



CHILDREN STATUS IN SITIO RIVERSIDE, GUADALUPE, CEBU CITY: ASSESSMENT ON MALNUTRITION AND ITS ENVIRONMENTAL DETERMINANTS

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ABSTRACT

The main purpose of the study was to determine the nutritional status and its environmental determinants among children aged 4-12 years in Sitio Riverside, Barangay Guadalupe, Cebu City. The research employed purposive sampling to select 50 children respondents aged 4 to 12 years utilizing anthropometric indicators. (Height-for-Age, Weight-for-Height, and Body Mass Index-for-Age Z-scores).

Findings revealed that 22% of respondents were stunted, 30% were wasted, 32% were underweight, 8% were overweight, and 2% were obese. Most stunted cases were observed at age 10 (27%) and wasting peaked at age 8 (20%). Gender-wise, females accounted for the majority of wasted (66%) and underweight (75%) children. Environmental assessments showed overall "High" ratings in water, sanitation, hygiene (4.064), household environmental quality (3.99), food consumption patterns (4.16), and access to healthcare (3.56), while physical activity was only "Moderate" (3.396). Statistical analysis confirmed significant differences in air quality and healthcare access for underweight ($p = 0.024$ and $p = 0.006$) and wasted children ($p = 0.016$ and $p = 0.022$).

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The study concludes that malnutrition in urban poor children persists as both chronic and acute forms, influenced by environmental conditions. Interventions should prioritize improving air quality, strengthening access to child-centered healthcare, and enhancing community infrastructure for active play. Holistic, multi-sectoral strategies—aligned with Bronfenbrenner’s ecological systems theory—are essential for addressing nutritional disparities and promoting child health resilience.

Keywords: *Children status, Malnutrition, Environmental determinants*



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