

The Prevalence of Malnutrition in hospitalized children in Burundi

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Introduction:

The prevalence of acute malnutrition among hospitalized children varies from 6.1 to 40.9% in the different countries. In Burundi, this prevalence is not known, while this small country in East Africa is among the 26 countries in sub-Saharan Africa with an extremely alarming hunger index.

Objectives :

We undertook this study with the main objective of evaluating the nutritional status of children from 6 to 59 months hospitalized in the Department of Pediatrics at Kamenge Teaching Hospital and The specific objectives were to determine the frequency of acute malnutrition, chronic malnutrition and underweight (moderate and severe) in children aged 6-59 months and finally to identify the factors associated with malnutrition.

METHODS:

This is a prospective, descriptive and analytical study of 400 children aged 6 to 59 months hospitalized at the Kamenge Teaching Hospital .

Results:

Global malnutrition by age range from 22.8% to 33.7% with a severe form ranging from 9.9% to 22.1%. Chronic malnutrition ranges from 16.8% to 41.8% with a severe form ranging from 5.9% to 13.2%. Wasting ranges from 22.3% to 30.2% with a severe form ranging from 8.4% to 20.9%.The risk factors for malnutrition identified in our study include: age of introduction of complementary foods, immunization status, level of education of the mother, parental status, birth weight of the child and the profession of the mother.

Conclusion :

The systematic anthropometric measures, in any child under 5, admitted to the Department of Pediatrics should help early detection of malnutrition and ensure ipso facto better nutritional care.

Key words: Nutritional status- Hospitalized Children.