

Abstract

Good nutritional status of children today reflects a healthy and a productive generation in the future. The importance of the maternal characteristic as an overall strategy to address child malnutrition has been well documented. Although existence of underweight child and mother pairs is common in developing countries, underweight child and over weight mother pairs are coexisting in developing countries where nutrition transition is undergoing. Therefore, present study was carried out to find the relationship between maternal nutrition and current nutritional status of young children. A cross sectional study was conducted in Malimbada GS division. A sample of 200 children age below 7 years and their mothers live in the same household was recruited as the study cohort. Body mass index (BMI) and waist to hip ratio were used to measure the maternal nutritional status. Height –for- age (HAZ), weight –for-height (WHZ) and weight for- age (WAZ) Z score were used to find child nutritional status .Result showed that prevalence of stunting, underweight and wasting 10.9% 43% and 32.2% respectively. There was a positive significant, correlation between maternal BMI and the HAZ ($r=0.238$; $p<0.001$) and WHZ of ($r=0.217$; $p=0.003$) the children. HAZ and WAZ ($p<0.05$) were associated with maternal waist to hip ratio. After adjusting for monthly income and birth weight of the child, WHZ of the child ($p<0.05$) associated with maternal BMI status and WAZ of the child was ($p=0.010$) associated with maternal waist to hip ratio. Underweight mothers were 3.2 times more likely to have a wasted child than that of the normal weight mothers. HAZ of the child was associated with ($p<0.001$) maternal education status and the proportion of income spends on food ($p=0.021$). Poor maternal nutritional status reflected the present under nutrition of the child. Socio economic factors such as maternal education and the proportion of income spend on food total income significantly affected the stunting of the children.

Key words- Child, mother, nutrition, body mass index, waist to hip ratio, Z score