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## Dietary Patterns of Mothers of Under-Five Children (Malnourished) – A Strategic Factor for Family Health Nutrition & Education

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### Abstract

**Aim:** The aim of the study was to observe Dietary Patterns of Mothers of Under-Five Children (Malnourished) – A Strategic Factor for Family Health Nutrition & Education. **Materials and Methods:** The approved research tool utilized in the study was the Reviewed Malnourished Under-Five Children Screening Questionnaire (R-MUCSQ). The variables were measured and computed using SPSS version 23, with an average mean and standard deviation of  $29.5 \pm 14.5$  and a 100% reply rate. Participants consisted of fifty (50) women ranging in age from 15 to 44 years old, selected through a purposive sampling technique among mothers of under-five children (malnourished) at the Waterloo Government Hospital Waterloo. The study population consisted of 4,622 mother-children according to the hospital records for 2022/2023. **Results:** It was found that the majority of mothers with less than five children who were malnourished were between the ages of twenty-seven and thirty-two. Additionally they were also malnourished belonged to the married marital status. The majority of mothers with fewer than five children who were malnourished were also uneducated. Furthermore, the majority of mothers with children under five who were malnourished also had an employment status as traders. **Conclusion:** When compared to the other study indicators, mothers of under-five children who were malnourished and between the ages of twenty-seven and thirty-two constituted the majority in all variables. To maximize the nourishment of under-five children by their mothers, caregivers, and clinicians for an improved life for under-fives, behavioural change communication, immunisation and other dietary patterns are therefore advised.

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