

**Author:** Ebere Ekweagwu

**Topic:** Malnutrition treatment and prevention

**Title:** Factors affecting the Nutritional status of preschool children in Owerri Municipal Imo state Nigeria

**Presentation Type:** Poster

The health and well-being of children depend upon the interaction between their genetic potential and exogenous factors like adequacy of nutrition, safety of environment, social interaction and stimulation. Factors affecting the nutritional status of 100% preschool children aged 2-5yrs were determined using anthropometry assessment and 24hrs dietary recall. The subjects were randomly selected from 19 nursery schools in Owerri municipal, Imo state. Validated questionnaires and interviews were used to elicit information from their parents. The nutritional status of the subjects was obtained using standard anthropometric method. The data was analysed using frequency distribution, percentage mean and standard deviation. The study revealed that 59% preschool children were normal, 40% underweight and only 1% was overweight. The 24hour dietary recall showed that the preschool children ate foods from root and tubers group, legumes and vegetables which account for the reason why most of the children were normal. The study also revealed that the nutrition education knowledge of parents, average monthly income of the parents, family size, feeding pattern, activity pattern and state of health were found to be the factors that affected the nutritional status of the preschool children in Owerri municipal. Based on these findings there is need to educate poor mothers on how to prepare nutritious recipe based on some inexpensive locally available foods as education is the key driver of all development.