



Malnutrition and Cognitive Developmental Stages in Early Childhood: A Framework Exploring Ugandan Contexts

Mwesigwa Nabinya^{1,2}, Musoke Okello²

¹ Mbarara University of Science and Technology

² Kampala International University (KIU)

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Correspondence: mnabinya@yahoo.com

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Author notes

Mwesigwa Nabinya is affiliated with Mbarara University of Science and Technology and focuses on Psychology research in Africa.

Musoke Okello is affiliated with Kampala International University (KIU) and focuses on Psychology research in Africa.

Abstract

Malnutrition in early childhood is a significant public health issue affecting cognitive development across various socio-economic contexts. In Uganda, malnutrition disproportionately impacts children's growth and mental well-being during formative developmental stages. No empirical results are presented; this article focuses on conceptualization and synthesis of relevant literature and theory related to cognitive development and malnutrition. The theoretical framework underscores the importance of addressing malnutrition as an early intervention strategy to mitigate long-term cognitive deficits in Ugandan children. Policy recommendations include strengthening nutrition education for expectant mothers and caregivers, improving access to affordable nutritional supplements, and integrating developmental assessments into routine healthcare check-ups.

Keywords: *Cognitive Development, Malnutrition, Early Childhood, Uganda, Anthropometry, Socioeconomic Status, Nutritional Status, Cognitive Stages*

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