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Burden of malnutrition in children under 5 years in Nigeria

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Malnutrition is a significant public health problem and it is an important cause of morbidity and mortality in children below 5 years of age. The proportion of this disease is much higher in sub-Saharan countries than in other geographical regions globally. The aim of this article was to identify the factors that contributed to malnutrition, critically analyse them and provide logical recommendations. Some of the factors influencing the nutritional status of children under the age of five were educational and economic status of the parents, especially the mother, health and nutritional status of the mothers during pregnancy and breastfeeding, immunisation status of the child and the political system of the country. Recommended interventions included; health education, female empowerment, nutrition and government participation.

Speaker Biography

Crystal Nneka Ozoka, M.B.B.S, MPH, is a medical doctor, and works in medicine department in Essex England. She completed her master's degree in public health from City, University of London in the United Kingdom. She became a volunteer for save the children, while pursuing her master's degree and she continues to search for avenues to improve child and maternal health. Prior to that, she worked as a medical doctor in Abuja, Nigeria after graduating from Igbiniedion University medical school, in Nigeria. She would be starting her General Practice (GP) training here in the United Kingdom and she will also be undergoing her PHD in Public health, as she aspires to become a Professor of Public Health. Her publication on malnutrition, provides insight, learning and recommendations on how to tackle the burden of malnutrition in children.

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