



## ABSTRACT

## Association of maternal factors with stunting in 12-23 months old children in Dili, Timor Leste

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### **Nutri Symposium 2024: Nutrition advancement in healthcare from conception to well-aged perfection: Unveiling nutrition's impact –Oral Presentation**

**Introduction:** Stunting, characterized by low height-for-age, is a chronic malnutrition condition that primarily manifests during the first 1,000 days of life. According to the World Health Organization (WHO 2020), the maximum acceptable prevalence of stunting is 20%. Timor Leste has a significantly higher prevalence of stunting, at 47.1%. Previous research has shown that maternal characteristics from pregnancy to child-rearing phase play an important role in stunting. This study aims to identify the relationship between maternal factors and the incidence of stunting during the first two years of life

**Methods:** It is a case-control design conducted in five primary health care in Dili. The sample consists of 180 children aged 12-23 months, with 90 stunted children and 90 controls selected randomly. Data collected includes mother's age, height, interval of pregnancy, Multiparity, Wealth, Education level, Mid-Upper Arm Circumference (MUAC) in pregnancy, Iron supplement and anemia during pregnancy. Data analysis includes multivariate using logistic regression.

**Result:** There is significant association between maternal factors, except the interval of pregnancy with incidence of stunting ( $p < 0.05$ )

**Conclusion:** Mothers with anemia during pregnancy increased over 5 times risk of having stunting children than mothers without anemia during pregnancy. Mothers with primary education level have 3.6 times risk of having stunting children rather than tertiary education level. Mothers with MUAC < 23 cm in pregnancy have 3.1 times risk of having stunting children rather than normal MUAC. Improving the quality and supervision of women's health promotion from pre-conception to childbirth is highly recommended to reduce stunting cases in Dili.

**Keywords:** Maternal factors, 12-23 months old, Stunting

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