

Food Security and Prevalence of Anemia Chronic Nutrition in Children (AS) Under Five Years of the Indigenous Communities Ashaninkas Puerto Ocopa, Puerto Prado, Peru

Introduction: Food security is a complex phenomenon that explains the biopsychosocial, nutritional and economic relationship especially in vulnerable indigenous populations

Objectives: Determine the relationship between food security and prevalence of anemia, chronic malnutrition in children under the age of five in the native communities of Puerto Ocopa, Puerto Prado.

Materials and methods : Analytical cross-sectional study the population was selected families that had at least one child under 5 years of age, in the Asháninka native communities of Puerto Ocopa, Puerto Prado Peru, with a sample of 34 children under 5 years of age, the statistical program SPSS v .22.

Results: 8.8% of families have moderate food insecurity, 91.2% severe food insecurity; 14.7% have severe anemia, 29.4% moderate anemia, 50% mild anemia and only 5.9% have no anemia, 29% have chronic malnutrition and 29.8%. Severe chronic malnutrition, 41.2% does not have anemia. significant feeding relationships were nutrition during pregnancy and prevalence anemia p value = 0.005, destination of the agricultural production that has and prevalence of anemia p value = 0.023, Predominant material of the ground floors and prevalence of anemia p value = 0.001, the frequency of consumption of corn and prevalence of anemia p value = 0.015, consumption of beef, sheep and pork and prevalence of anemia p value = 0.050, frequency of tomato consumption and prevalence of anemia p value = 0.047, frequency of consumption of celery and prevalence of anemia p value = 0.040, frequency of cassava consumption and prevalence of anemia p value = 0.014 consumption of water destined for drinking and prevalence of anemia p value = 0.049, consumption of boiled water and prevalence of chronic malnutrition p value = 0.012, lactation maternal and chronic malnutrition p value = 0.019, frequency of rice consumption and prevalence of chronic malnutrition p value = 0.008, frequency of consumption of palm oil and chronic malnutrition p value = 0.024, frequency of consumption of sugarcane and chronic malnutrition p value = 0.041, frequency of fish consumption and chronic malnutrition p value = 0.018, frequency of consumption of yellow vegetables and chronic malnutrition p value = 0.004 Food security is significantly associated with chronic malnutrition (p value = 0.019). Food safety is significantly related to the prevalence of anemia p value = 0.04. **Conclusions:** Chronically malnourished children mostly live in households affected by severe food insecurity. Children with mild, moderate, severe anemia live mostly in homes affected by severe food insecurity.

Keywords: Security food; Chronic malnutrition; anemia Hand washing; Breastfeeding; (source: DeCS BIREME).

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