

The double burden of malnutrition : a study of food security, physical activity and nutritional status among women and children in Narok County, Kenya

Citation for published version (APA):

Keino, S. J. (2014). *The double burden of malnutrition : a study of food security, physical activity and nutritional status among women and children in Narok County, Kenya*. [Doctoral Thesis, Maastricht University]. Universitaire Pers Maastricht. <https://doi.org/10.26481/dis.20141001sk>

Document status and date:

Published: 01/01/2014

DOI:

[10.26481/dis.20141001sk](https://doi.org/10.26481/dis.20141001sk)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

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Propositions

regarding the dissertation

The Double Burden of Malnutrition: A study of food security, physical activity and nutritional status among women and children in Narok County, Kenya

SUSAN J. KEINO

Maastricht, October 1, 2014

1. Changes in dietary patterns and sedentary lifestyles have contributed in pushing the numbers of overweight in developing countries high (*this thesis*).
2. The double burden of malnutrition (under-nutrition and over-nutrition) is a problem as among women and children in Kenya (*this thesis*).
3. The major factors associated with of stunting and overweight across sub-Saharan Africa are demographic (age, sex, marital status etc.), socioeconomic (income, education etc.) environmental (urban-rural settings, housing etc.) factors (*this thesis*).
4. A food secure household in Kenya has higher odds of having an overweight woman or child than a food insecure household (*this thesis*).
5. Women who live in an urban area and who have a high standard of living, have many children, are older in age, and have a diverse diet, have increased odds of being overweight (*this thesis*).
6. Overweight may occur among children under two years. At this age children are being introduced to weaning foods and they are learning to eat on their own. Over feeding may occur due to poor feeding practices (*this thesis*).
7. Physical activity, body composition and body mass index are important factors in regulating water balance.
8. Acclimatization plays an important role in the body's' ability to regulate its water needs (*this thesis*).
9. Physical activity must be integrated in any nutrition and health program in order to curb the rising numbers of overweight and obesity.
10. To reverse the trends of increasing overweight among women and children, nutrition education needs to be introduced to women of child bearing age.
11. Regular monitoring of weights among children may help to curb the problem of overweight.
12. A window of opportunity to reverse trends of malnutrition among children is at the age of 2 years.