Review of: "Nutritional Status and Dietary Patterns of Children Aged Ten Years and Below In the Buea Municipality, South West Region Cameroon"

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Potential competing interests: No potential competing interests to declare.

The study "Nutritional Status and Dietary Patterns of Children Aged Ten Years and Below in the Buea Municipality, South West Region Cameroon" is of paramount importance as it provides crucial insights into the dietary habits and nutritional well-being of children under the age of ten. This research has the potential to guide targeted interventions, inform policy changes, and empower parents and caregivers to make informed decisions for the betterment of children's health. By addressing the complex factors affecting child nutrition in Africa, this study paves the way for a healthier and brighter future for the continent's youngest generation. It's good to see that mothers/caregivers were included, as they play a significant role in a child's dietary choices and nutritional status. Excluding children with certain factors that could affect their nutritional status, such as birth defects, physical disabilities, sickle cell disease, and HIV, helps ensure a more homogeneous study population.

Certainly, I have some pertinent issues and thoughts regarding the document that I like to discuss and provide feedback on.

Introduction:

1. You should review your bibliographic references, as many of them do not align with the information cited." Please ensure that you use the accurate and correct references

Exemple:

 "According to the World Health Organization (WHO) [8], and Yalew [9],"

With these statistics, a gloomy situation of poor nutrition is projected in the future and sub-Saharan Africa and many developing countries may continue to be the worst victims [10].

 "The prevalence of stunting and underweight were found to be 42.22% and 6.67% respectively among children under age five in Bangang Rural Community in 2014"

"The Sustainable Development Goals (SDGs) Report (2016)

Materials and Methods

1. Can you provide more details about the specific procedures used in the snowball sampling technique to select

participants?

2. Were there any potential biases introduced by the snowball sampling method, and how were they addressed or minimized

3. How were the four selected health areas in the Buea Health District chosen, and do they adequately represent the diversity of the district's population?

Data Collection Period:

1. The data collection period is mentioned as February to April 2023. Did you encounter any seasonal variations in dietary patterns or nutritional status that might need to be considered in your analysis?

Questionnaire:

1. Can you provide more information about the structured and pretested questionnaire used for data collection? What specific demographic, socioeconomic, health-related, and household characteristics were assessed?

2. When using the mother's weight to calculate the child's weight, how was this adjusted for the mother's own clothing and any other factors that might affect the accuracy of the child's weight estimation?

3. It would be helpful to specify the exact WHO growth standards or reference population that was used to calculate z-scores. This ensures transparency and reproducibility.

Dietary Intake Assessment:

1. You mentioned using a food frequency questionnaire (WHO Standard) to assess dietary intake patterns. Could you provide more details about the specific questions or categories included in the questionnaire and how the dietary data were analyzed or categorized?

Data Quality and Validity:

1. Did you encounter any challenges or issues related to data quality during the three-month data collection period, and if so, how were they addressed?

Limitations:

1. Consider discussing any limitations or potential sources of error in the data collection and analysis methods. For example, were there any challenges in obtaining accurate dietary intake data from participants?

References:

1. It's important to provide proper references for the tools and methods you used, such as the WHO growth standards and the food frequency questionnaire, to enhance the study's credibility.

Statistics :

1. simple logistic regression was used to screen predictors at **p-value < 0.02,** why?

RESULTS

1. For figure 1, you need comment it with your findings

2. The blue bar indicates that the child consumed the food type less than once a week, in the legend do you use zero and that mean the child don't consumed the food and not less than one for week

3. You must indicate in the title of figure the age of children because children who have 6 month and below don't consume food

4. How was the Food Diversity Score calculated for children in this study, and what criteria were used to categorize their dietary intake as "low", you should describe it in methodology.

5. In the study, were infants aged 6 months and below who were exclusively breastfed included in the assessment of the Food Diversity Score, or was there a separate analysis for this age group?

Discussion

1. Sociodemographic characteristics: A total of 354 participants were recruited from four selected health areas in the Buea Health District. The lowest number of participants came from the Tole Health area (51). ???

2. You should engage in a more thorough discussion of your results in relation to other studies, and it is imperative to include references in the text when you compare your findings with those of other studies.