

Practices of complementary feeding in Dholpur

*TATA TRUSTS - THE INDIA NUTRITION INITIATIVE
& ICDS DHOLPUR*

Guided by:- Dr. Mohan Bairwa
Associate Professor and Faculty
In charge (MPH Program)

Submitted by:- Arpita Dadhich
Roll no - 0542
MBA Health Management

Dholpur district background

- Dholpur District is a district of Rajasthan state in Northern India.
- Area - 3084 km²
- The district is divided into five subdivisions - Dholpur, Bari, Rajakhera, Saipau and Basedi
- Population -1,207,293. This gives it a ranking of 394th in India (out of a total of 640)
- The economy of Dholpur district is mainly dependent on agriculture as 58.1 percent workers
- Dholpur district consists 79.5 percent rural and 20.5 percent urban population

Complementary feeding

Complementary feeding is defined as the process starting when breast milk alone is no longer sufficient to meet the nutritional requirements of infants, and therefore other **foods** and liquids are needed, along with breast milk.

The transition from exclusive breastfeeding to family foods – referred to as complementary feeding – typically covers the period from 6–24 months of age, even though breastfeeding may continue to two years of age and beyond.

Complementary feeding is one of the most important components of infant feeding. Insufficient of complementary foods and poor child feeding practice have a significant effect on promotion of optimal growth, health and Cognitive development of the child during this important period.

Adequate nutrition during infancy and early childhood is fundamental to the development of each child's full human potential. It is well recognized that the period from birth to two years of age is a “critical window” for the promotion of optimal growth, health and behavioural development.

Aim of the Study

The Aim of the study is to assess the complementary feeding practices among mothers of Dholpur district, Rajasthan. And use of the learnings & findings to improve the situation for better outcomes under ICDS Dholpur

Objective

To assess complementary feeding practices among mothers of Dholpur district, Rajasthan

Methodology

Research Question -

What are the current practices of complementary feeding among infants in Dholpur district, Rajasthan?

Study Area

The study area is Dholpur district, Rajasthan.

Study Design

This was a descriptive cross sectional study aimed at collecting data pertaining to socio demographic profile and information regarding various complementary feeding practices.

Sample Size

There are total 100 samples for the study population.

Sampling Techniques

The sampling technique employed was stratified sampling based on 5 strata, i.e. the 5 blocks of Dholpur, 20 women sample from each block were taken based on their availability and convenience from Anganwadi Centres. The sampling technique used is stratified and purposive

Study Period

The study was conducted from 2 February 2019 to 2 May 2019.

Tool:

An interview schedule was used to obtain information regarding socio demographic profile of the mother, general information of the infant and various complementary feeding practices.

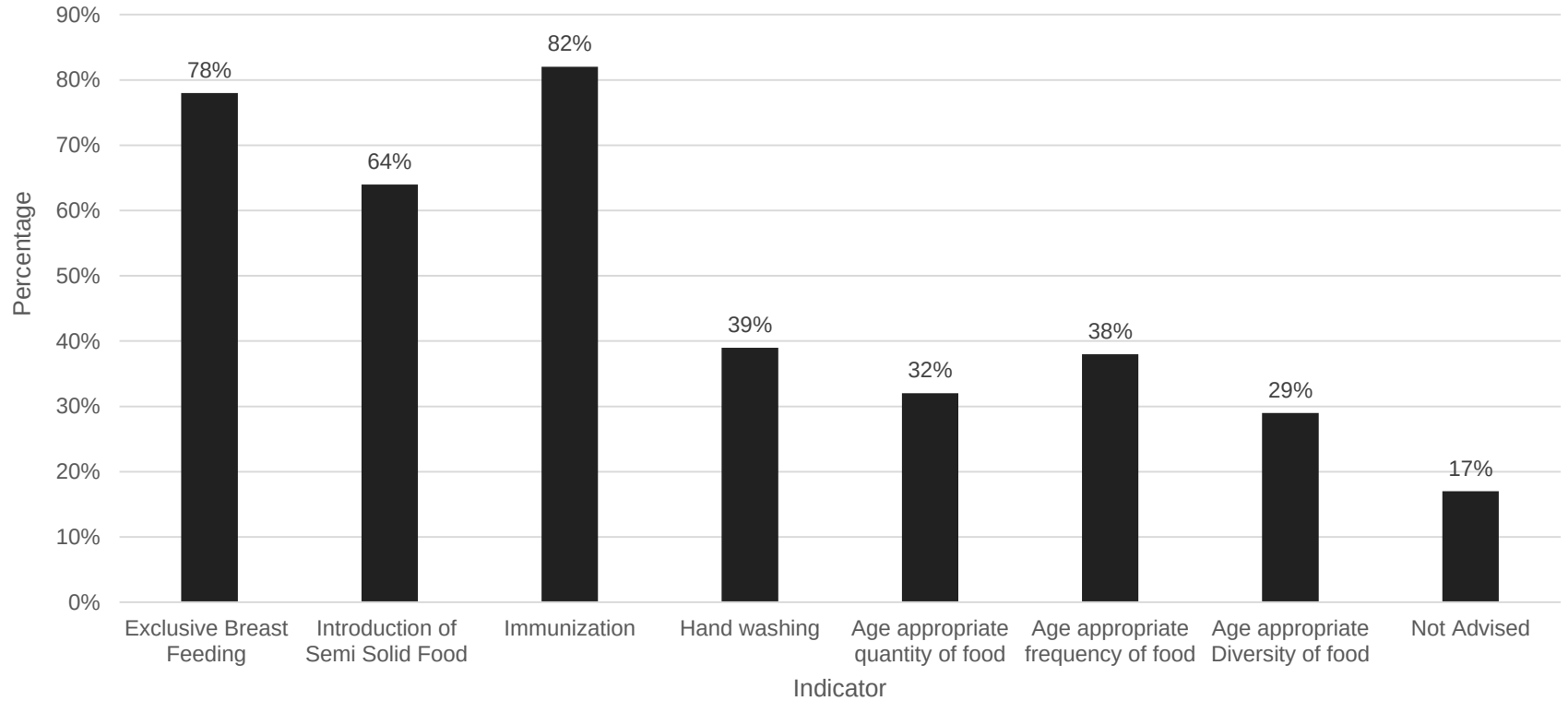
RESULTS:

Socio Demographic Profile	Percentage
<u>Education qualification:</u> Never attended School Primary Secondary Undergraduate Above graduate	16% 34% 26% 18% 6%
<u>Family set up:</u> Nuclear Extended Joint	36% 39% 25%
<u>Age of mother:</u> <25 >25	56% 44%
<u>Sex of the baby:</u> Male Female	57% 43%

Feeding utensils

- It is the recommendation of WHO and UNICEF that babies should be fed with cups and spoons. Bottle use should be completely avoided.
- Among the sample, 39% mothers were using both bottle and cup and spoon for feeding and rest were not using bottle.

Counselling by ASHA/AWW



RECOMMENDATION

- Providing sound and culture-specific nutrition counseling to mothers and recommending the widest possible use of indigenous food stuffs will help ensure that local foods are prepared and fed safely in the home in order to improve the knowledge and thereby have a favorable attitude and practices for better feeding practices
- Proper counselling to mothers and family members using different platforms regarding use of supplements as complementary feeding available at home other than commercial infant foods

- Extensive training of health worker FLWs (ASHA, AWW, ANM) regarding Complementary feeding in such practices
- Capacity building, sensitization, monitoring and evaluating the changes among stakeholders and target groups. The solution lies in training on continuous basis of the health functionaries, ICDS personnel, self-help groups, anganwadi workers regarding appropriate infant feeding practices and carrying out interventions
- Complementary feeding should be timely, appropriate in terms of quantity, quality, frequency, Diversity etc.
- Demonstration of complementary feeding practices during each home visit by ASHA/AWW and even the similar platforms like VHSND, MCHN, Immunization Day, Annaprashan Day.

- Continuous follow up and hand holding support to mothers of infant for feeding by FLWs and extensive supportive supervision by different convergence department like ICDS, Health, Panchayat raj etc
- Mass Mobilization / Jan andolan regarding IYCF and other nutritional indicators through local media, electronic media, Radio system, IVRS, Folk Dance, Hoardings, Campaigns, Banners, Posters at general places with support of all convergence department.

Conclusion

- The study reveals that complementary feeding practices were inappropriate and the kind of food offered to infants needs to be improved for future health prospects since infancy is the period in which there is a higher prevalence of malnutrition and deficiency of certain micronutrients.
- 38 % mothers started complementary feeding at recommended time i.e. 6 month of age
- Health worker must be enable to assess to common issues in infant feeding and offer appropriate counselling for the community as well as for individual. Very few mothers received complementary feeding advice during their visit to clinic.

Thank You