Prevalence and demographic factors Contributing to Diarrheal Diseases among Children Less than Five Years in Nyarugenge District, Rwanda.

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Background: The burden of diarrheal diseases among children is by far more in low and middle-income countries where it is the second leading cause of deaths in children under 5 years. In Rwanda, it is a third leading cause of childhood morbidity and mortality where it counts 15% of deaths. Objective: The aim of this study was to determine socio-demographic factors associated with diarrheal diseases among children less than five years in Nyarugenge district, Rwanda. Methodology: The study was descriptive cross-sectional. Multi stage sampling technique whereby in the first stage 6 health facilities were selected randomly and in the second stage 359 respondents were selected systematically. A Structured pre-tested questionnaire was used to collect data. Pearson's chi-square test ($p<0.05$) and odds ratio with corresponding 95% confidence interval were used to establish the association between the dependent variable and independent variables. Results: The 2 week period prevalence of diarrhea among less than five children was 26.7%. Factors independently associated with diarrheal diseases occurrence were: children whose mothers/caretakers had never attended school (aOR=3.76; 95%CI=1.26-11.24; p=0.018) and attended primary (aOR=2.94; 95%CI=1.04-8.28; p=0.042) compared to those who attended tertiary level of education; children who had not vaccinated for Rota virus (aOR=8.11; 95%CI: 1.84-35.70; p=0.006). Conclusion: The prevalence of diarrhea was high compared to national level. Children whose mothers/ caretakers had never attended and attended primary school; children who were not vaccinated for Rota virus; children living around houses where feaces present and children living in earthen floors were significantly associated with diarrhea. Therefore, we recommend that health education on hygiene. Rota virus vaccination and awareness on environment sanitation should be strengthened to reduce childhood diarrhea.

Keywords

Diarrheal diseases; Hygiene; Multi-stage sampling technique; Socio-demographic