Long Term Effects of Family Dynamics on the Nutritional Wellbeing in Adolescents under thirteen in Ethiopia: An Evidence from Young Lives Ethiopia, Survey of Younger Child Cohort

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Abstract

Adolescents have not traditionally been considered at disproportionately elevated nutritional risk and patterns of malnutrition prevalence have not been fully understood. The aim of this paper is to asses long term effects of family dynamics on the adolescent nutritional well being in Ethiopia. Secondary data were used from Young Lives Ethiopia survey of Younger child cohort of rounds 2 to 4 of four regions and Addis Ababa City Administration based on the Young Lives Ethiopia site selection criteria. A total of 1853 adolescents of 53.1% male and 48.9% female were included in the final analysis based on the pre-specified criteria set by researchers. Prevalence of childhood malnutrition was calculated by using Z-scores which were calculated relative to WHO 2006 reference data. Binary Logistic regression, chi-square test of association and Analysis of Variance (ANOVA) were statistical methods used for parameter estimation. Only 17% of young lives younger children were born at home in all the regions with least figure (2.5%) accounted in rural Tigrayi region. There were high number of family divorce or separation and less child exclusive breastfed duration in urban than rural Ethiopia. 48% of the adolescents under thirteen were involved in domestic or family task and paid (remunerated) work or activities outside of household. About 50% and 83.3% of the adolescents were stunted and underweight from whose family had divorced or separated. 73.8% and 77.4 % of primary care givers and mothers of young lives adolescents had no formal education in Tigrayi region, respectively. Six (69.2%) out of 9 young lives adolescents whose family had divorced or separated were wasted during their age eight in rural Amhara region. Young Lives adolescents involved in paid (remunerated) work activities outside of household were 0.847 times more likely stunted at age 12 compared to those who were not involved in paid (remunerated) work activities outside of household. Odds of being under weight at age 12 for young lives adolescents whose family had divorced or separated was 1.703 (OR=1.703, CI=1.033-2.806, p-value=.021). The highest malnutrition prevalence was accounted in Amhara region in all age groups. Stunting and wasting have shown increasing pattern over time among adolescents in Ethiopia. Access to economic welfare and income generating scheme, child health and nutrition education, child labor and domestic and farm task activities, family divorce or separation, maternal and child's primary caregivers educational level had significantly long term association with childhood nutritional wellbeing. Thus socio-economic, maternal and child's primary care givers educational level, child labor and domestic task activities were identified as some of the key indicators for adolescent nutritional wellbeing that should be paid more attention to improve adolescent malnutrition and wellbeing in Ethiopia.

Kay Words: Young Lives Ethiopia, younger child, , Binary logistic regression ANOVA, nutritional well being.