



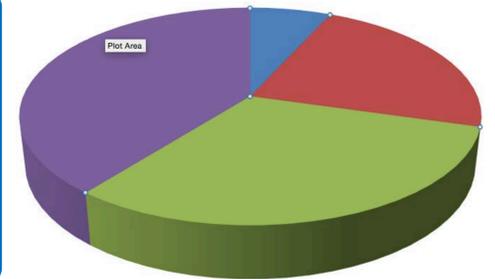
Is Malnutrition An Economic or an Ignorance Problem?

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083.
Bulyakashaju

Introduction:

The purpose of this study was to investigate the extent to which malnutrition caused by ignorance or economic problem. Systematic **random sampling** was used to select schools and health centres while **stratified sampling** and simple random sampling were used in selecting the students, teachers, nurses and villagers. **Questionnaires** and **interview** were also used. The study revealed that malnutrition affects people, and the study suggest for establishment of Education programs through mass media and clinic welfare to raise peoples awareness on taking balance diet and the effects of overweight to the people.



Method:

Area of Study

The study was conducted around Kamachumu cluster at Muleba district in Kagera region in Rugando dispensary Kabanga dispensary, Ndolage hospital, Nyakahama and Rugando Primary schools and Bulyakashaju Secondary school.

Population

In this project the samples were Doctors, Nurses, Students, Villagers, Children, and Teachers

Samples

The sample of this study was involved **423 respondents** in which **2 doctors, 180 students, 26 teachers, 20 nurses,** and **195 villagers** and their children. For each school there were **11 teachers** including the Head of the school and **60 students**.

Research Instruments

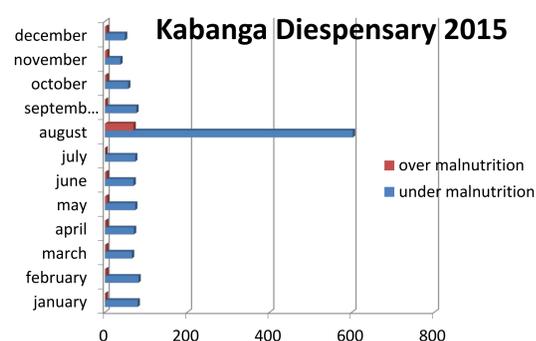
1. Questionnaire - because of large size of the sample that it was difficult to use other method of data collection
2. Interview - for Doctors, Head of Schools and Matrons only, because the researchers only had enough time to meet **6 respondents**.
3. Observation - observing child welfare clinic cards, logbook monthly reports, etc.

Results:

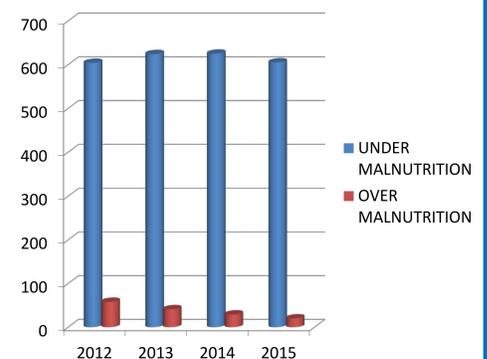
The data which were collected on the study recorded and analysed statistically in which particular descriptive statistics were used in data analysis by presenting the data in tables, Pie chart and Histogram.

From the data obtained 44.9% of the respondents considering balance diet in each meal (that is breakfast, lunch and dinner) where by 55.07% of respondents do not consider balance diet in each meal. This shows that 55.07% could be in danger of undermalnutrition or overmalnutrition.

MONTHS	UNDER NUTRITION	OVER NUTRITION
January	79	2
February	81	3
March	65	3
April	70	3
May	73	5
June	69	4
July	73	1
August	602	69
September	76	2
October	56	4
November	37	5
December	48	4



YEARS	UNDER NUTRITION	OVER NUTRITION
2012	604	58
2013	624	41
2014	625	29
2015	605	20



Conclusions

The results of this study indicate that Mulnutrition in Kamachumu Cluster is multifaceted and requires multisectoral, multidisciplinary and multilevel action to alleviate it. The study has discovered that there is lack Health education about nutrition in Kamachumu cluster - 98.6% of the respondent take the meal more than onces per day, it shows the is no lack of food here - the problem is lack of education on how to take a goal balance diet, i.e. no fruits and vegetables. There is need for urgent interventions to prevent and mitigate malnutrition in Kamachumu cluster and Tanzania at whole by addressing all the identified rick factors.

References

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