



The Analysis Of Malnutrition In Dar es Salaam

16. Kisutu

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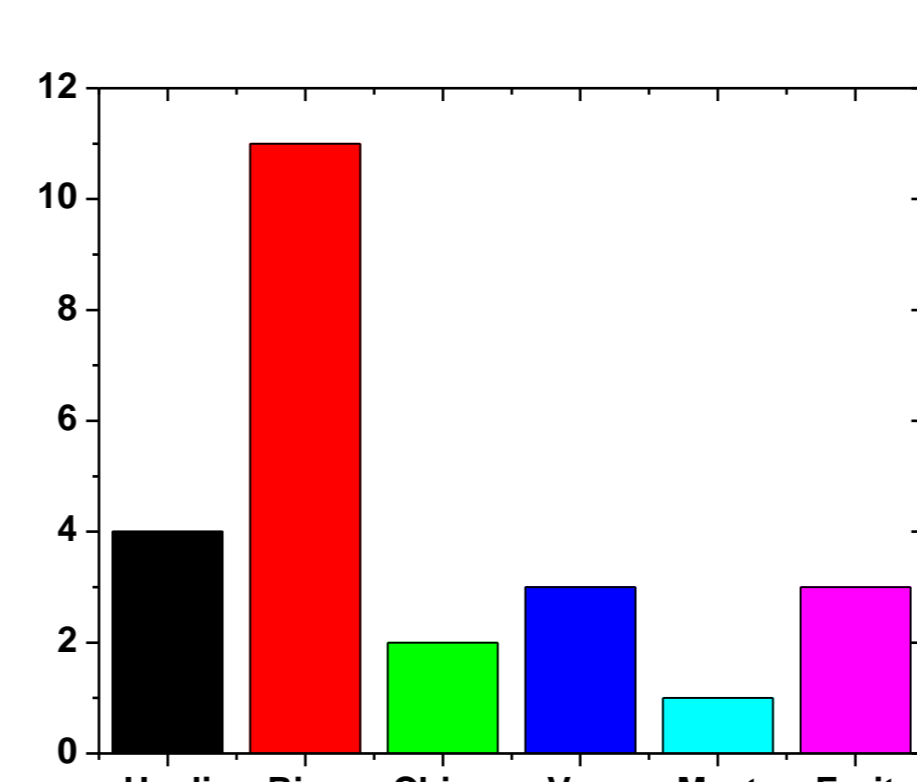
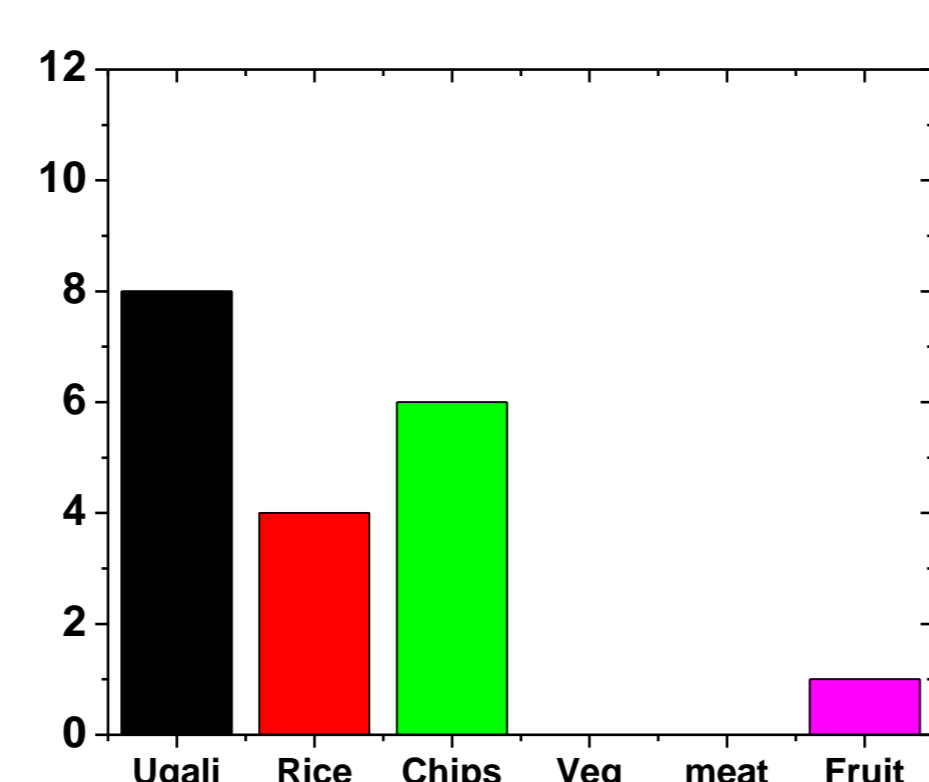
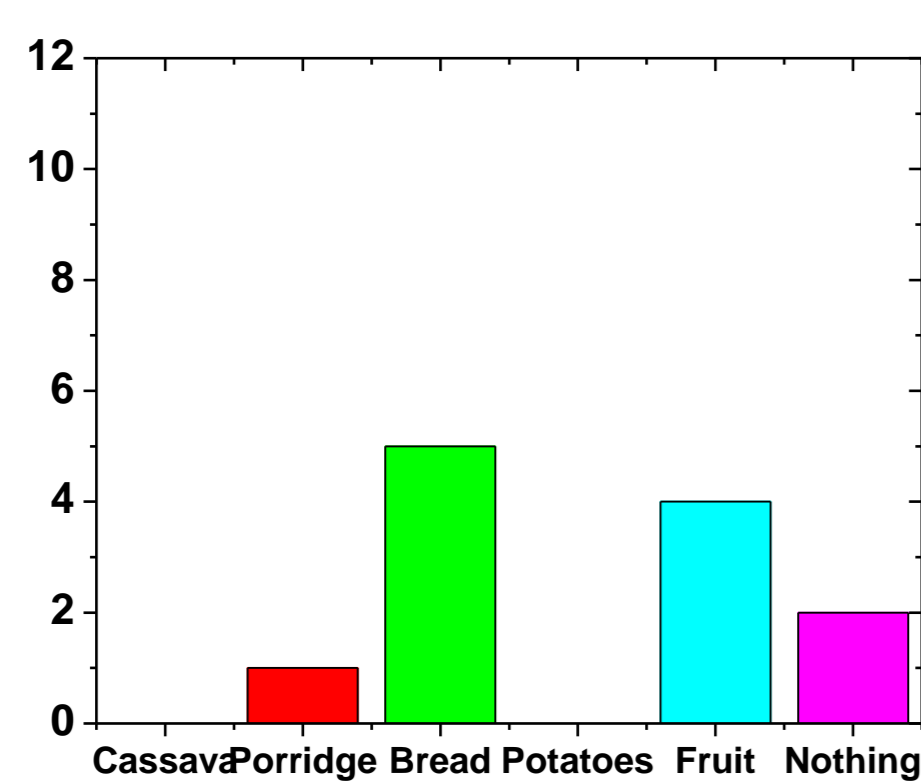
Introduction:

Our project is on why children are affected by malnutrition. Malnutrition is the physical weakness caused by bad health caused lack of food or lack of types of food necessary for good health. Many of the children are suffering from severe malnutrition due to lack of enough food or diet. Malnutrition is the result of poor feeding. This can lay under two types that are under malnutrition and over malnutrition. This diseases is more appeared between the age of 1 -5 years. In Tanzania most of children who are born they have found with this disease after three of four years after getting birth.

We are doing this in order to educate people how to avoid this major problem of malnutrition in Dar es salaam region in Tanzania so as to have knowledge on how to feed / reduce their children in order to reduce the death of children.

We hope that at the end people will have the knowledge on how to feed their children and their self so as they can avoid malnutrition.

Rank	Country	Value	Year
1	Afghanistan	59.30	2004
2	Yemen	57.70	2003
2	Timor-Leste	57.70	2010
2	Burundi	57.70	2005
5	Niger	54.80	2006
6	Rwanda	51.70	2005
7	Ethiopia	50.70	2005
8	Nepal	49.30	2006
9	Madagascar	49.20	2009
10	Guatemala	48.00	2009
11	India	47.90	2006
12	Malawi	47.80	2010
13	Lao PDR	47.60	2006
14	Comoros	46.90	2000
15	Dem. Rep. Congo	45.80	2007
15	Zambia	45.80	2007
17	Chad	44.80	2004
18	Benin	44.70	2006
19	Central African Republic	44.60	2000
20	Papua New Guinea	43.90	2005
21	Mozambique	43.70	2008
21	Eritrea	43.70	2002
23	Bangladesh	43.20	2007
24	Tanzania	42.50	2010



What did you eat for Breakfast?

What did you eat for Lunch?

What did you eat for Supper?

	Serving Size	Calorie Counts	Grams of Fat
Calories in cashew nuts	1oz / 28g	164	13.7
Calories in a banana	150g	143	0.5
Calories in eggs, size 3	57g	84	6.2
Calories in tea	1 mug / 270ml	29	0.5
Calories in bread, wholemeal	1 slice / 36g	79	1
Calories in chips	100g	253	9.9
Calories in cabbage	135g	21	0.5

Malnutrition prevalence, height for age (% of children under 5)

Definition: Prevalence of child malnutrition is the percentage of children under age 5 whose height for age (stunting) is more than two standard deviations below the median for the international reference population ages 0-59 months.

The data are based on the WHO's new child growth standards released in 2006.

Source: World Health Organization, Global Database on Child Growth and Malnutrition.

CAUSED OF MALNUTRITION.

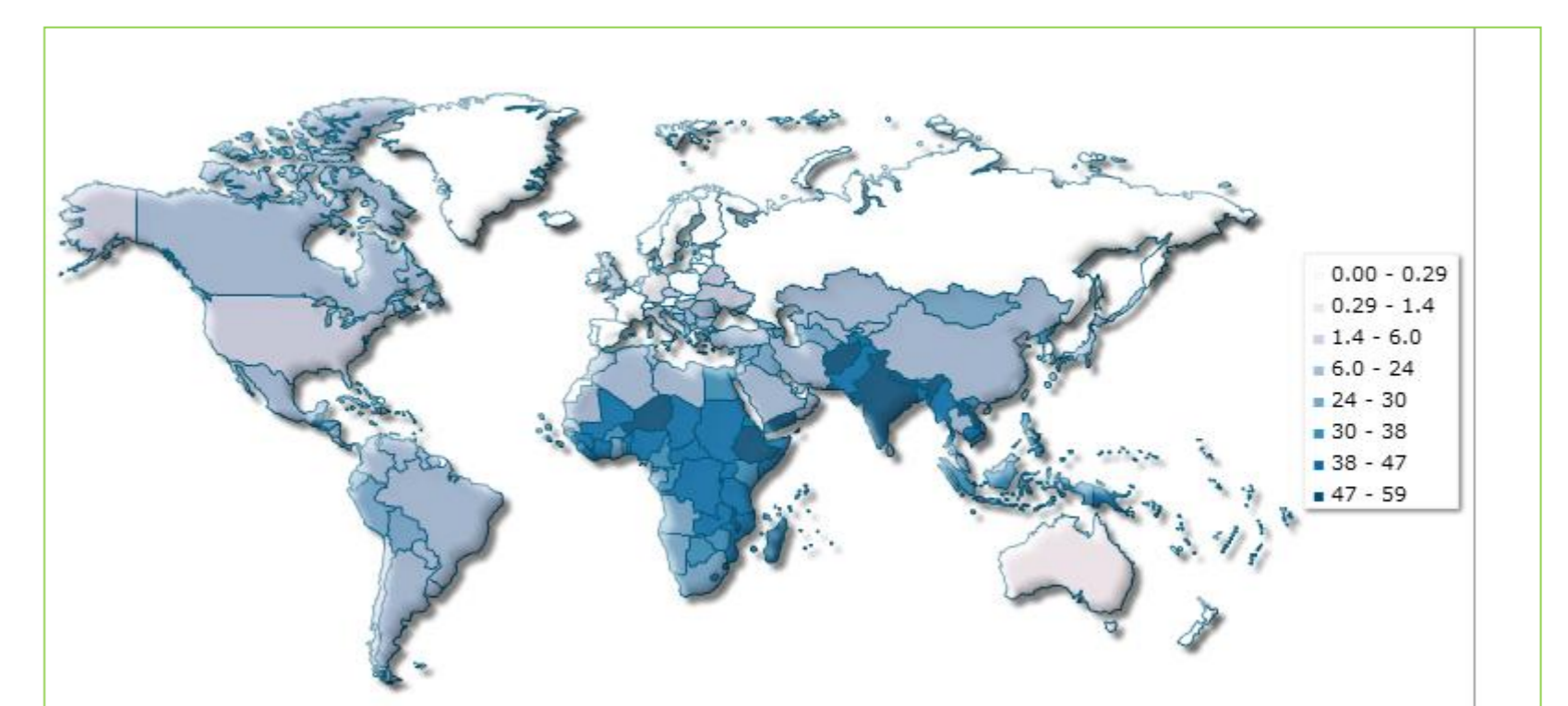
POVERTY: This is the major cause of malnutrition. Many families can't afford to eat proper food so as they can avoid malnutrition.

Mothers are not will feeding their baby for a proper time.

HIGH BIRTH RATE: In many society they are not using method of planning the family. Many children which they can not afford to give them the balanced food which can prevent them to have malnutrition.

FOOD: There are still bad traditions where men are given food which contain almost all the food nutrients while their children eat the reminders. Children are prevented to eat eggs which contain proteins.

LACK OF KNOWLEDGE: Many people are lacking the knowledge of working food. For example when a person is looking vegetables they cook until the labor has change which all the nutrients are removed. And other is to the mother they lack the knowledge on how to feed their baby because when the child will eat too much food from one nutrient can cause over malnutrition which can led to obesity, teeth decay etc. and when a child eat too little if food nutrient it can cause miasmas kwashiorkor etc. so lacking of knowledge cause malnutrition.



Conclusions:

Malnutrition is a major problem in many developing countries, Tanzania is among of them. Malnutrition will continue to harm many developing countries if the serious action will not taken. Tanzania people especially children are suffering from this problem. So in order for this problem to end people should know how to feed their babies, how to feed their families with balanced meal so as to reduce the number if affecting people.

RECOMMENDATIONS / SUGGESTION.

In order for this problem to be reduced the fall owing should be done. Breast feeding almost all Tanzania babies are breastfed but the practice of exclusive breast feeding for six month is rare. Most of mother are weaning their babies before breastfed of six months. Other are only breastfed their children one, two or three months only. Breast milk provide much needed additional energy and nutrient. if all mothers will breast fed their babies for ix month the babies will not be affected by malnutrition.

Family planning, people should use method of planning their families due to their income so as they can afford to buy food which is balanced for their children so as to avoid malnutrition.

Education people should be educated on how to take care of their self's and families to eat balanced diet. The government should to write as many advertisement as the can in news papers, relive, televisions etc. and this education of malnutrition should be taught from the primary level so as the children would have know ledge on it.

Children especially student should eat at school so as to reduce the number of children which are affected malnutrition. So the government should support the school in order for them to provide food, so as student should not eat only one kind of food i.e. chips, cassava

Acknowledgements:

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Further information:

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