



European Journal of Nutrition & Food Safety
 5(5): 389, 2015, Article no.EJNFS.2015.077
 ISSN: 2347-5641



SCIENCEDOMAIN *international*
www.sciencedomain.org

A Comparative Study on Nutritional Problems in Preschool Aged Children of Nepal

Jib Acharya^{1*}, Edwin van Teijlingen¹, Jane Murphy¹ and Martin Hind¹

¹Bournemouth University, Bournemouth, Dorset, UK.

Article Information

DOI: 10.9734/EJNFS/2015/20873

Special Editors:

Lucie Bohac, Micronutrient Forum Secretariat, Canada.
 Klaus Kraemer, Director, Sight and Life, Basel, Switzerland.

Chief Editor

Prof. Hans Verhagen, Senior Scientific Advisor 'Nutrition and Food Safety', National Institute for Public Health and the Environment (RIVM), P.O.Box 1, 3720 BA, Bilthoven, The Netherlands.

Conference Abstract

Received 5th February 2015
 Accepted 1st March 2015
 Published 14th August 2015

ABSTRACT

Objectives: Measure the level of knowledge, attitudes & beliefs about nutritious food for children amongst poor rural and urban mothers.

Methods: Quantitative questionnaire study.

Results: The study included more urban mothers (56%) than rural mothers (44%). Major barriers to recommending nutritious foods included: lack of knowledge (15%); high market prices (19%); and cultural influences or beliefs (6%). The study shows nearly 55% children are providing fruits once in week. Similarly nearly 15% of families never give salad to their children. Nearly 16% of mothers cannot choose nutritious food from the grocery store. Likewise 12% respondents lacked food. Nearly 57% children had been taken at least once to a spiritual healer and 16% on multiple occasions for the treatment. Nearly 20% of mother believed eating green leafy vegetables and fruits during illness affect child health. Nearly 8% respondent feed meat, fish, egg and milk during times of illness to their children but 92% do not.

Conclusions: Knowledge and attitudes towards nutritious food of rural and urban mothers are still poor in both societies. Beliefs about food practice are still strongly embedded in Nepal. Urban mother had better food recommendation, whereas rural mother experienced huge barriers. Meat, fish, egg and dairy products are not provided to children due to cultural influences. Mothers from both communities have high faith in spiritual healers.

© 2015 Acharya et al.; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Correspondence: Lucie Bohac, Coordinator, Micronutrient Forum Secretariat (email: lbohac@micronutrient.org)

Note: This abstract was presented at "The Micronutrient Forum Global Conference – Bridging Discovery and Delivery", 2-6 June 2014, Addis Ababa, Ethiopia.