



# Effect of Nutrition Education Program on Morbidity from Acute Respiratory Tract Infections (ALRTI) among Under Five Years in Assiut City

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## Abstract:

The effect of nutrition education program on morbidity from acute respiratory infection among less than 5 years children was investigated .The study was carried out in primary health care center and the houses in its catchment area in west of Assiut City. It consisted of cross -sectional morbidity and anthropometric survey followed by a longitudinal intervention study for one year.21.2 % of children under five was stunted and 8.8 % were wasted. There was considerable chronic malnutrition among studied children. Overall, 1.6 % of children under age of five were underweight for age .The results of multiple logistic regression showed that low socioeconomic level and increased birth order were associated significantly with stunting, underweight and wasting .Incidence of ALRTI was 10.4 % . 26.9 % of children who contracted ALRTI diseased this difference were statistically significant. on the other hand 23 .1 % were wasted versus to 7.1 % of non diseased (P~ 0.017) . 26.9 % of them were stunted as compared to 20.5 % and this difference was statistically insignificant (P~ 0.298). The analysis of the data of anthropometric measurements showed insignificant differences in the prevalence trends of stunting by time. On the other hand, there was significant .in the trends of total prevalence of underweight. As regards wasting, there was significant decrease in the trend of total prevalence of wasting. The study recommended; nutritional interventions through health education that should be integrated with maternal and child health activities

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