

Exploring High Rate Malnutrition among Children in a Selected Barangay in Silang, Cavite

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Abstract

Malnutrition remains a serious problem in the Philippines. The death rate of children below five years old remains highest in the poorest sector of families in populated urban settings. Literature has identified factors that influence malnutrition quantitatively in other countries; however, this dilemma has not been identified in the Philippines qualitatively. This study explored the reasons for malnutrition among children below five years old in Barangay Inchican, Silang, Cavite anchored on the ecological approach and health belief model. This qualitative case study used purposive sampling. Data were gathered through semi-structured interviews of three mothers and three health workers. For triangulation, observation and document analysis were done. Findings showed that factors influencing malnutrition in Barangay Inchican include children's poor health condition, poor access to affordable healthcare services, bigger family size and rising population, lack of knowledge and education of mothers, negative behavior of mothers and weak financial support from the government. Because of the need for appropriate intervention to curb malnutrition, these findings may merit future sustainable programs to improve children's nutritional status in Barangay Inchican, Silang, Cavite. Further studies are needed to evaluate malnutrition reduction programs implemented in the barangays of the Philippines.

Keywords: malnutrition, Philippines, descriptive case study