

## Girl education a key to reduce malnutrition in children in rural areas of Nepal

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### Abstract

Malnutrition is something that has not changed in Nepal even after so much effort and millions of dollars invested according to local and international nutrition experts. The situation has actually deteriorated due to increasing population. According to Unicef, 60 percent of under 5 child death in Nepal is due to acute malnutrition and 49% have stunting, 6th worst rate of stunting among all other countries. The purpose of this research is to understand the effect of various factors leading to acute and chronic malnutrition among children in rural areas of Nepal. Children under 3 years of age were studied to Analyse health care practices and feeding techniques used at home. Anthropometry to watch percentage of stunting and underweight children. General health check-up and intervention to rule out anemia in children under 3 years of age. Survey of mothers who have completed primary school education and beyond. They were sent to do household chores very early after delivery leaving their baby at home with in-laws and sometimes with the elder daughter who was not more than 6-7 years of age. The analysis also found that educated mothers are very easily convinced through health worker interventions on nutrition and other needs of children like proper sanitation, clean drinking water, and hygienic practices. The percentage of children who are underweight or stunted is also less in comparison to children with illiterate mothers. Vaccinated rate is also higher among children whose mothers are educated.

**Conclusion:** A quarter of the population in Nepal lives under the poverty line and follows poor hygiene practice. They have poor access to clean drinking water and have poor living conditions of girls during teenage years, particularly in rural areas of Nepal. It is common for men to migrate in search of work leaving behind their wives to run the household, raise children, and women face discrimination at the hand of them in laws because they are uneducated. Teenage mothers may suffer from anemia, maternal malnutrition, and give birth to unhealthy babies who grow up to be malnourished infants and suffer stunting. Girls are married early and the same cycle of repeats. An educated mother wants to educate her female child and marries her at a later age which reduces the rate of teenage maternity, the birth of unhealthy infant. Children of literate mothers are better nourished than that of illiterate mothers. Further, an educated mother can be easily convinced by social workers who are making huge efforts to improve vaccine awareness, prevent malnutrition, childhood diseases like diarrhea and respiratory infection

### Biography:

Basudha Ghimire working in Kathmandu model hospital in the department of microbiology and also working as pediatrician in Nepal.

### Speaker Publications:

Basudha Ghimire; Burden of developmental and behavioral problems among children - a descriptive hospital based study, June 2019.

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