

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

Kajol Dahal¹

¹ East Tennessee State University, United States

Potential competing interests: No potential competing interests to declare.

The document titled "Nutritional Status and Dietary Patterns of Children Aged Ten Years and Below In the Buea Municipality, South West Region Cameroon" provides a comprehensive examination of the nutritional challenges faced by children in this region. Below is a review highlighting both the strengths and weaknesses of the study.

Good Points

1. Relevance of the Topic

The study addresses a critical public health issue: childhood malnutrition, which is a significant concern in many developing countries, including Cameroon. The focus on both undernutrition and overnutrition reflects the complexity of malnutrition as a "double burden" affecting children's health and development.

2. Methodological Rigor

The research employs a community-based cross-sectional design, which is appropriate for assessing dietary patterns and nutritional status. The use of standardized anthropometric measurements (BMI, mid-upper arm circumference) and dietary assessments through 24-hour recalls enhances the reliability of the data collected.

3. Detailed Data Analysis

The analysis includes various statistical methods, such as logistic regression, to identify factors associated with malnutrition. This thorough approach allows for a better understanding of the underlying issues affecting children's nutritional status.

4. Ethical Considerations

The study adheres to ethical standards by obtaining informed consent from participants and ensuring confidentiality. This commitment to ethical research practices is commendable and essential for studies involving vulnerable populations like children.

5. Comprehensive Background Information

The background section effectively contextualizes the study within broader global health issues, citing relevant statistics and previous research. This provides readers with a solid foundation for understanding the significance of the findings.

Improvement Points

1. Limited Sample Size and Generalizability

While the sample size of 354 participants is reasonable, it may still limit the generalizability of the findings to other regions or populations in Cameroon or similar contexts. A larger sample size could provide more robust data and insights.

2. Potential Bias in Self-Reported Data

The reliance on self-reported dietary intake from caregivers may introduce bias, as individuals might not accurately recall or report their children's food consumption. This could affect the validity of dietary pattern assessments.

3. Socioeconomic Factors Not Fully Explored

Although some socioeconomic factors are considered, there could be additional variables that significantly impact nutritional status that were not addressed in depth, such as household food security or maternal education levels beyond basic statistics.

4. Limited Discussion on Intervention Strategies

While the study identifies factors contributing to malnutrition, it lacks a discussion on potential intervention strategies or recommendations based on its findings. Providing actionable insights could enhance its practical relevance for policymakers and health practitioners.

In summary, this study contributes valuable insights into childhood nutrition in Buea Municipality but also has limitations that should be addressed in future research to enhance its applicability and impact on public health interventions. I think overall this manuscript is eligible to be published.