Prevalence of childhood overweight and obesity in developing countries: Etiology, consequence and management

Wubshet Wossen
Haramaya University, Ethiopia

Body mass index (BMI) is a measure used to determine childhood overweight and obesity. Overweight is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. Obesity is a BMI at or above the 95th percentile for children and teens of the same age and sex. Childhood overweight and obesity are increasingly significant problems. They are likely to endure and have long term adverse influences on the health of individuals and populations unless action is taken to reverse the trend. It is one of the leading causes of morbidity and mortality in both developed and developing countries. It had been predictable that by 2030, there will be 2.16 billion overweight and 1.12 billion obese individuals globally. In Africa, despite a high prevalence of under nutrition, the prevalence of overweight is increasing at an alarming rate. It is estimated that 25% to 60% of urban women are overweight. Factors like environmental, genetic, psychosocial, physical inactivity, and hormonal are playing a pivotal role in the development of obesity. Overweight and obesity associated with different non-communicable disease like hypertension, diabetes mellitus (NIDDM), cancers, stroke, pulmonary disease, gallbladder, etc. Behavioral modification on life style, less dietary fat feeding habit, and physical activity manage overweight and obesity. Not only behavioral modification, medical supplement is also one of the customs to reduce obesity. Parents, government, health promotion agencies, mass media and others stakeholders could play a major role in reduction of the growing trend of obesity. This review article critically analyzed the prevalence, causes and advance management of childhood overweight and obesity.

wubelove@yahoo.com

Prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia

Kebede Mengistu Assefa
Federal Ministry of Health, Addis Ababa, Ethiopia

Introduction: Malnutrition continues to be a major public health problem in developing countries. It is the most important risk factor for the burden of diseases. It causes about 300,000 deaths per year and responsible for more than half of all deaths in children. In Ethiopia, child malnutrition rate is one of the most serious public health problem and the highest in the world. High malnutrition rates in the country pose a significant obstacle to achieving better child health outcomes.

Objective: This study is conducted to assess prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia.

Methods: A community based cross sectional study was conducted on 820 children aged 6-59 months from September 8-23, 2012 at Hidabu Abote district. Multistage sampling method was used to select households. Children were selected from each kebeles by simple random sampling. Anthropometric measurements and structured questioners were used. Data were processed using EPI-info soft ware and exported to SPSS for analysis. Then after, sex, age, months, height and weight were transferred with HHs number to ENA for SMART 2007software to convert nutritional data into Z-scores of the indices; H/A, W/H and W/A. Bivariate and multivariate logistic regressions were used to identify associated factors of malnutrition.

Results: The analysis of this study revealed that, 47.6%, 30.9% and 16.7% of children were stunted, underweight and wasted, respectively. The main associated factors of stunting were found to be child age, family monthly income, children were received butter as pre-lacteal feeding and family planning. Underweight was associated with number of children HHs and children were received butter as per-lacteal feeding but un treatment of water in HHs only associated with wasting.

Conclusion & Recommendation: From the findings of this study, it is concluded that malnutrition is still an important problem among children aged 6-59 months. Therefore, a special attention should be given on intervention of malnutrition.

kebme2004@gmail.com