

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**SUDAN UNIVERSITY OF SCIENCE AND TECHNOLOGY
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**ASSESSMENT OF NUTRITIONAL STATUS OF
DISPLACED CHILDREN IN KHARTOUM STATE**

By
Kwakib Mohamed Elhag Elnour

Supervisor
Dr. Mariam Mohamed Elhidai

Co-Supervisor
Dr. Yousif Mohamed Ahmed

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Dedication

To my parents

To my family

For whom I owe my success

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ABSTRACT

The aim of this study is to assess the nutritional status of displaced children in Khartoum state under five years (6 – 59 months), and to provide specific data on their nutritional status. A total of 319 households with at least one child aged between (6 -59 months) were randomly stratified and selected. A questionnaire was structured for household-heads, while anthropometric measurements were taken for children from the selected households, statistical package was used for data entry and analysis. Indices of nutritional status that is weight-for-age, height-for-age and weight for-height were computed using the EPI – Info programme. In addition to assessment of mid-upper arm circumference and presence of oedema depending on cut-off points recommended by World Health Organization National Center for Health Statistics, 1995.

The prevalence of stunting, wasting and underweight was very high among displaced children (61.8%, 63.6% and 77.7% respectively). Protein-energy-malnutrition was also found with high percentage (about 50%).

It is therefore, concluded that malnutrition was a serious problem among children under five years in displaced camps in Khartoum State due to many complicated factors such as socio-economic factors like low educational level, high illiteracy rates, poverty and large family size ,in addition to dietary factors like insufficient food intake and low quality foods. Moreover, absence of environmental sanitation and clean water and spread endemic diseases like malaria and infections diseases like diarrhea and respiratory tract infections, led to deterioration in nutritional status of children. Basic environmental health needs of food, shelter and hygiene still predominated among this displaced people.

Accordingly, various governmental and nongovernmental sectors need to put more efforts to modify socio-economic status and change environmental conditions

of displaced households in order to raise health and nutritional status of children under five years.

خلاصة الأطروحة

تهدف هذه الدراسة بصورة أساسية إلى قياس الحالة التغذوية للأطفال النازحين بولاية الخرطوم والذين تتراوح أعمارهم بين 6-59 شهر، كما تهدف إلى معرفة العوامل المؤثرة على الحالة التغذوية لهؤلاء الأطفال.

تتكون العينة من 319 أسرة تم اختيارها بالطريقة الطبيعية العشوائية البسيطة من أربعة معسكرات رئيسية بولاية الخرطوم بحيث تضم كل أسرة طفل واحد علي الأقل عمره بين 6-59 شهر.

تم إجراء مقابلات فردية مع ارباب الأسر لملء الاستمارة المصممة لهذا الغرض كما أخذت المقاييس الجسمانية للأطفال والمتمثلة في الوزن بالكيلوجرامات، الطول ومحيط منتصف الذراع بالسنتيمترات، بالإضافة إلى نوع وعمر الطفل ووجود الاوديما.

تم تحليل المعلومات بواسطة الحاسب الآلي باستخدام برنامج SPSS و Epi-Info وقورنت النتائج بالقيم المرجعية التي أوصت بها منظمة الصحة العالمية والمركز القومي للإحصاءات الصحية (NCHS) (1995).

أشارت النتائج إلى انتشار سوء التغذية بين الأطفال النازحين بولاية الخرطوم مثل النقرم (61.8%)، انخفاض الوزن (77.7%) والهزل (63.6%) ونقص الطاقة والبروتين (50%).

كما أتضح أن لتلك المشاكل التغذوية أسباب عديدة ومتداخلة منها أسباب اقتصادية واجتماعية، مثل تدني المستوي التعليمي، كبر حجم الأسر والفقر، وأسباب غذائية مثل عدم كفاية الغداء كما ونوعاً بالإضافة إلى تدهور صحة البيئة، قلة الماء النقي، انتشار الأمراض الوبائية مثل الاسهالات، التهاب الصدر والملاريا.

وعلي الجهات الرسمية وغير الرسمية بذل المزيد من الجهد لتغيير الوضع الاقتصادي والاجتماعي المتدهور وتحسين البيئة المحيطة للنازحين وتوفير الخدمات الأساسية للمساهمة في تطوير الحالة التغذوية للأطفال في معسكرات النازحين بولاية الخرطوم.