

Practices related to exclusive breast feeding among women in Tribal Blocks of Banaskantha District, Gujarat.

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INTRODUCTION

- ▶ Nutrition is one of the basic necessities for each species to live, survive, sustain and to grow and develop and lead a productive life. The word 'nutrition' has been derived from the word 'nutricus' which means to 'suckle at breast'.
- ▶ Even before a baby is born, the nature takes the proper and regular supply of all the required nutrients. The nature has an inbuilt mechanism to support and provide nutrition and fulfil the requirements of the foetus in the form of a continuous supply of food from her mother in the womb. During pregnancy placenta is the main source of nutrition to the growing foetus.
- ▶ After delivery one of the first gifts or boon received by a baby is from the mother which is a promise by her to the baby to provide everything in the form of breast-milk.
- ▶ Inappropriate infant and young child feeding practices (IYCF) are responsible for high prevalence of underweight, stunting and wasting and ultimately there is increase in malnutrition, morbidity and mortality of infants in India.

INTRODUCTION

- ▶ About 50 per cent of all childhood deaths are attributed to malnutrition (UNICEF 2014). Malnutrition in children is not affected by food intake alone, it is also influenced by micro-nutrients, health services, quality of care for the child and pregnant mother as well as good hygiene practices
- ▶ Malnutrition in early childhood has serious, long term effects such as severe anaemia, vitamin- A deficiency, rickets, goitre etc. Nearly 30 per cent of all new-borns have a low birth weight, making them vulnerable to further malnutrition and disease. Vitamin and mineral deficiencies also affect children`s survival and development.
- ▶ Breastfeeding is defined as the practice through which adequate nutrition and other nutritional supplements or requirements for the new born are taken care of. Adequate nutrition is essential for infant health and their overall development. Breastfeeding provides all essential micronutrients that are required for physical and cognitive development of the infant up to six months of age.

RATIONALE

- ▶ According to sample registration system (SRS)-2016, 34 Infants per 1000 live births die in India. Of the major diseases which kill lakhs of Infants and young children in India the three most important are neonatal sepsis, diarrhoea and pneumonia.
- ▶ It has been further stated in District Level Household Survey-3, 77% child deaths attributable to the sub-optimal breastfeeding practices and further due to non-exclusive breast feeding during the first 0-6 months of life (DLHS-3).
- ▶ In Gujarat, according to the National Family Health Survey 2015-16 (NFHS-4), only 50% mothers initiate breastfeeding her child within one hour of birth whereas the rate in case of Tribal Blocks of Banaskantha is 29.6%.
- ▶ Further the survey suggests, 56 % children were exclusively breastfed during first six months

LITERATURE REVIEW

- ▶ Undernutrition, including fetal growth restrictions, suboptimum breastfeeding, stunting, wasting and deficiencies of vitamin A and zinc, cause 45% of child deaths worldwide, resulting in 3.1 million deaths annually (Lancet 2013).
- ▶ According to a report by Republic of the Union of Myanmar on Knowledge, Attitude and Practice survey on Infant and Young child Feeding of children aged 0 to 23 months living in IDP camps in Nam H.kam and May Ja Yang in North Shan state and Kachin State (2014) it was concluded that the main decision maker on when to initiate breastfeeding was the mother in 58% of the cases although medical staff/nurses also significantly influenced the decision of the mother
- ▶ In a study on Knowledge, Attitude, and practices of Mothers about Breast feeding in Gujarat by Yadav R.J, Singh P (2004-07-2004-09) it was revealed that only 29% of the mothers started breast feeding within 24 hours and about one third mothers discarded the colostrum on advice on their elders who were of opinion that it was not good for health of the newborn.

Research question

- ▶ What is the status of practices related to exclusive breast feeding in women in Tribal Blocks of Banaskantha district in Gujarat?

OBJECTIVES

- ▶ To assess the practices related to Colostrum Feeding in tribal blocks of banaskantha.
- ▶ To find out the status of exclusive breastfeeding in tribal blocks of banaskantha
- ▶ To identify the effect of economic factors on breastfeeding

METHODOLOGY

- ▶ **Study area:**

Tribal Blocks of District Banaskantha in Gujarat

- ▶ **Study design:**

Cross sectional

- ▶ **Study Tool:**

Questionnaire

- ▶ **Duration**

3 Months

- ▶ **Sample Size:**

200

RESULTS

Child fed with colostrum:					
a. Yes					
b. No					
		Freque ncy	Percent	Valid Percent	Cumulative Percent
Va lid	yes	49	24.5	24.5	24.5
	no	151	75.5	75.5	100.0
	Total	200	100.0	100.0	

RESULTS

Childe fed with colostrum:
a. Yes
b. No
* If no, reasons for discarding colostrum:
a. Child could not suck
b. Difficult to digest
c. Not good for health
d.Tradition of giving Goat-milk Crosstabulation

Count

		If no, reasons for discarding colostrum: a. Child could not suck b. Difficult to digest c. Not good for health d.Tradition of giving Goat-milk		Total
			d	
Childe fed with colostrum:	a	49	0	49
a. Yes	b	0	151	151
b. No				
Total		49	151	200

RESULTS

Childe fed with colostrum:

- a. Yes
- b. No

* Household annual income:

- a. Less than 60,000
- b. 70,000- 1,00,00
- c. 1,00,000 - 2,00,000
- d. 2,00,000 - 3,00,000
- e. More than 3 lakh

Crosstabulation

Count

		Household annual income:		Total
		a. Less than 60,000	b. 70,000- 1,00,00	
		c. 1,00,000 - 2,00,000	d. 2,00,000 - 3,00,000	
		e. More than 3 lakh		
		less than 60000	100000-200000	
Childe fed with colostrum:	Yes	41	8	49
a. Yes	no	146	5	151
b. No				
Total		187	13	200

RESULTS

Feeding practices: a. solely breast fed b. Breast fed+ water c. Breast fed+ complementary feeding					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	a	84	42.0	42.0	42.0
	c	116	58.0	58.0	100.0
	Total	200	100.0	100.0	

CONCLUSION

- ▶ 24.5% of the mother told they did fed their child with colostrum and 75.5% told they did not fed their child with colostrums.
- ▶ 75.5% OF THE MOTHERS told they are following the tradition of giving Goat Milk that's why they have not given Colostrum to their child.
- ▶ 42% of the mothers told they do solely breastfeeding their child and 58% told they do brest feeding with complimentary feeding
- ▶ Colostrum given to the child is directly linked with household income as we can clearly see from the table that only 25% of the child are only feeded with colostrums having low income and 75% have not fedded colostrums which shows relation between Household income and colostrums feeding.

RECOMMENDATION

- ▶ The behavioral change communications should be designed to advocate and address the issues in the study population.
- ▶ Promotion of early initiation of breastfeeding within one-hour birth irrespective of place of birth
- ▶ Complementary feeding should be started at the onset of 7th month for every child, so we need to focus on Complementary Feeding Day (Annaprasan Diwas).
- ▶ Continuous breast feeding up to the age of two years with various dietary diets.
- ▶ Focus on giving iron and Vitamin supplementation to the child at timely interval

Thank You