

Food insecurity and malnutrition in children younger than 5 years in Bobo Dioulasso city of Burkina Faso

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Abstract

Introduction Food insecurity and malnutrition are interlinked and persistent in the Sub-Saharan Africa including Burkina Faso. This study aimed to determine the prevalence of food insecurity and malnutrition in terms of inadequate dietary intake and anthropometrics and to identify the factors associated with malnutrition in children younger than 5 years in Bobo Dioulasso.

Methods: A community-based cross sectional study was carried out in Bobo Dioulasso city using a structured and pretested questionnaire to collect information including socio demographics, child feeding and caring practice, dietary intake in the past month and anthropometrics measurements namely height, weight and mid upper arm circumference from July to September 2015. The study recruited 426 children with their mother from two health districts, Dafra and Do.

Results: Almost half of children (47 %) were under food insecurity. Poor dietary intake, stunting, underweight and wasting were prevalent among 85%, 60%, 39% and 30% of children, respectively. Girls had less stunting than boys ($P=0.01$). Children under food insecurity were more likely to have poor dietary intake (odds ratio [OR] =1.12, 95% confidence intervals [CI] 1.07, 2.69; $P = 0.036$), to be underweight (OR=1.49, 95% CI 1.26, 1.93; $P =0.031$), and wasting (OR =1.46, 95% CI 1.22, 1.94; $P = 0.034$).

Conclusions: Food insecurity and malnutrition still remain to be common among children younger than 5 in Bobo Dioulasso city. Effort to increase family income should be made to ensure food security which would improve child's dietary intake and nutritional status.

Keywords: Children younger than 5, dietary diversity, stunting, underweight, wasting.