

Introduction

- Stunting can be defined as the condition whereby the child's height is too short for their age⁹
- UNICEF (2019) reported that **1 in 3 children** worldwide under the age of 5 is **not growing well** and 161 million of them were stunted⁷
- According to the NHMS 2016 data the prevalence of stunting is 20.7% and the trend was reported increase from 16.6% in 2011, 17.7% in 2015 to 20.7% in 2016^{4,5}
- Stunting results from **poor feeding practice, persistent infections and inadequate care practices** during the first 1000 days of a child's life²
- Limited local studies focused on the association between parental feeding practices and eating behaviours among children aged 6 to 36 months in Malaysia.

Objective

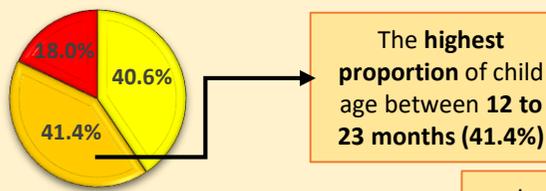
To determine the associations of socio-demographic factors, parental height, parental feeding practices, and child eating behaviours with stunting among children aged 6 to 36 months in Malaysia.

Results and Discussions

1 Prevalence of Stunting **16.4% Stunted**

Present study shows lower prevalence compared to Malaysian data (20.7%)⁵

2 Socio-demographic Characteristics



3 Associations of parental height with stunting



Methodology

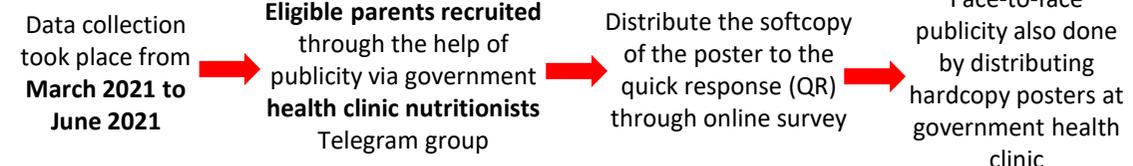
Study Design Cross-sectional study

Study Location All states in Malaysia

Study Size 244 parents and their child

Sampling Design

Convenience sampling



Questionnaire/ Tools

- Infant and Young Child Feeding (IYCF) Questionnaire¹⁰
- Child Eating Behaviour Questionnaire (CEBQ)⁸

4 Associations of parental feeding practices and stunting

- No significant associations found between infant and young child feeding (IYCF) practices and stunting.

5 Correlation between eating behaviour and height-for-age z-score (HAZ)

- There were no significant correlations between child eating behaviours and height-for-age z-score (HAZ).

Conclusion

- The present study found that 16.4% of the children were stunted.
- Father's height was significantly associated with stunting among children aged 6 to 36 months in Malaysia.
- Future studies need to explore more variables related to fathers to determine the factors associated with stunting in Malaysian children.

References

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- [2] Childhood stunting and wasting in Myanmar: Key drivers and implications for policies and programmes. 1-8.
- [3] Association of maternal short stature with stunting in Mexican children: common genes vs common environment. *Eur J Clin Nutr* 53, 938-945.
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- [5] National Health And Morbidity Survey 2016: Maternal And Child Health (MCH). *Kementerian Kesihatan Malaysia*, 2, 275.
- [6] Factors Associated With Child Stunting, Wasting, and Underweight in 35 Low- and Middle-Income Countries. *JAMA Network Open*, 3(4), e203386.
- [7] Levels and trends in child malnutrition: Key findings of the 2020 Edition of the Joint Child Malnutrition Estimates. Geneva: WHO, 24(2), 1-16
- [8] Development of the Children's Eating Behaviour Questionnaire. 42(7), 963-970.
- [9] WHO child growth standards (2009)
- [10] WHO child growth standards (2006).

- Low parental height is associated with their child anthropometric status can be due to similar genetic background as well as common environmental variables^{3, 6}
- The linked can also be explained as women who are shorter may have lower protein and energy reserves, smaller reproductive organ sizes, and less space for embryonic growth thus impacting the foetal growth through the placenta and new-born growth through the quantity and quality of breast milk¹