

## Exploring the Prevalence and Risk Factors of Diarrheal Illnesses Among Children

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### DESCRIPTION

According to the World Health Organization (WHO), diarrhea is characterized by the passage of three or more loose or liquid stools per day, which is caused by an excessive fluid content in the stools or an unusual increase in the volume, frequency, or fluidity of daily bowel movements beyond what is considered normal for an individual. This condition can lead to the loss of essential fluids and electrolytes, which may result in dehydration, malnutrition, and other related health complications. Among children under five, diarrheal illnesses have been a major cause of morbidity and mortality in low-income nations. Children under the age of five are thought to have 2.5 billion bouts of diarrhoea each year, and estimates indicate that overall incidence has remained largely steady over the last two decades. The second most common cause of mortality for children below five years is diarrheal illnesses, which account for 1 in 9 or 9% of all child fatalities globally. In the world, diarrheal diseases account for 15% of all daily child deaths, or more than 1600 children below five years.

More than 80% of all deaths in Africa and South Asia are due to diarrheal illnesses. The five poorest nations—India, Nigeria, the Democratic Republic of the Congo, Pakistan, and Ethiopia about half of all deaths result from pneumonia and diarrhoea. Even though Ethiopia has made great strides in the past few decades to lower under-five mortality, diarrheal illnesses are still a serious public health concern. Studies conducted in various regions of Ethiopia have confirmed this. 12% of reported having diarrhoea, according to the 2016 Ethiopia Demographic and Health Surveys

(EDHS) In a similar vein, this study revealed that 13.9% of children in the southern nations, ethnicities, and people region suffer diarrhoea. Particularly, the 2-week prevalence of diarrhoea was 19.6% in the Sidama Zone Shebedino district, which is higher than the regional and national prevalence.

Because of this, even though there are many factors that affect the likelihood of diarrheal diseases, it is important to recognise the relative importance of socioeconomic, environmental, and behavioural factors. Despite the emphasis placed on improving child health by the Ethiopian Ministry of Health and the relevant regional health offices, many children are still dying in Ethiopia as a result of easily treated and avoidable diarrheal disease.

Therefore, the purpose of this study was to evaluate the incidence of diarrheal illnesses and their related risk factors. Designing suitable intervention techniques to prevent diarrheal disease will be much easier with the aid of this knowledge. Additionally, it will give managers and programmers information they can use to close the gap. Additionally, the results of this study will serve as a baseline for future researchers.

According to estimates, the total incidence of diarrhoea has mostly remained stable over the past 20 years. In low-income countries, droughts have been a leading cause of morbidity and mortality. Ethiopia has made significant progress in recent years to reduce under-five mortality, but diarrheal diseases remain a significant public health issue. According to the 2016 Ethiopia Demographic and Health Surveys, 12% of children reported experiencing diarrhoea.

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