


[Home](#) > [Journal](#) > [Biomedical & Life Sciences](#) | [Chemistry & Materials Science](#) | [Medicine & Healthcare](#) >

FNS

[Indexing](#) | [View Papers](#) | [Aims & Scope](#) | [Editorial Board](#) | [Guideline](#) | [Article Processing Charges](#)

FNS > Vol.4 No.1, January 2013



Nutritional Practices among Ethnic Minorities and Child Malnutrition in Mountainous Areas of Central Vietnam

PDF (Size: 146KB) PP. 82-89 DOI : 10.4236/fns.2013.41012

Author(s)

Le Thi Huong, Vu Thi Thu Nga

ABSTRACT

Background: Despite the success of National Action Plan on Nutrition program in reducing malnutrition among children under 5 years old in Vietnam recent years, the rate of malnutrition in Vietnam remains higher than that rate in other surrounding countries. The rate is especially high in mountainous areas. This study aims to explore the association between the mother's nutrition care practice and the nutritional status of their children. **Methods:** 400 Children under 5 years of age and their mothers from Thanh Hoa—a Northern Province of Vietnam were included in this survey. Weight and height of the children were measured. Information related to the mother's knowledge and practices pertaining to child health care and nutrition was collected. **Results:** The malnutrition rate was 29.3% by weight for age score (WAZ), 28.3% by height for age score (HAZ) and 10.0% by weight for height score (WHZ). 27.3% of mothers discarded the colostrum milk. 21.3% of children were fed with chewing rice before breastfeeding. Exclusive breastfeeding up to four months was 17.8% and exclusive breastfeeding rates for 6 months or more was 8.6%. Weaning practice before four months of age was 53.7%. There was an association between malnutrition with mother's ethnic group, and the frequency of consumption of protein rich food. **Conclusion:** Malnutrition of ethnic minority children under five years of age is still a public health problem in the central mountainous areas of Vietnam. Inappropriate breastfeeding and weaning practice among ethnic minority women were associated with this high rate. Further effort should continue to improve the nutrition status of ethnic minority children under 5 years of age. Customized, culturally adapted interventions for ethnic minority women to strengthen their nutrition care knowledge, attitude and practice, especially breastfeeding and weaning practice are the key to achieving better nutrition status of their children.

KEYWORDS

Malnutrition; Children; Knowledge and Practice; Vietnam

Cite this paper

 L. Huong and V. Nga, "Nutritional Practices among Ethnic Minorities and Child Malnutrition in Mountainous Areas of Central Vietnam," *Food and Nutrition Sciences*, Vol. 4 No. 1, 2013, pp. 82-89. doi: 10.4236/fns.2013.41012.

References

- [1] UNICEF, "State of the World's Children 1998," Oxford University Press, Oxford, 1998.
- [2] UNICEF, "State of the World's Children 2003," UNICEF, UNICEF House, UN Plaza, New York, 2003.
- [3] National Institute of Nutrition, "Nutritional Status of Children and Their Mothers in 2005," Medical Publishing House, Hanoi, 2006.
- [4] K. Phimmason, I. Douangpoutha, V. Fauveau and P. Pholsena, "Nutritional Status of Children in Lao PDR," *Journal of Tropical Pediatrics*, Vol. 42, No. 1, 1996, pp. 5-11. doi:10.1093/tropej/42.1.5
- [5] Y. Li, G. Guo, A. Shi, Y. Li, T. Anme and H. Ushijima, "Prevalence and Correlates of Malnutrition among Children in Rural Minority Areas of China," *Pediatrics International*, Vol. 41, No. 5, 1999, pp. 549-556. doi:10.1046/j.1442-200x.1999.01103.x

- [Open Special Issues](#)
- [Published Special Issues](#)
- [Special Issues Guideline](#)

[FNS Subscription](#)
[Most popular papers in FNS](#)
[About FNS News](#)
[Frequently Asked Questions](#)
[Recommend to Peers](#)
[Recommend to Library](#)
[Contact Us](#)

Downloads:	299,846
Visits:	518,192

[Sponsors >>](#)

- [6] L. T. Hop, R. Gross, T. Giay, S. Sastroamidjojo, W. Schultink and N. T. Lang, "Premature Complementary Feeding Is Associated with Poorer Growth of Vietnamese Children," *The Journal of Nutrition*, Vol. 130, No. 11, 2000, pp. 2683-2690
- [7] N. N. Hien and S. Kam, "Nutritional Status and the Characteristics Related to Malnutrition in Children under Five Years of Age in Nghean, Vietnam," *Journal of Preventive Medicine and Public Health*, Vol. 41, No. 4, 2008, pp. 232-240. doi:10.3961/jpmph.2008.41.4.232
- [8] N. N. Hien and N. N. Hoa, "Nutritional Status and Determinants of Malnutrition in Children under Three Years of Age in Nghean, Vietnam," *Pakistan Journal of Nutrition*, Vol. 8, No. 7, 2009, pp. 958-964. doi:10.3923/pjn.2009.958.964
- [9] Hanoi Medical University, "Scientific Methodology in Medicine and Community Health. Hanoi Medical University," Medical Publishing House, Hanoi, 2006.
- [10] R. S. Gibson, "Principles of Nutritional Assessment," 2nd Edition, Oxford University Press, Oxford, 2005.
- [11] WHO, "Physical Status the Use and Interpretation of Anthropometry. WHO Technical Report Series 854," World Health Organization, Geneva, 1995.
- [12] A. G. Dean, J. A. Dean, D. Coulombier, K. A. Brendel, D. C. Smith, A. H. Burton, R. C. Dicker, K. Sullivan, R. F. Fagan and T. G. Arner, "Epi info Version 6: A World Processing, Database and Statistics Program for Public Health on IBM-Compatible Microcomputer," Center for Disease Control and Prevention, Atlanta, 1995.
- [13] A. Field, "Discovering Statistics using SPSS for Windows," SAGE Publications, London, Thousand Oaks, New Delhi, 2000.
- [14] H. Waters, F. Saadah, S. Surbakti and P. Heywood, "Weight-for-Age Malnutrition in Indonesian Children, 1992-1999," *International Journal of Epidemiology*, Vol. 33, No. 3, 2004, pp. 589-595. doi:10.1093/ije/dyh074
- [15] D. T. Lan, C. T. H. Ha, N. H. Nguyen, et al., "Nutritional Status of Children in Son La Province and Some Related Factors," *Journal of Preventive Medicine*, Vol. 12, No. 3, 2002, p. 113.
- [16] WHO, "Global database on Child Growth and Malnutrition," WHO, Geneva, 2005.
- [17] P. Van Hai, T. Van Binh, T. Van Nguyen, et al., "Malnutrition among Children under Five and Some Related Factors in Kontum Province," *Journal of Preventive Medicine*, Vol. 14, No. 1, 2004, pp. 71-76.
- [18] P. Van Phu, N. X. Ninh, P. D. Tuong, et al., "Nutritional Practice and Some Other Related Factors to Nutritional Status of Children from 1 to 24 Months in Two Mountainous Districts Nui Thanh and Thang Binh, Quang Nam," *Journal of Practical Medicine*, Vol. 3, No. 505, 2005, pp. 3-7.
- [19] B. Jacobs and E. Roberts, "Baseline Assessment for Addressing Acute Malnutrition by Public-Health Staff in Cambodia," *Journal of Health, Population and Nutrition*, Vol. 22, No. 2, 2004, pp. 212-219.
- [20] L. T. Hop and N. C. Khan, "Malnutrition and Poverty Alleviation in Vietnam during the Last Period 1985-2000," *Asia Pacific Journal of Clinical Nutrition*, Vol. 11, Suppl. 1, 2002, pp. S331-S334. doi:10.1046/j.1440-6047.11.s1.2.x