

Association between mothers' nutrition related knowledge, attitudes, practices and the weight and height of 3-5 age children in Nallur MOH area

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Background: This study describes the association between nutrition related knowledge of mothers and the weight and height of 3-5 age children in Nallur MOH area. This is a cross sectional descriptive study. Although there are studies regarding child's nutritional assessment, there are no recent studies regarding the selected topic recently in Jaffna. The objective is to assess mothers' nutrition related knowledge towards the weight and the height of 3-5 aged children in Nallur MOH area.

Methodology: This study was carried out among 160 boys and 146 girls, and 306 mothers of these children in Nallur MOH area. Children's anthropometric measurements such as height and weight were measured. The interviewer administered questionnaire was given to the mothers to determine the knowledge, attitude, and practices related to the nutrition of their children. The questionnaire included 26 questions and Likert ranking scale was used to evaluate knowledge, attitude, and practices. In the questionnaire, 12 questions were regarding the nutrition related knowledge of mothers. Knowledge about breast-feeding, balanced diet, and dietary habits were included.

Results: There is no statistically significant association between mothers' nutrition related knowledge towards the weight of the child in any age category. There is also no significant association between mothers' nutrition related knowledge towards the height of the child in any age category.

Conclusion: This age group (3-5 years) needs good nutrition as they have fast growth. Poor nutrition related knowledge of mothers leads to the poor growth of the child in physical, mental and behavioral aspects. Since this is an important aspect of child health a more detailed study is needed.

Keywords: KAP, Nutrition, Nallur, Mothers, Jaffna