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# Risk factors for stunting among infant & young children: a case control study in Kuantan District, Pahang

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**Introduction**: **Stunting is the most prevalent form of malnutrition among the infant and young children population, both globally and locally. It refers to low height-for-age children and is primarily caused by chronic under-nutrition.**

**Aim**: **to explore the risk factors for stunting among infants and young children in the district of Kuantan, Pahang.**

## METHODOLOGY

- ✓ **CASE-CONTROL STUDY**
- ✓ **Ratio:** 1 case: 3 control
- ✓ **Case**: 40 children aged 6 to 59 months diagnosed with stunting
- ✓ **Control**: 120 children with normal height-for-age
- ✓ **Where:** 7 purposely selected government health clinics in Kuantan, Pahang
- ✓ **When:** August to October 2021
- ✓ **How**: using interviewer-guided questionnaire; which consists of a socio-demographic and validated IMCI (Integrated Management of Childhood Illness) feeding assessment checklist.

## RESULTS

**11.0% reduction in risk of child becoming stunted (OR: 0.89 [95% CI 0.82-0.98], p-value: 0.016) with increase of one centimetre in MATERNAL HEIGHT**

**80.0% reduction in risk of child becoming stunted (OR: 0.2 [95% CI 0.1-0.7], p-value: 0.009) with increase of one kilogram in BIRTH WEIGHT**

**40.0% reduction in risk of child becoming stunted (OR: 0.6 [95% CI 0.4-0.9], p-value: 0.035) with increase of one week in DELIVERY WEEK**

**Children with FEEDING PROBLEM have four-time significantly higher risk of becoming stunted (OR: 4.2 [95% CI 1.4-12.8], p-value: 0.011) as compared to children with no feeding problem**

## Key points:

1. **Lower birth weight, delivery week, and maternal height, as well as the presence of feeding problems, are the independent risk factors for childhood stunting in this population.**

2. **Identifying these risks and providing early intervention from the antenatal period might prevent stunting in infants and young children.**

3. **Feeding problem among under 5 children is the most modifiable risk factor for stunting.**