

Maternal Factors Associated with Feeding Practices and Nutritional Status of Under Five Children in Abeokuta North Local Government, Ogun State, Nigeria

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In Partial Fulfilment of the Requirements for the Award of Master of Public Health Degree (MPH) in Public Health

Certification

This is to certify that the thesis titled “Maternal Factors Associated with Feeding Practices and Nutritional Status of under-five children Abeokuta North Local Government Ogun State Nigerian” was carried out by **Hannah Oluwaseun ADEBANJO** (LCU/PG/003224) in partial fulfillment of the requirements for the award of the Master’s degree in Public Health (MPH) from the Department of Public Health, Faculty of Basic Medical and Health Sciences, Lead City University, Ibadan, Oyo State, Nigeria.

This thesis is an original work conducted under my supervision and has not been submitted for any other degree or award in this or any other institution.

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Supervisor

Date

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Head of Department

Date

Dedication

I dedicate this work to God Almighty, whose divine wisdom and guidance enabled its completion, my loving husband for his support and my beloved son, Wisdom Adebajo, who was just two months old when I began this journey.

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Abstract

This study investigates the maternal factors influencing feeding practices and the nutritional status of children aged 6–24 months attending primary healthcare centers in Abeokuta North Local Government, Ogun State. The objectives are to assess maternal knowledge, attitudes, and practices regarding infant feeding and their impact on child nutrition. This research fills a gap by examining the interplay between maternal factors and child nutrition through the lens of Social Cognitive Theory to understand behavioral influences.

A descriptive cross-sectional design was used. The study population comprised mothers of infants aged 6–24 months, with 375 mothers sampled using multi-stage sampling techniques. Data were collected through structured questionnaires and anthropometric measurements and analyzed using SPSS.

Key findings revealed that 61.1% of children had a normal height-for-age, while 27.2% and 11.7% were moderately and severely stunted, respectively. Additionally, 24.3% of children were severely underweight. The study concludes that maternal education and attitudes significantly influence feeding practices, whereas knowledge alone was not significantly associated with better nutritional outcomes. It is recommended that targeted educational programs and community support systems be strengthened to improve feeding practices and address malnutrition.

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List of Acronyms

Abbreviation	Meaning
BMI	Body Mass Index
LGA	Local Government Area
SCT	Social Cognitive Theory
SES	Socioeconomic Status
HAZ	Height-for-Age Z-score
WAZ	Weight-for-Age Z-score
WHZ	Weight-for-Height Z-score
TPB	Theory of Planned Behavior
WHO	World Health Organization
SAM	Severe Acute Malnutrition
SIDS	Sudden Infant Death Syndrome
MUAC	Mid-Upper Arm Circumference
LMICs	Low- and Middle-Income Countries
UNICEF	United Nations International Children's Emergency Fund

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