

RESEARCH PROJECT

**FACTORS CONTRIBUTING TO UNDERWEIGHT AMONG CHILDREN
BELOW ONE YEAR AT SUGUTA HEALTH CENTRE, SAMBURU COUNTY**

BY

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ABSTRACT

Malnutrition in children is one of the most serious public health problem in the world. Therefore, the objective of the study was to determine factors contributing to underweight among children below one year at Suguta Health Center, Samburu County.

This research used a case study research design whereby Suguta Health center was selected for the study. The study targeted mothers attending well baby clinic at Suguta Health center. The sample was determined using the formula as designed by W. G. Cochran (2011), and out of a target population of 480 respondents, the researcher come up with a manageable sample size of 480 respondents. The researcher and one other assistant administered a structured and non-structured questionnaire with open and close-ended questions. The questionnaires were pretested among 10% of mothers at Nakuru county referral hospital in order to make amendments. After collection of data, it analyzed using Microsoft Office Excel 2013. Data was presented in charts, graphs and tables.

Based on the findings of the study, the researcher made the following conclusions; A big number of women attending Suguta health center are not aware of the benefits of visiting clinics. Some of the respondents travels a very long distance the fact which makes them sometimes fail to go for clinics. The findings that showed that majority of the respondents income was less than ten thousand a month clearly revealed the low-income level among the respondents. Most of the respondents were found to be getting their drinking water from the river and since it was found that majority are not aware of the importance of treating water, there is a high possibility of the parents contracting water borne diseases and most probably the babies being infected too.

Based on the findings, the researcher recommended that, parents should be made aware of the importance of breast-feeding and proper nutrition and the importance of proper infant and young child feeding practices. The county should also ensure that the services are made available to the public. This can be done through building of other health facilities in different parts of the county.