

ABSTRACT

Objective: This study aims to assess the prevalence and determinants of malnutrition among children under five in Ethiopia, as evidenced by the 2019 EMDHS.

Method: The data were analyzed from the 2019 EMDHS, and 4,944 (1,236 urban and 3,708 rural) children under five were considered in this analysis. The data were extracted, cleaned, weighted, and analyzed using STATA 17. Binary logistic regression models were used to identify the determinants of malnutrition in children under five.

Results: The prevalence of stunting, wasting, and underweight was 30.1%, 5.9%, and 26%, respectively. About 2% of children were both stunted and wasted; 5% were both wasted and underweight; 18.1% were both stunted and underweight, and only 2% of children had all three conditions. Among the determinants considered in this study, child age, sex of the child, mother's age, mother's educational attainment, region, and household wealth index were significantly associated with under-five malnutrition in Ethiopia.

Conclusion: Malnutrition among under-five children is one of Ethiopia's public health problems. Therefore, the influence of these factors should be considered in developing an evidence-based health policy and implementing interventions in the healthcare system that target stunting, wasting, and underweight, which can lead to better outcomes for children under five in Ethiopia.

Keywords: stunting; wasting; underweight; malnutrition; under-five

ABSTRAK

Lantar Belakang: Penelitian ini bertujuan untuk menilai prevalensi dan faktor penentu malnutrisi pada anak balita di Ethiopia, sebagaimana dibuktikan oleh EMDHS 2019.

Metode: Data dianalisis dari EMDHS 2019, dan 4,944 (1,236 perkotaan dan 3,708 pedesaan) anak balita dipertimbangkan dalam analisis ini. Data diekstraksi, dibersihkan, ditimbang, dan dianalisis menggunakan STATA 17. Model regresi logistik biner digunakan untuk mengidentifikasi determinan gizi buruk pada balita.

Hasil: Prevalensi stunting, wasting, dan underweight masing-masing sebesar 30.1%, 5.9%, dan 26%. Sekitar 2% anak-anak mengalami stunting dan kurus; 5% mengalami kurus dan kekurangan berat badan; 18.1% anak-anak mengalami stunting dan kekurangan berat badan, dan hanya 2% anak-anak yang mengalami ketiga kondisi tersebut. Di antara faktor-faktor penentu yang dipertimbangkan dalam penelitian ini, usia anak, jenis kelamin anak, usia ibu, tingkat pendidikan ibu, wilayah, dan indeks kekayaan rumah tangga berhubungan secara signifikan dengan malnutrisi balita di Ethiopia.

Kesimpulan: Malnutrisi pada anak balita merupakan salah satu masalah kesehatan masyarakat di Ethiopia. Oleh karena itu, pengaruh faktor-faktor ini harus dipertimbangkan dalam mengembangkan kebijakan kesehatan berbasis bukti dan menerapkan intervensi dalam sistem layanan kesehatan yang menargetkan stunting, wasting, dan underweight, yang dapat memberikan hasil yang lebih baik bagi anak balita di Ethiopia.

Kata Kunci: stunting; menyia nyiakan; kekurangan berat badan; malnutrisi; balita