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Topic: The first 1000 days, infant feeding, and early childhood development

Title: Nutritional status of children (0 to 5 years) of Head porters

Presentation Type: Poster

Introduction : Nutritional status is the balance between the intake of nutrients and the expenditure of these in the processes of growth, reproduction, and health maintenance.

Under nutrition, especially in children, can lead to substantial problems in mental and physical development. Although the overall pattern of growth is genetically determined, it is significantly affected by nutrition. Female head porters (kayayei) who care for their children, due to the low wages they earn may not be able to afford healthy meals and provide the necessary care for these children.

Aim: This study assessed the nutritional status of children of kayayei at the Agbogbloshie market in Accra.

Methods: Purposive sampling method was used. A validated questionnaire was used and dietary intake was assessed using a food frequency questionnaire.

Results: Seventy-three kayayei each with her child, participated in the study. All the kayayei were from northern Ghana. Majority of the children (32.9%) were between the ages of 25 and 36 months and 50.7% of them were girls. 95.9% of the children were breastfed however only 9.6% practiced exclusive breastfeeding. (63%) of the children fed three times daily and (89%) were not fed with home cooked meals. (53.4%) had fish once a day and a grain or cereal daily in the form of tuo zafi (53.4%).

Conclusion: There was a relationship between the nutritional knowledge of the kayayei, their child feeding practices.