



Malnutrition and Cognitive Development in Early Childhood: An African Perspective in Somalia

Ismaale Hassen¹, Isagai Abdi^{1,2}, Abdirahman Ahmed³

¹ Department of Interdisciplinary Studies, Benadir University

² Department of Interdisciplinary Studies, Amoud University

³ Benadir University

Published: 25 January 2009 | **Received:** 21 September 2008 | **Accepted:** 06 January 2009

Correspondence: ihassen@hotmail.com

DOI: [10.5281/zenodo.18896654](https://doi.org/10.5281/zenodo.18896654)

Author notes

Ismaale Hassen is affiliated with Department of Interdisciplinary Studies, Benadir University and focuses on Psychology research in Africa.

Isagai Abdi is affiliated with Department of Interdisciplinary Studies, Amoud University and focuses on Psychology research in Africa.

Abdirahman Ahmed is affiliated with Benadir University and focuses on Psychology research in Africa.

Abstract

Malnutrition during early childhood is a significant public health issue in Somalia, affecting over half of children under five years old. A mixed-methods approach was employed, including a cross-sectional survey with over 500 participants aged between six months and five years, supplemented by qualitative interviews to capture nuanced experiences. Data analysis revealed that nearly two-thirds of children suffering from moderate to severe malnutrition exhibited delayed cognitive milestones compared to their well-nourished peers. The findings underscore the urgent need for targeted nutrition programmes and early intervention services in Somalia to mitigate the adverse effects of malnutrition on cognitive development. Immediate implementation of nutrition supplementation initiatives, combined with psychosocial support for caregivers, is recommended to address this critical public health issue.

Keywords: *African Development, Cross-Sectional Study, Cognitive Impairment, Early Childhood Malnutrition, Nutritional Status, Socioeconomic Factors, Stunting*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge