

Rapid assessment of Knowledge and Practice of Infant Young child feeding and Water and Sanitation Hygiene practices among mothers of children aged between 06- 24 months in Araria, Bihar.

Submitted to
The IIHMR University
By Debasish Ghosh

Background

- Adequate nutrition is essential for infant`s health and their overall development. Mother`s milk provides all essential micronutrients that are required for physical and cognitive development of an infant up to six months of age.
- With a better understanding of engagement in handwashing and sanitation practices before cooking, serving and eating food, a comprehensive social and behaviour change initiative can be developed to mobilize key participant to improve overall health.

Introduction

- Breastfeeding is defined as the practice through which adequate nutrition and other nutritional supplements or requirements of the new born are taken care of.
- Infant and Young Child Feeding is a set of feeding practices recommended by WHO and UNICEF.
- Water and Sanitation Hygiene is also plays an important part in child`s development along with feeding practices.

Rationale

- Feeding practices and wash practices constitute major components of child caring apart from socio cultural, economic and demographic factors.
- Many myths and misconceptions about feeding practices prevail in the rural areas of Araria District in Bihar.
- New mothers are unsure regarding breastfeeding practices

Research Question.

- What is the level of knowledge of Infant Young Child Feeding and water and sanitation hygiene practices among rural mothers having a child aged between 6 months to 24 months?
- What is the level of practice of Infant Young Child Feeding and water and sanitation hygiene practices among rural mothers having a child aged between 6 months to 24 months.?

Objective

- To measure the level of **knowledge** regarding IYCF and WASH among rural mothers having a child aged between 6 months to 24 months.
- To measure the level of **practice** followed by the rural mothers.
- To assess the level of malnutrition based on MUAC Tape.
- To make further plans for proper implementation on MAA program.

Methodology

- **Study setting**

Nine blocks of Araria district

All nine blocks are CARE India's Intervention block.

- **Inclusion Criteria:**

Included mothers having a child aged between 06-24 months.

Methodology

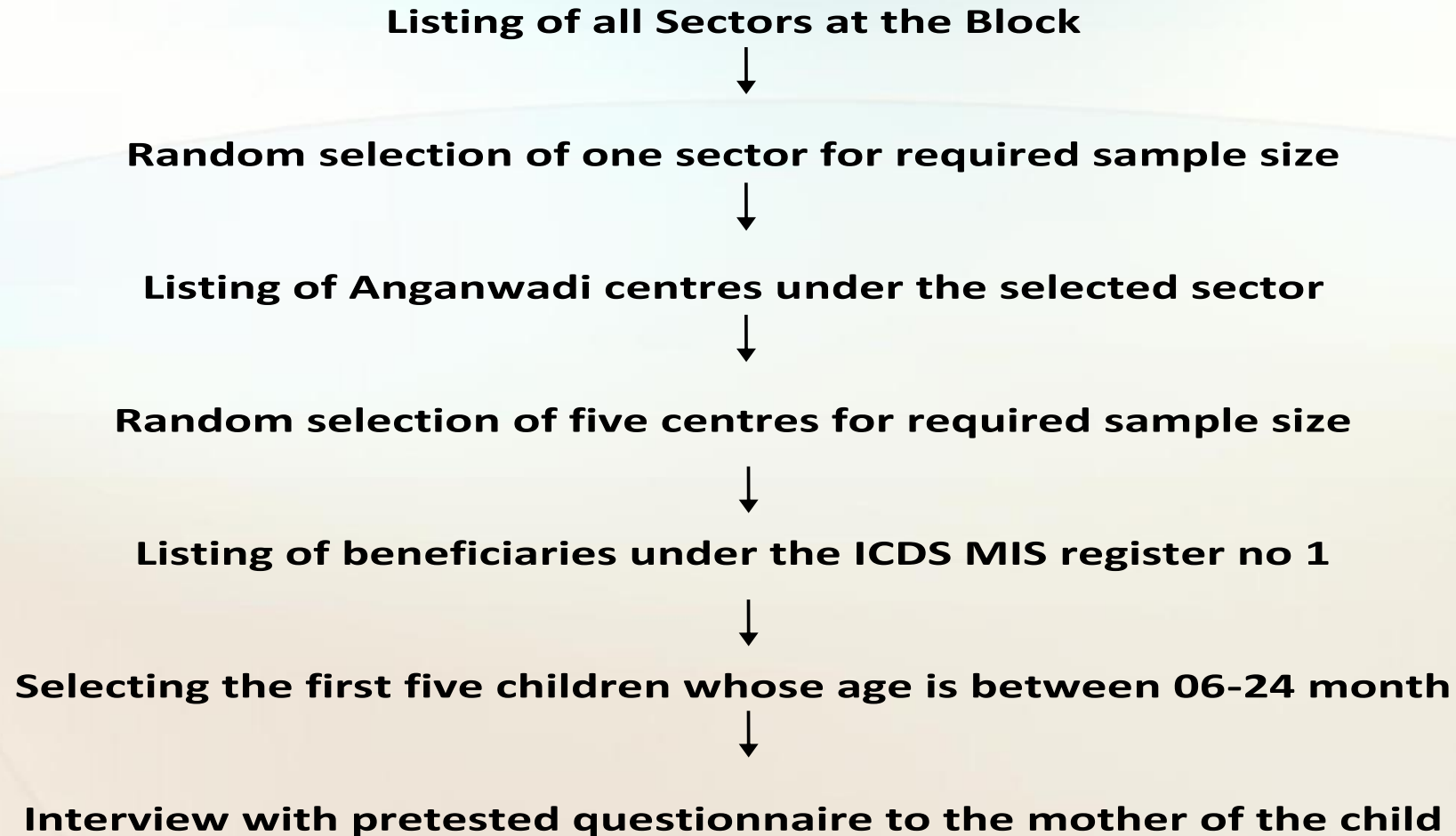
- **Study Design:** Cross-sectional study.

Methodology

Sampling

- 180 lactating mothers of children aged between 6months to 24 months, from 40 randomly selected Anganwadi Centres.
- Lactating and pregnant mothers.
- Multistage random sampling procedure

Sampling at a glance

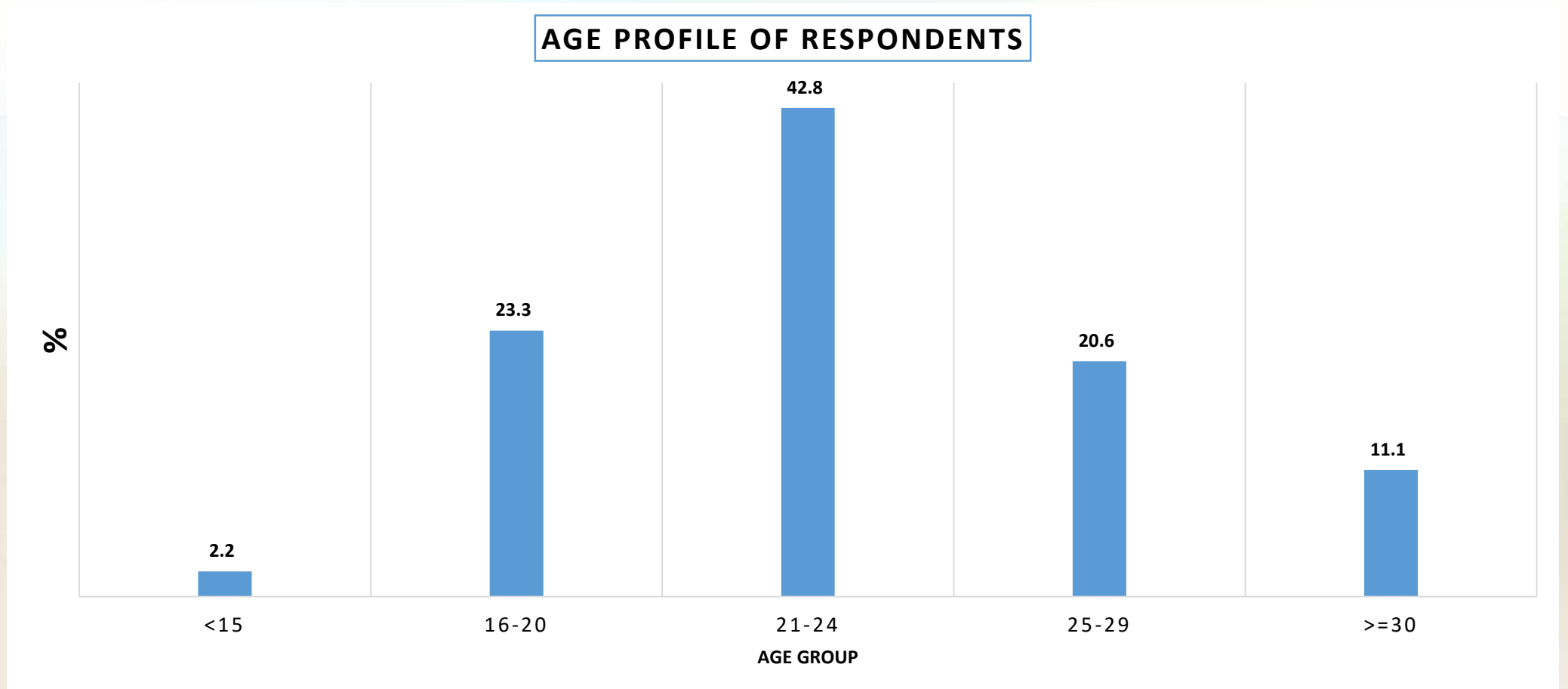


Quality Control

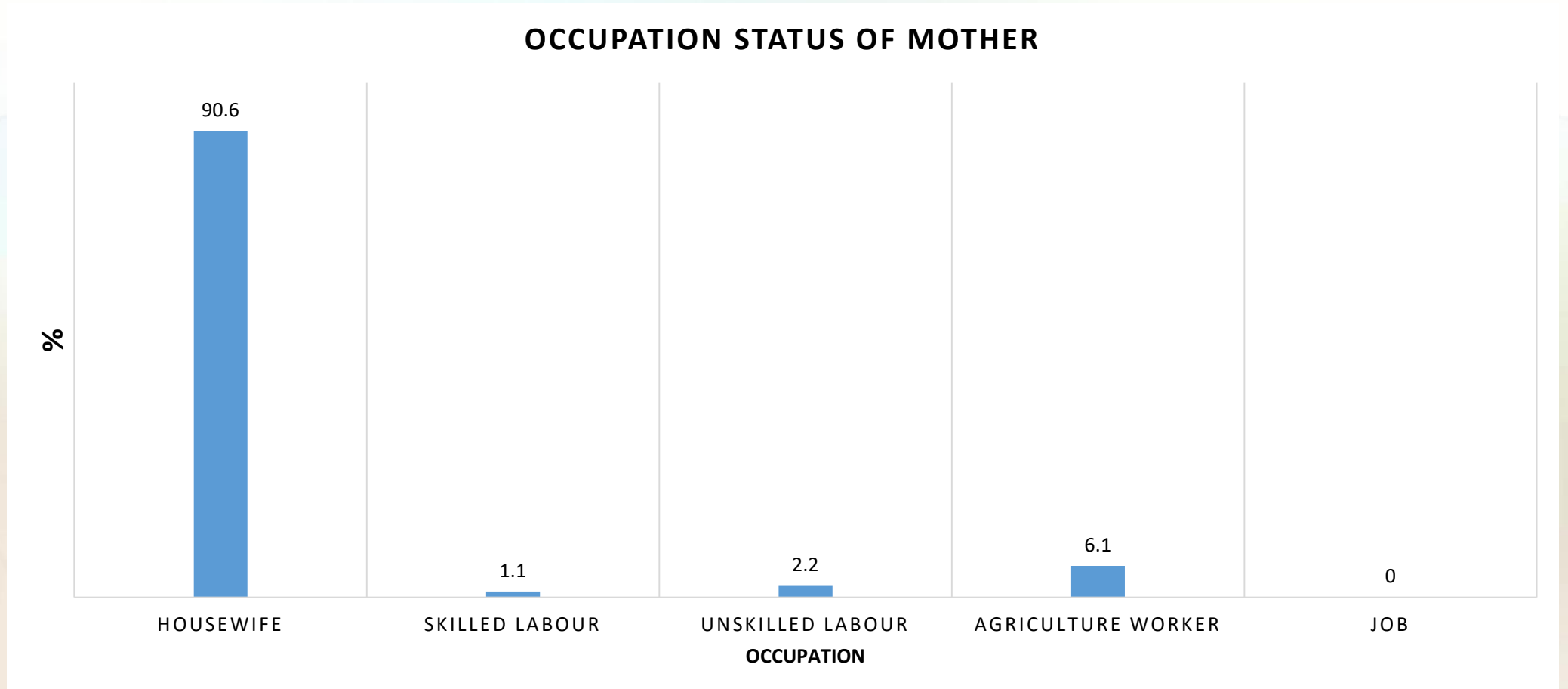
- Intensive training of Block Managers for conducting interviews and anthropometric measurement
- Coordination by research officers
- Checking of the interview schedules by supervisor for proper data collection during home visits
- Data analysis package SPSS 21 was used and verified by monitoring officer

Descriptive Statistics

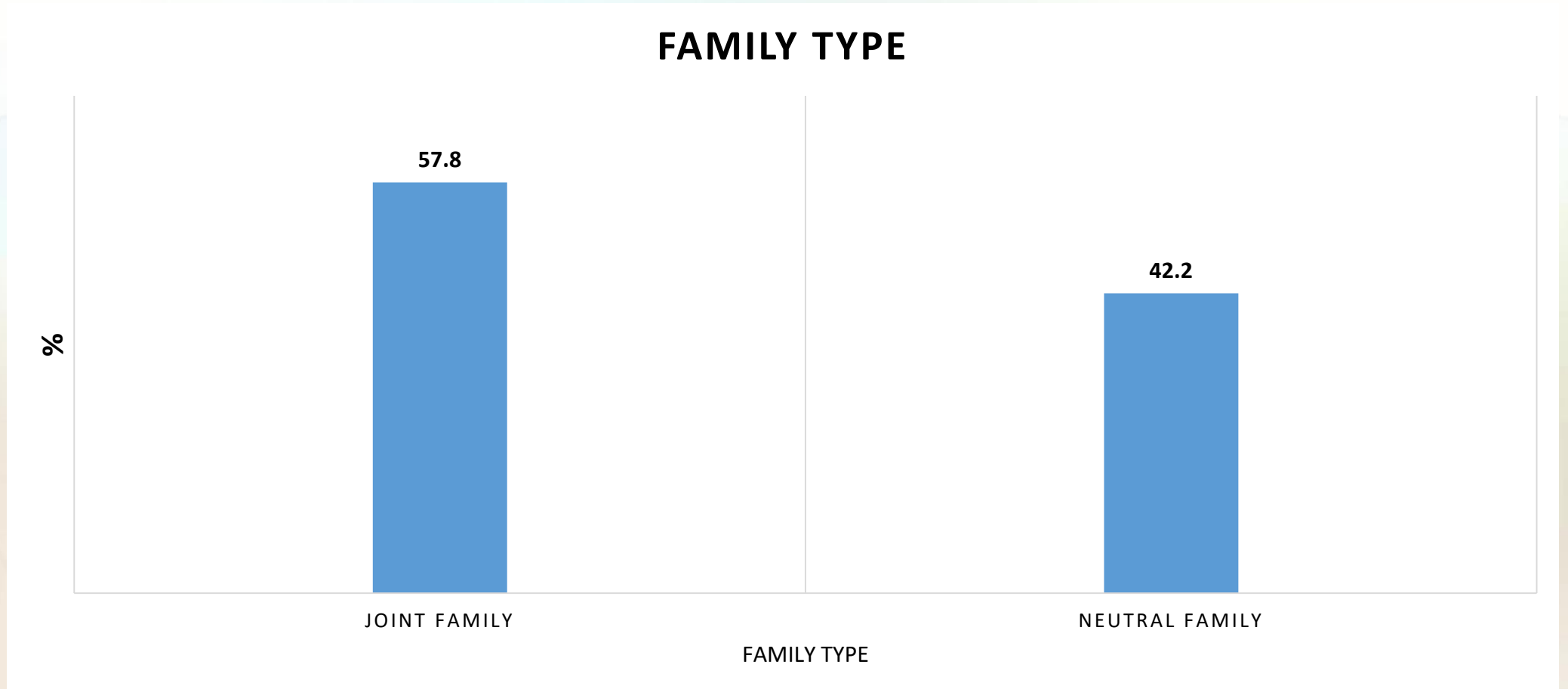
Socio-demographic characteristics:



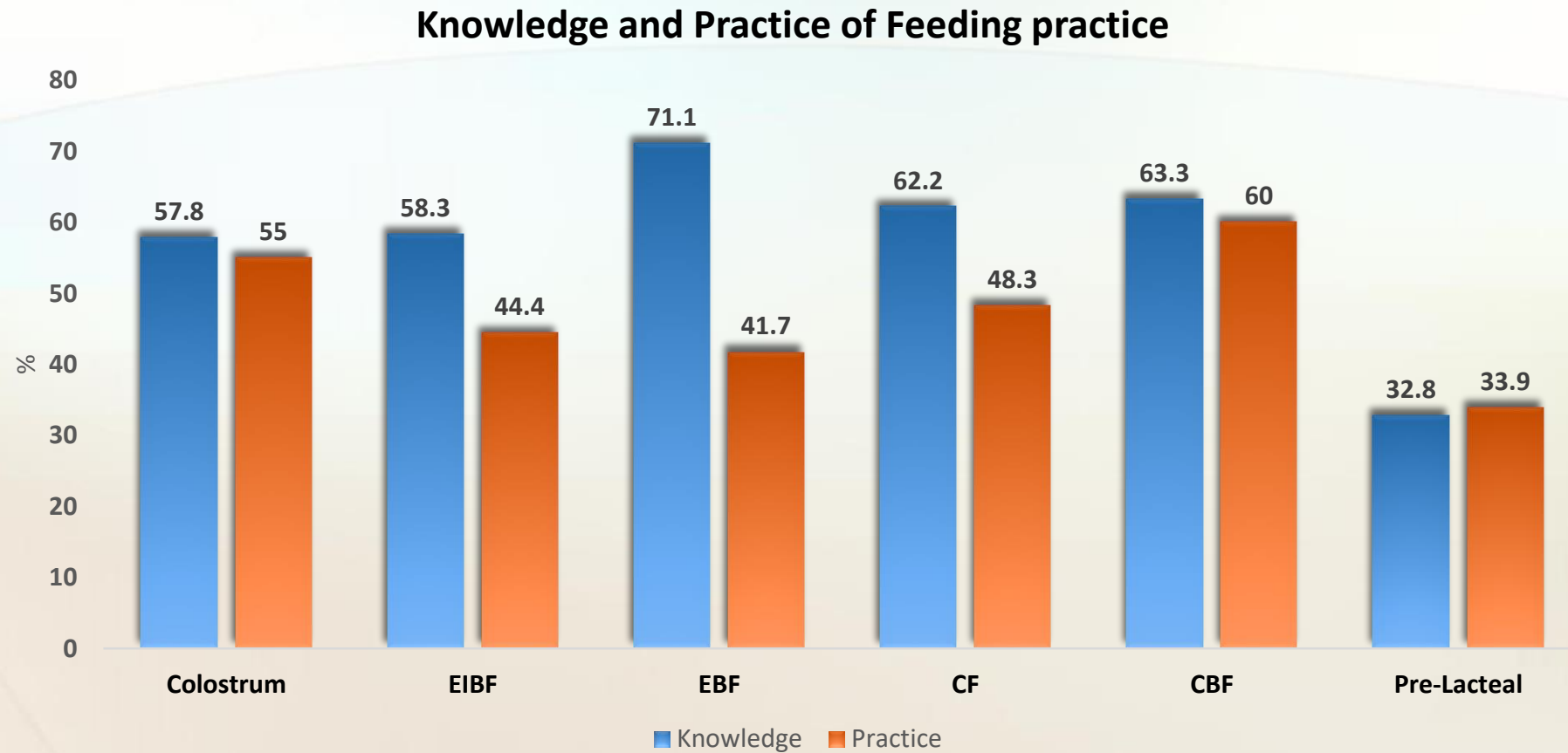
Occupational status of respondents:



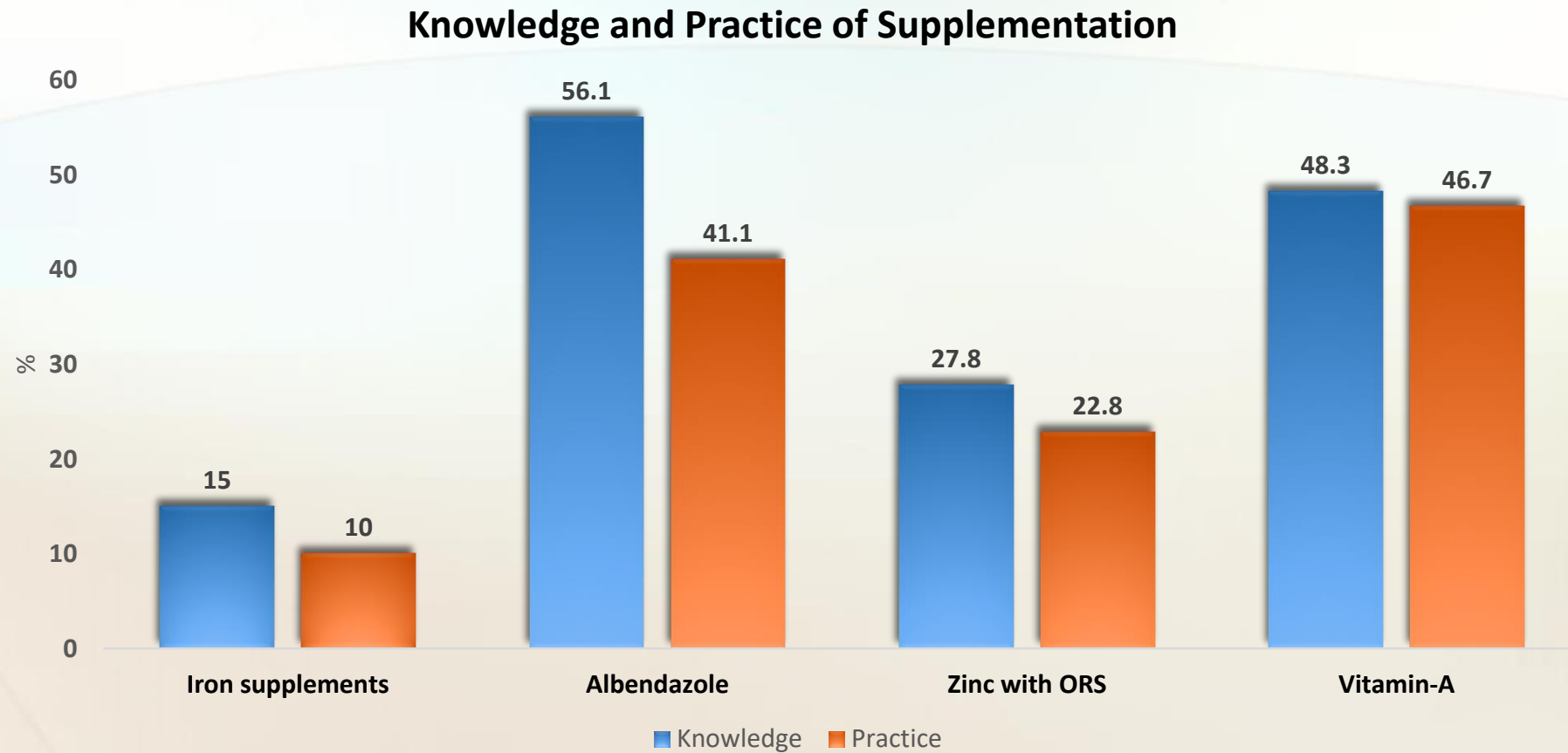
Family type of respondents:



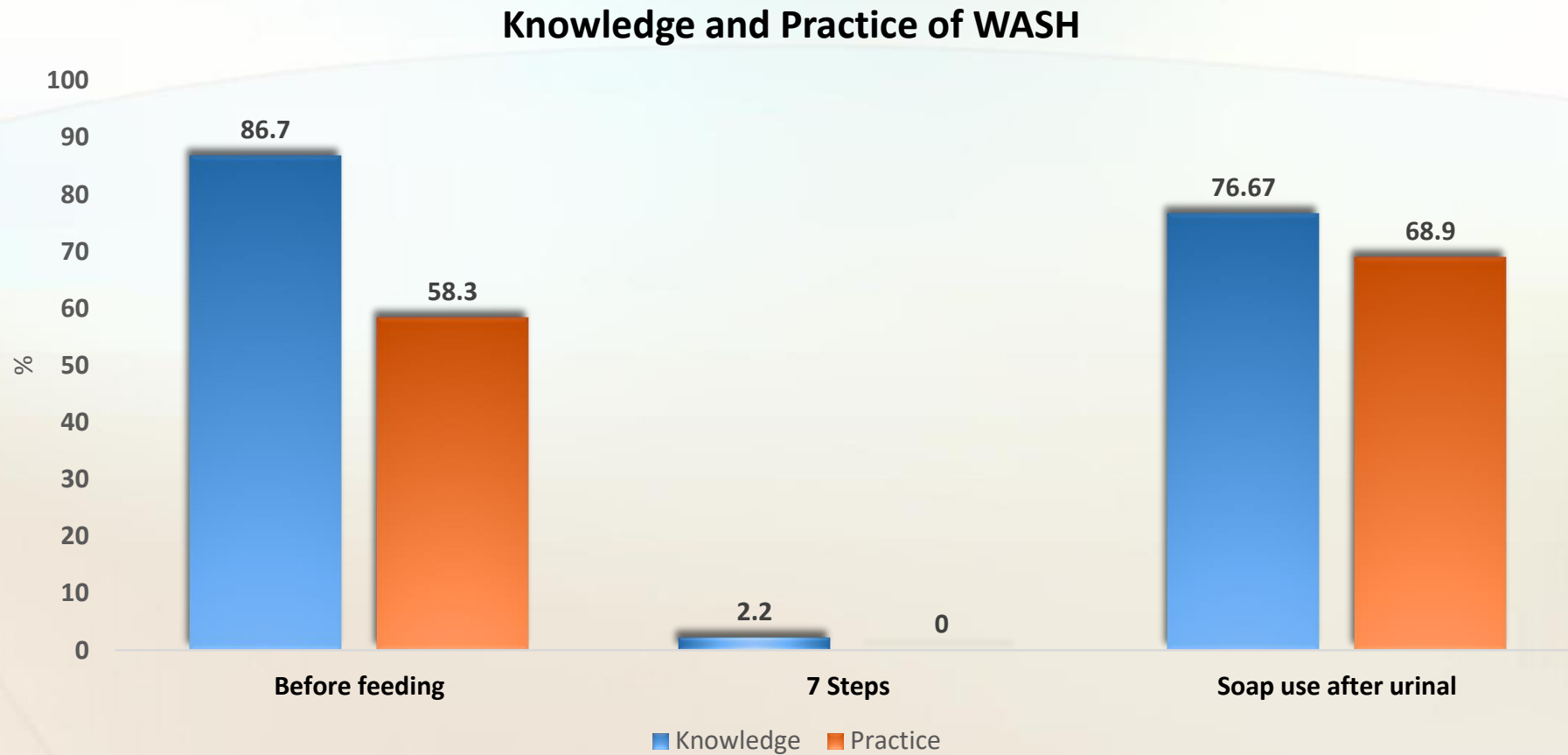
Key Findings



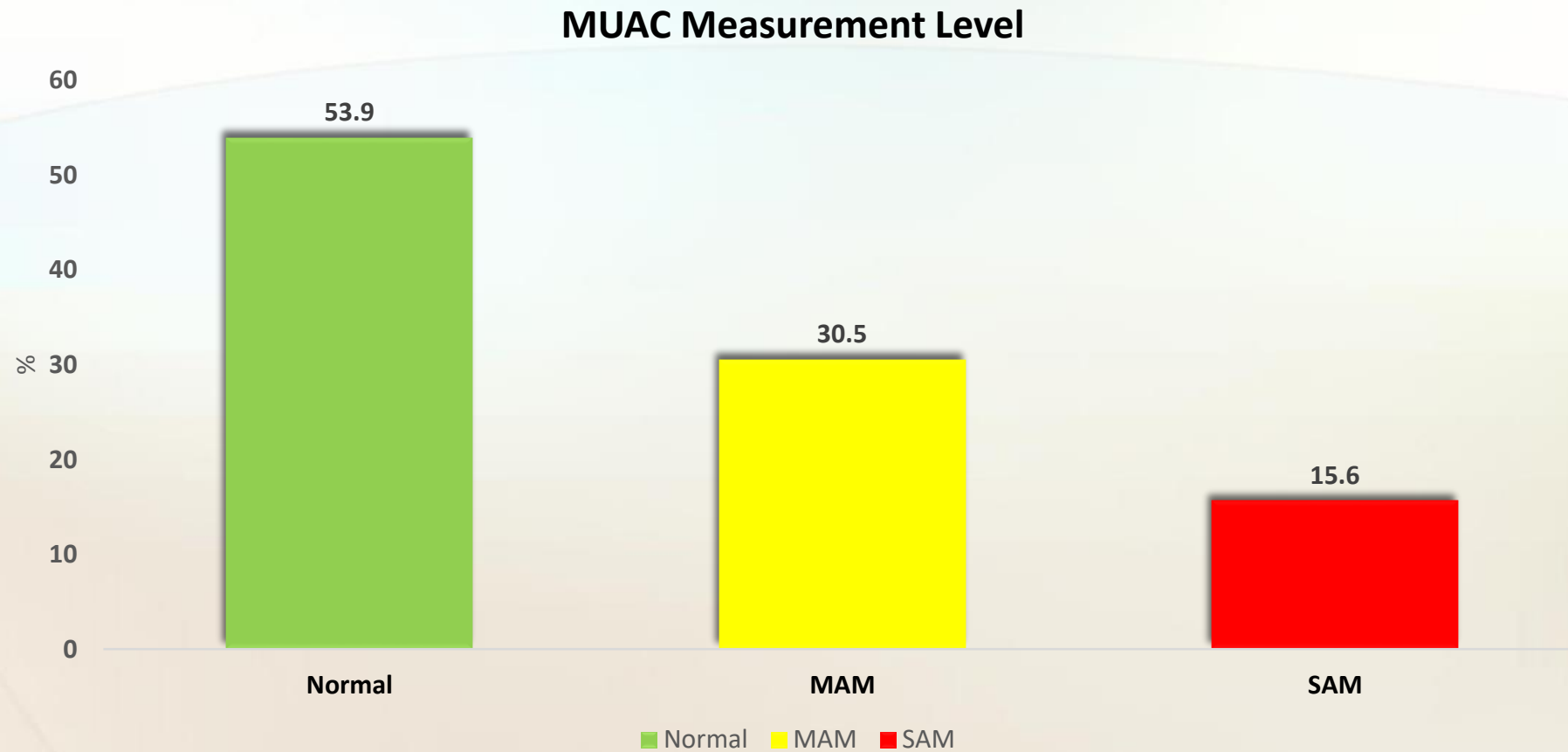
Key Findings



Key Findings



Key Findings



Cross Tabulation of Gravida and Number of child

		Number of child						Total
		1	2	3	4	5	6	
Number of times you became pregnant	1	44	0	0	0	0	0	44
	2	9	20	0	0	0	0	29
	3	7	12	31	0	0	0	50
	4	2	7	10	13	0	0	32
	5	0	0	2	10	4	0	16
	6	0	0	0	1	2	0	3
	7	0	0	0	0	2	1	3
	10	0	0	0	0	2	0	2
	11	0	0	0	0	1	0	1
Total		62	39	43	24	11	1	180

Recommendation

- Effective promotion of Mothers Absolute Affection and Baby Friendly Hospital Initiative can reduce the non-compliances of feeding and wash practice.
- Orientation programs or refresher trainings should be conducted to enhance the knowledge of AWW to promote correct practices.
- Incorporation of role play workshop to make them better understand the importance of breastfeeding for infants as well as mothers.
- The key component of intervention includes Village health sanitation and nutrition day, Growth Monitoring, CMAM, Supportive supervision, community participation at the session site.

Conclusion

- There are various factors which play an important part in the practice of breastfeeding.
- Although after universalization of breastfeeding promotion the rate of EIBF and EBF are dismally low.
- Improving the breastfeeding practices can serve as a major determinant in reducing the burden of undernutrition and foundation of a healthy future for a new born.
- Cultural belief was seen to one of most dominant factor for the practice of IYCF and WASH.



Thank you!