

## Abstract

### Objective:

To determine the prevalence and risk factors and associated with diarrhoea in children below five years.

### Design:

Cross-sectional survey.

### Study Area:

Laini-Saba Village of Kibera Slum, Nairobi

### Methodology/Subjects:

Purposive sampling the households with children aged below five years. 105 households with a total of 170 children were included in the study. Structured questionnaire and observation check list were used.

The respondents were mothers/care takers of the children

### Main Outcome Measure:

Children who had diarrhoea during the exercise and those who had had diarrhoea two weeks preceding the study were compared with those without. The prevailing environmental conditions, methods of faeces disposal and hygienic practices were also put into consideration.

### Results:

The socio-demographic information revealed overcrowding with each person occupying living area of 12.8 sq. feet. Only 58% of the respondents received health information from recognized health facilities.

Prevalence of diarrhoea diseases was at 36% while at least 2 children out of every 100 (2%) stood the risk of death due to diarrhoea. 79% of pit latrines were filled up and evidently not in use. This problem had been aggravated by lack of access roads. Hence the community resulted to other crude unhygienic methods of faeces disposal. High poverty level (77%) had no permanent source of income.

### Conclusions:

Diarrhoea is a serious health problem in the overcrowded Kibera slum. There is inadequate source of health information for the slum dwellers. Poor environmental conditions, poor methods of faeces disposal and high poverty levels expose the community to diarrhoea diseases.