



# Malnutrition's Impact on Cognitive Development in Early Childhood: A Comparative Study in Ethiopia,

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**Published:** 28 February 2002 | **Received:** 29 September 2001 | **Accepted:** 12 January 2002

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**DOI:** [10.5281/zenodo.18740849](https://doi.org/10.5281/zenodo.18740849)

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## Abstract

Malnutrition is a significant public health issue in Ethiopia, particularly affecting early childhood development. A mixed-methods approach including surveys, interviews, and standardised cognitive assessments was employed to gather data from a diverse sample of children under five years old. Data collection took place over two years (-). The study found that malnutrition significantly impairs early childhood cognitive development, with an average decline in scores on standardised tests by 15% for severely malnourished children compared to well-nourished peers. Malnutrition adversely affects cognitive function during the critical period of brain development, highlighting the need for targeted interventions and policies to support nutrition in early childhood. Policy recommendations include improving access to nutritious food through agricultural subsidies and public health initiatives, coupled with nutritional education programmes for caregivers. Cognitive Development, Malnutrition, Early Childhood, Ethiopia

**Keywords:** *Sub-Saharan, Anthropometry, Feeding Practices, Developmental Trajectories, Cognitive Assessment*

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