

# Feeding Profile of Infant and Young Children with Stunting in Kuantan, Pahang



Noraini Musa<sup>1</sup>, Hafizah Pasi<sup>2</sup>, Nor Azam Kamaruzaman<sup>1</sup>

<sup>1</sup>Department of Family Medicine, Kuliyah of Medicine, IIUM Kuantan, Pahang, <sup>2</sup>Department of Community Medicine, IIUM Kuantan, Pahang

## INTRODUCTION

Stunting refers to low height for age primarily due to chronic under nutrition. It is the most prevalent form of malnutrition in the under-five population, both globally and locally. Prevalence of stunting was increasing in Malaysia, however data mainly on feeding and stunting in Malaysia are scarce and do not adequately represent nutritional status of Malaysian children and its association with stunting.

## OBJECTIVE

This study aims to describe the feeding profiles of infant and young children who were diagnosed with stunting.

## METHODOLOGY

### Research Design:

Cross-sectional study

### Sample population:

All children aged 6 to 59 months diagnosed with stunting.

### Data collection site:

7 government health clinics in Kuantan, Pahang

### Study Duration:

August to October 2021

### Study Instruments:

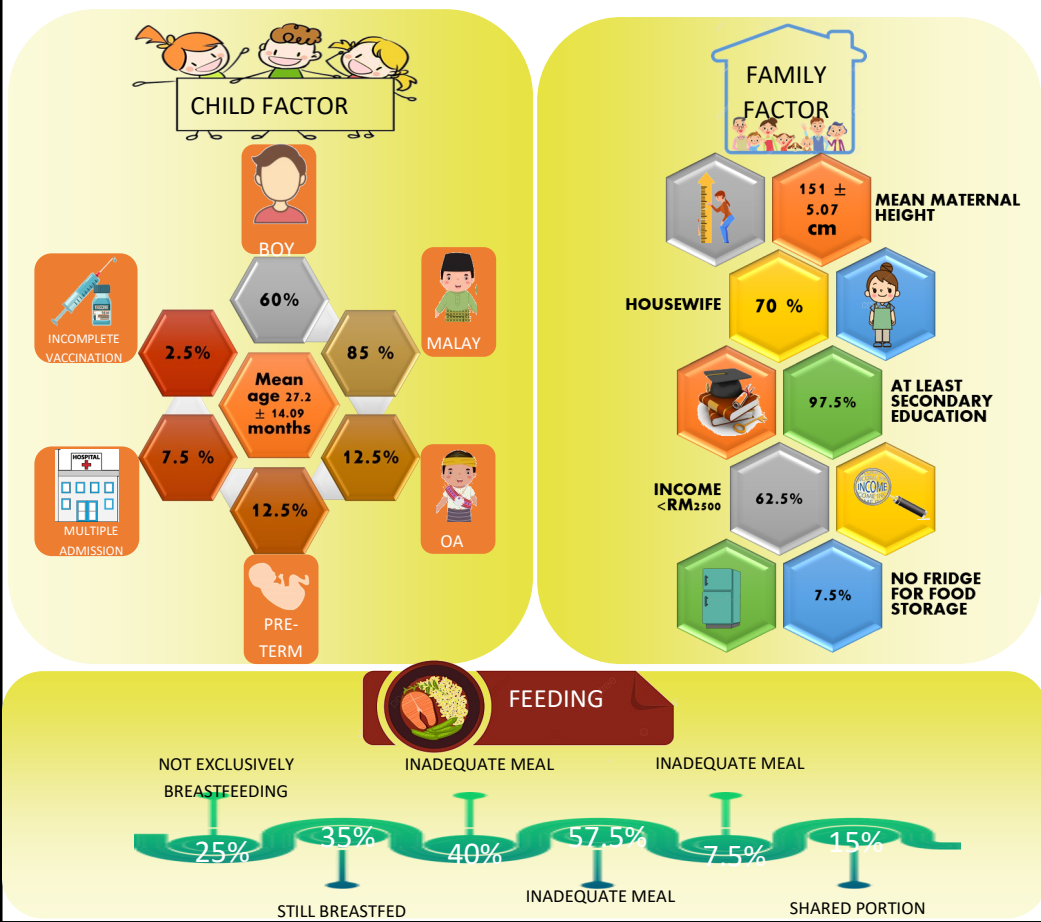
Interviewer-guided questionnaire  
Validated IMCI feeding assessment

## REFERENCES:

1. WHO guideline on Malnutrition
2. ATUCU5 guideline 2018
3. NHMS 2019
4. State of the World's Children 2019 (Children, Food and Nutrition)
5. Double-burden of malnutrition among the indigenous peoples (Orang Asli) of Peninsular Malaysia Global health (Wong et al. BMC Public Health (2015) 15:680 DOI 10.1186/s12889-015-2058-x
6. Child feeding practice and primary health care as major correlates of stunting and underweight among 6- To 23-month-old infants and young children in food-insecure households in Ethiopia (Tafese et al., Nutritional Epidemiology and Public Health (2020) doi :10.1093/cdn/nzaa137

## RESULT

A total of 40 under-five children with stunting were included.



## DISCUSSION AND CONCLUSION

This study revealed 1 in 4 of the stunted children was non-exclusively breastfed, while feeding problem was prevalent among them.

Continued efforts remain essential for improving feeding practices to ensure adequate and quality feeding in Malaysia (Khor et al 2016)

Therefore, recognition and intervention of feeding problem are critical to improve the overall health and nutritional status of under five children with stunting.

In health care setting, it is compulsory to emphasize on adequate frequency, amount and variety according to children's age as in ATUCU5 or IMCI guideline.



PC163

FEEDING PROFILE OF INFANT AND YOUNG CHILDREN WITH STUNTING IN  
KUANTAN, PAHANG

Noraini Musa<sup>1</sup>, Hafizah Pasi<sup>2</sup> Nor Azam Kamaruzaman<sup>1</sup>

<sup>1</sup>Department of Family Medicine, Kulliyah of Medicine, International Islamic University Malaysia, Kuantan, Pahang, Malaysia.

<sup>2</sup>Department of Community Medicine, International Islamic University Malaysia, Kuantan, Pahang, Malaysia.

**Introduction:** Stunting refers to low height for age primarily due to chronic undernutrition. It is the most prevalent form of malnutrition in the under-five population, both globally and locally. This study aims to describe the feeding profiles of infant and young children who were diagnosed with stunting. **Materials and Methods:** A cross-sectional study was conducted at seven government health clinics in Kuantan, Pahang from August to October 2021. All children aged 6 to 59 months diagnosed with stunting were included in this study. An interviewer-guided questionnaire and a validated IMCI feeding assessment were used for data collection. **Results:** A total of 40 under-five children with stunting were included. Mean age was  $27.2 \pm 14.09$  months, and 60% of them were boys. Malays constituted 85% while Orang Asli 12.5%. Among them, 12.5% were pre-term, 7.5% had hospital admission, and 2.5% had incomplete immunization. The caregivers were mostly housewives (70%), and have at least secondary education (97.5%). The mean maternal height was  $151 \pm 5.07$ cm with mean household income of RM 2567  $\pm$  1843. In terms of feeding, 25% of children were non-exclusively breastfed and 35% were still breastfeed. 40% received inadequate meal frequency, 57.5% inadequate meal amount, 7.5% inadequate meal variety and 15% were not actively fed. **Conclusion:** This study revealed 1 in 4 of the stunted children was non-exclusively breastfed, while feeding problems were prevalent among them. Recognition and intervention of feeding problems are critical to improve the overall health and nutritional status of under five children with stunting.

