exclusively breastfed their children for the first six months of life, 25% stopped breastfeeding at 2 years and 60% fed their children 3 times a day.

Therefore, the researcher generally concluded that; even though the overall knowledge and attitude of mothers on the nutritional requirements of children under five years was fairly good the practice was generally poor thus leaving the children as the victims who could easily suffer from various illnesses as a result of malnutrition due to the poor practice.

RECOMMENDATIONS

The government through the Ministry of Health should strengthen the continuous health education on nutritional requirements during the antenatal period such that by the time the mother gives birth she is well equipped with enough information regarding the nutritional requirements of children under five years.

Both the family heads that is the mother and the father should be sensitized on the required and recommended guidelines on the nutritional requirements of children under the age of five years.

Follow-up or nutritional status assessment must be carried out as recommended by the guidelines so that if any problem arises or arises, it is easily noticeable and worked upon with immediate effect to prevent its worsening complications, and the reasons why it happened are assessed and sorted if possible.

Village health trainers and others health practitioners at the community or village level should do continuous health education about the nutritional requirements of children under five years to avail information to people who may not go to healthy facilities for such health talks.

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MAY THE ALMIGHTY GOD BLESS YOU ALL.

LIST OF ABBREVIATIONS

EMCT: Elimination of Mother-to-Child Transmission of HIV
HIV: Human Immunodeficiency Virus.
MoH: Ministry of Health
MUAC: Mid-Upper Arm Circumference
NGOs: Non-Government Organizations
DHO: District Health Officer
ENT: Ear Nose and Throat
OPD: Out Patient department
PEM: Protein Energy Malnutrition
UNICEF: United Nations Children's fund
USAID: United States Agency for International Development
WHZ: Weight for Height Z score
WHO: World Health Organization
HAZ: Height for Age Z score

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CONFLICT OF INTEREST

No conflict of interest declared

AUTHOR BIOGRAPHY

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