

A STUDY TO ASSESS INFANT YOUNG CHILD FEEDING PRACTICES OF CHILDREN UNDER TWO YEARS IN BAREILLY AND SHAHJAHANPUR DISTRICTS OF UTTAR PRADESH

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BACKGROUND

- ❖ Optimal infant and young child feeding practices are crucial for **nutritional status, growth, development, health and ultimately survival of infant and young children**. Worldwide, sub optimal breastfeeding still accounts for deaths of 1.4 million children aged less than five years (under five mortality). Timely introduction of complementary feeding can prevent almost 6% of under-five mortality. It was estimated that if 90% of infants are covered with a package of intervention to protect, promote and support the optimal IYCF practices, almost one fifth of overall under five mortality can be averted. The poor complementary feeding practices mean that many children continue to be vulnerable to irreversible outcomes of stunting, poor cognitive development and significant increased risk of infectious disease such as diarrhoea and pneumonia.
- ❖ An important underlying determinant for under nutrition is care provided to the child. The care practices provided that could impact on child nutrition include care of pregnant and lactating mothers, breast feeding and infant young child feeding practices, food preparation and storage and hygiene

RATIONALE

- ❖ In Uttar Pradesh, 42% of children below three years are underweight, 52% are stunted and 19.5% are wasted (NFHS-3; 2005-2006).
- ❖ Only 33% of children (NFHS-3; 2005-06) are fed mothers milk within the first hour of birth and only 46% children 6-9 months receive solid/semisolid foods along with breast milk but there is paucity of data related to minimal dietary diversity and minimal acceptable diet.
- ❖ There is a need to identify a recurring factor that influences a woman's decision regarding early cessation of Breastfeeding.
- ❖ There is not much block level data available to understand the dietary diversity of food given to children (6 to 23) months in Uttar Pradesh.
- ❖ There is a need to obtain general overview of IYCF practices in high priority districts of Uttar Pradesh so that necessary nutrition specific and nutrition sensitive interventions for under two children can be designed and implemented.

RESEARCH QUESTION

- ❖ What are the existing feeding practices among mothers of infant and young children below two years of age in Bareilly and Shahjahanpur districts of Uttar Pradesh?
- ❖ What are the reasons for withdrawal of breast feeding of infant and young children below two years of age in Bareilly and Shahjahanpur districts of Uttar Pradesh?

RESEARCH OBJECTIVES

- ❖ To identify the existing feeding practices among mothers of infant and young children below two years in Bareilly and Shahjahnpur districts of Uttar Pradesh.
- ❖ To identify the reasons for withdrawal of breast feeding of infant and young children below two years of age in Bareilly and Shahjahnpur districts of Uttar Pradesh.

SPECIFIC OBJECTIVES

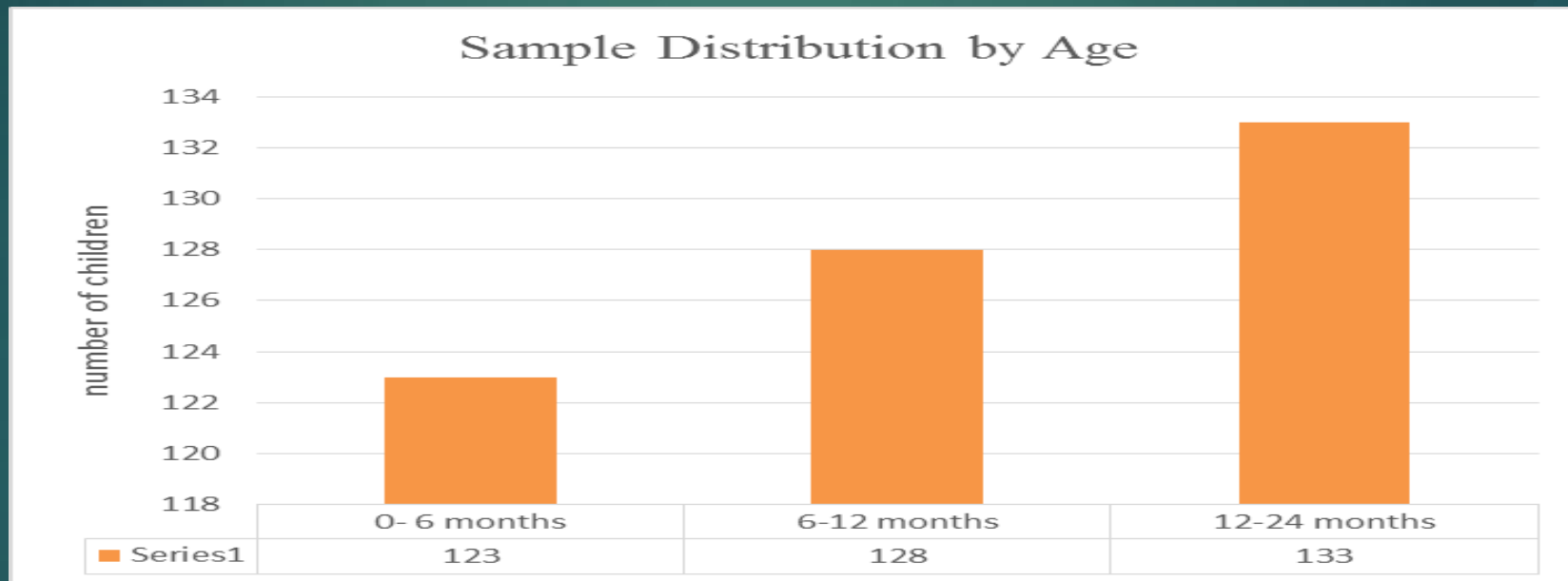
- ❖ To obtain quantitative data on infant and young child feeding practices using the IYCF indicators.
- ❖ To assess the consumption of the different types of food for children aged from 6-23 months within the 24 hours prior to the survey, and hence estimate the food diversity within the last 24 hours.
- ❖ To assess the factors related to IYCF practices.
- ❖ To make recommendations based on findings.

METHODOLOGY

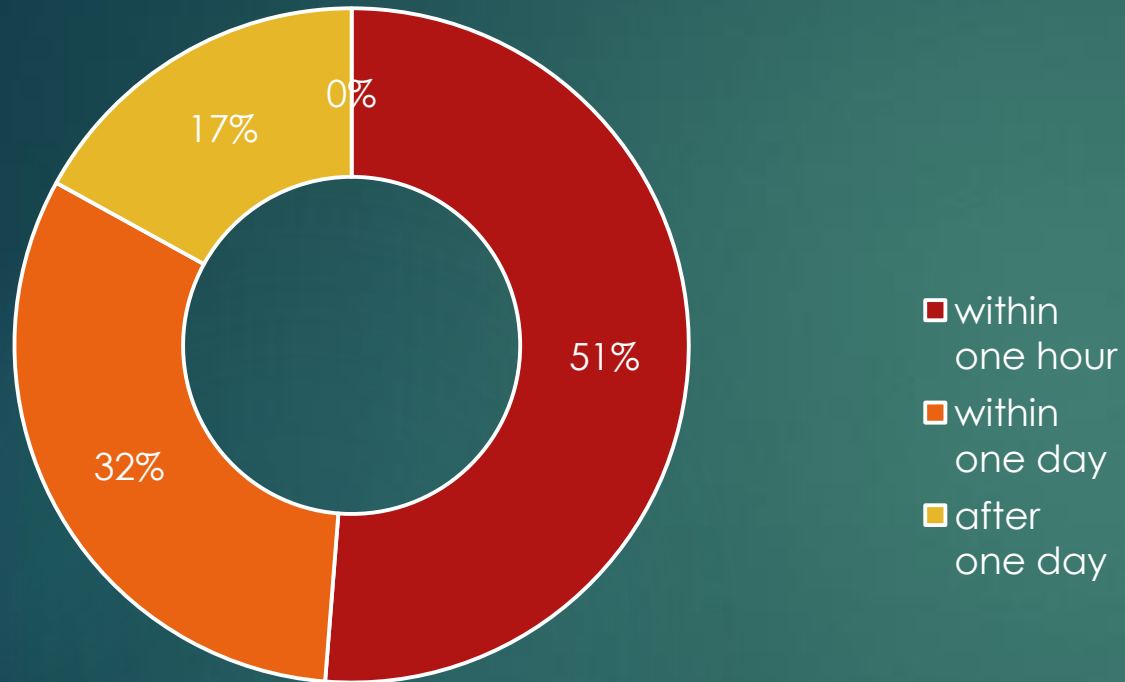
- ❖ **STUDY TYPE:** Descriptive cross sectional study
- ❖ **STUDY DURATION:** February 2016 to April 2016
- ❖ **STUDY AREA:** This study will be carried in Bareilly and Shahjahanpur districts of Uttar Pradesh. It is proposed to conduct the study in the assigned districts to the researcher.
- ❖ **SAMPLING PROCEDURE:** Out of the total blocks in the district, four blocks were selected randomly from each of the two districts .From each block, eight anganwadis were selected randomly. A list of children who have been delivered in the past two years were obtained from the selected Anganwadi. From each anganwadi, six infants and young children below two years were selected randomly. A sample of 384 children was selected randomly to conduct the survey.
- ❖ **STUDY RESPONDENTS:** Mothers of infant and young children under two years of age. To estimate the infant and young child feeding practices, relevant information was gathered from mothers of children who are under two years of age in all selected anganwadis.
- ❖ **SAMPLE SIZE:** Sample size is estimated to be 380 children using sampsize calculator at 95% confidence interval and 0.5% degree of error.
- ❖ **TOOLS AND TECHNIQUES:** A structured questionnaire for face to face interview was used to collect the data. The data collection formats was adapted from UNICEF guidelines for assessment of infant and young child feeding.

DATA ANALYSIS

- ▶ In total, sample size of 384 children was taken from two districts Bareilly and Shahjahanpur which were divided into 48 clusters, 24 clusters in each districts. The study population comprise of 327 Hindus and 57 Muslims. Out of total sample of 384 children, 75 children belonged to scheduled caste , 5 children belonged to scheduled tribe, 194 children belonged to other backward classes and 110 children belonged to the general category of caste.



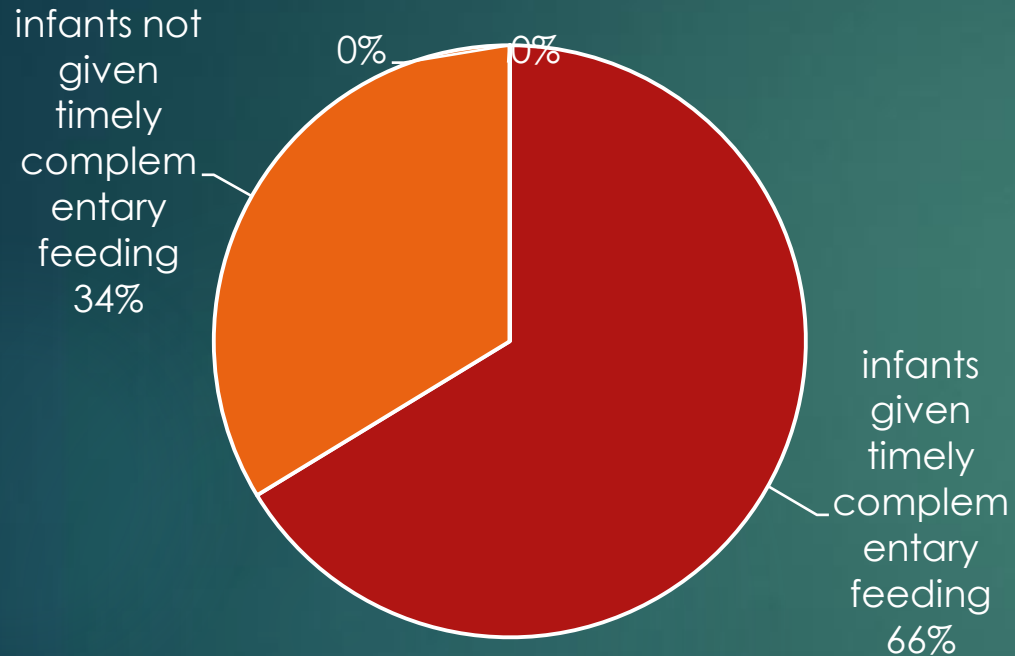
TIME OF INITIATION OF BREASTFEEDING



Time of initiation	percentage
Within one hour	51%
Within one day	32%
After one day	17%

CONCLUSION: It was found that out of total sample of 359 children, 51 percent of mothers initiated breast feeding in one hour, 32 percent of mothers initiated breast feeding within one day and 17 percent of mothers initiated breast feeding after one day.

TIMELY COMPLEMENTARY FEEDING

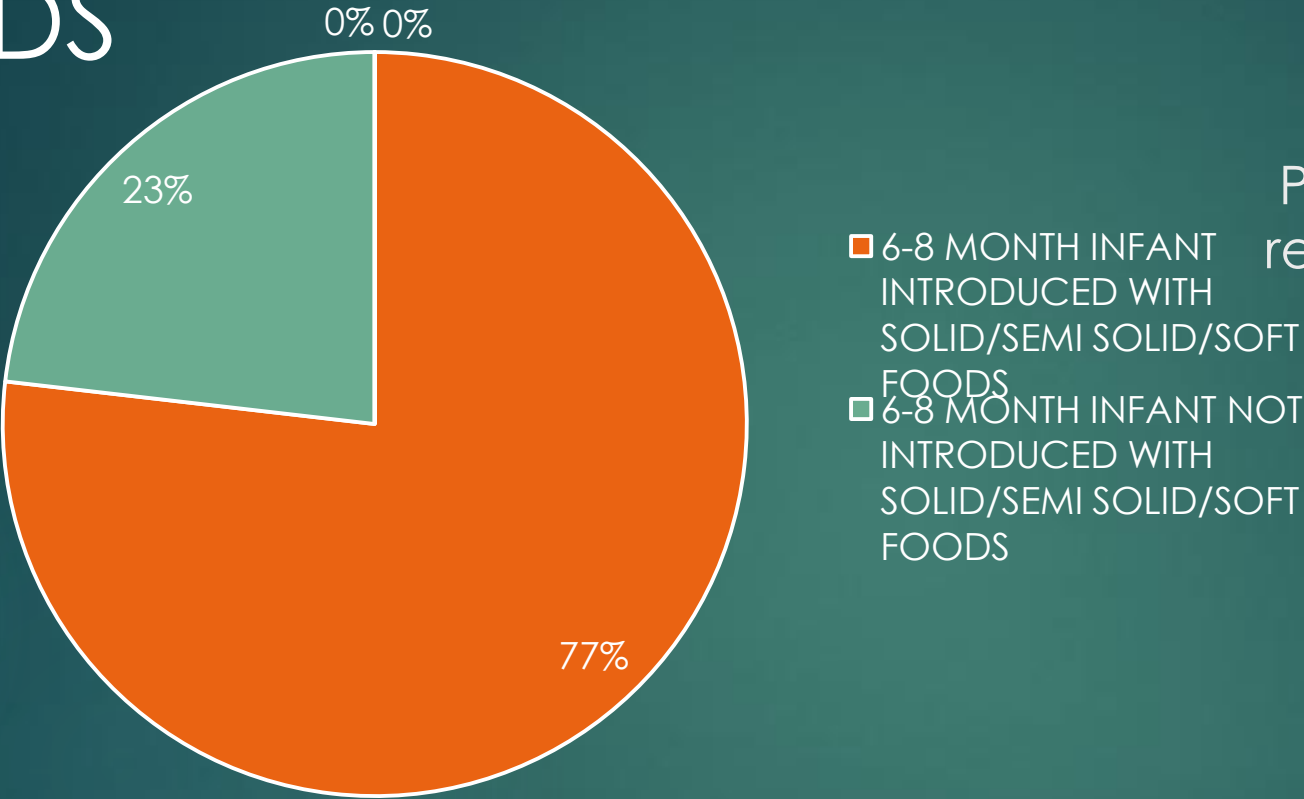


Proportion of infants 6-9 months old who received breast milk and a solid or semi-solid food (based on 24 hour dietary meal)

Number of 6-9 month old infant	Number of infants given timely complementary feeding	percentage
89	59	66.3%

CONCaLUSION: Only 66 percent of mothers of infants 6-9 months of age introduced timely complementary foods.

INTRODUCTION OF SOLID, SEMI SOLID AND SOFT FOODS

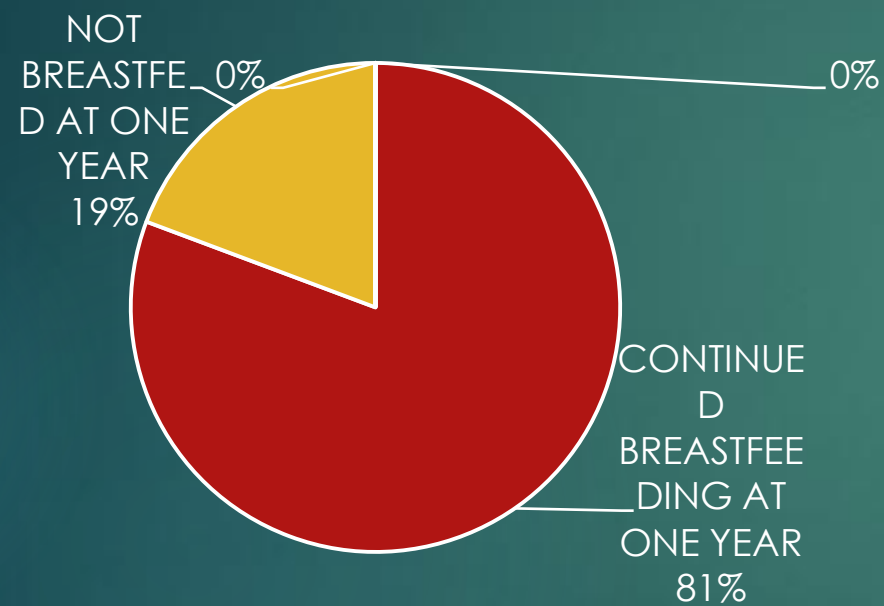


Proportion of infants 6-8 months who received solid, semi-solid or soft foods.

Number of 6-8 month old infant	Number of infants of age 6-8 months introduced with solid , semi solid or soft foods	percentage
82	63	76.8%

CONCLUSION: 77 % of mothers of infants 6-8 months of age introduced solid, semi-solid or soft foods in a timely fashion

CONTINUED BREAST FEEDING AT ONE YEAR

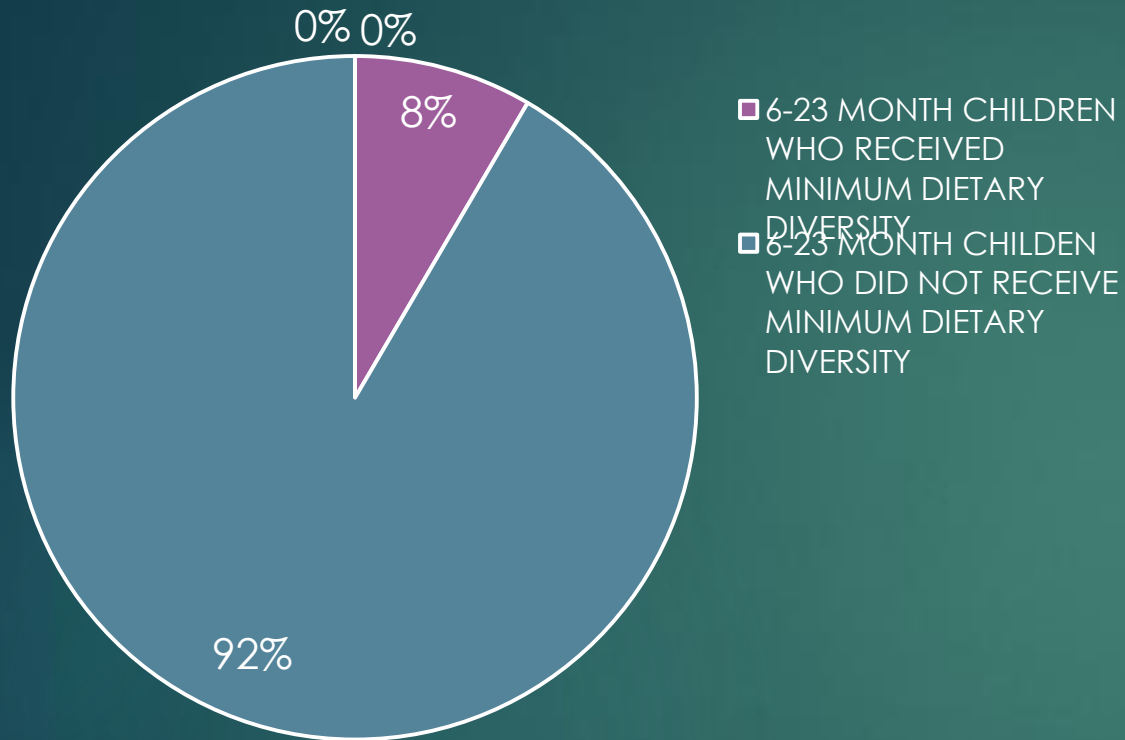


Proportion of children 12-15 months old who were fed breast milk.

Number of children 12-15 month old	Number of 12-15 month children with continued breastfeeding at one year	Percentage
57	46	80.7%

CONCLUSION:81 % of mothers of infants 12 to 15 months of age continued to breastfeed their children.

MINIMAL DIETARY DIVERSITY

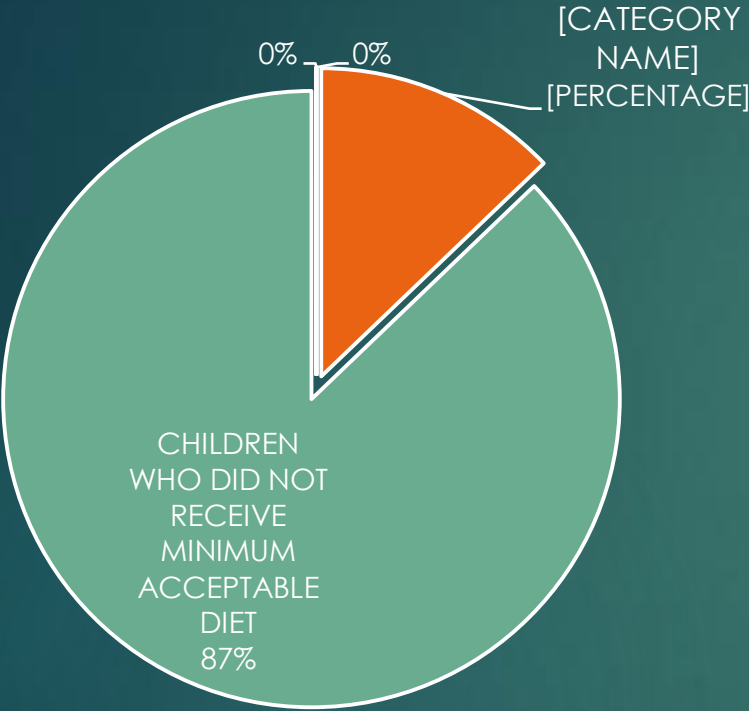


Proportion of children 6-23 months who received foods from 4 or more food groups. (7 food groups under consideration are grains, roots and tubers, legumes and nuts, dairy products, flesh foods, eggs, vitamin A rich fruits and vegetables and other fruits and vegetables) `

Number of children 6-23 month old	Number of 6-23 month children who received any of the four or more than four of the seven food groups	Percentage
261	22	8.4%

CONCLUSION: Only 8 % of mothers of infants 6 to 23 months of age met the standards for minimum dietary diversity.

MINIMAL ACCEPTABLE DIET

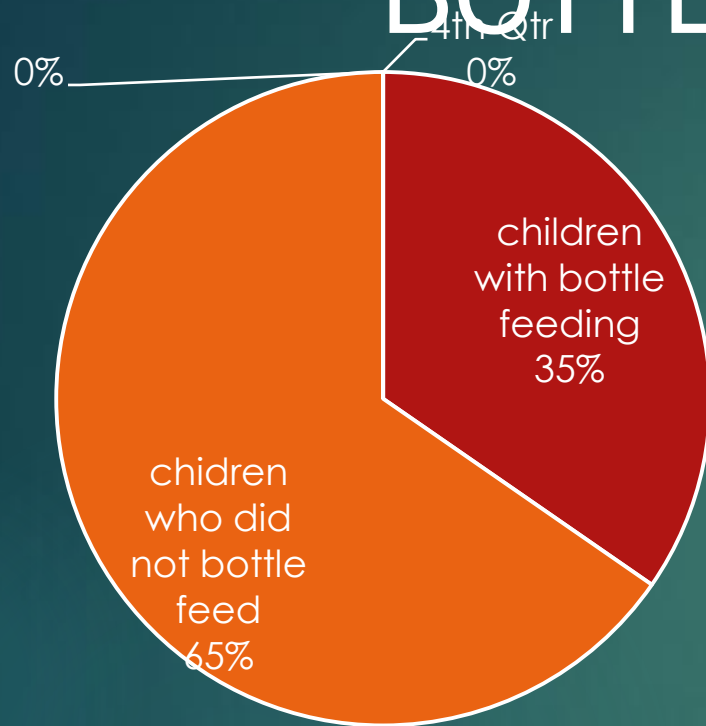


Proportion of children 6-23 months of age who receive a minimum acceptable_diet (apart from breast milk)

Number of children 6-23 month old		Number of 6-23 month children who are currently breast fed or not breastfed.	Number of children who received minimum acceptable diet	Percentage
Breastfed	Non breastfed			
215	46	261	22	13.5%

CONCLUSION: 13.5 percent of children 6 to 23 months of age met the standards for Minimum acceptable diet.

BOTTLE FEEDING

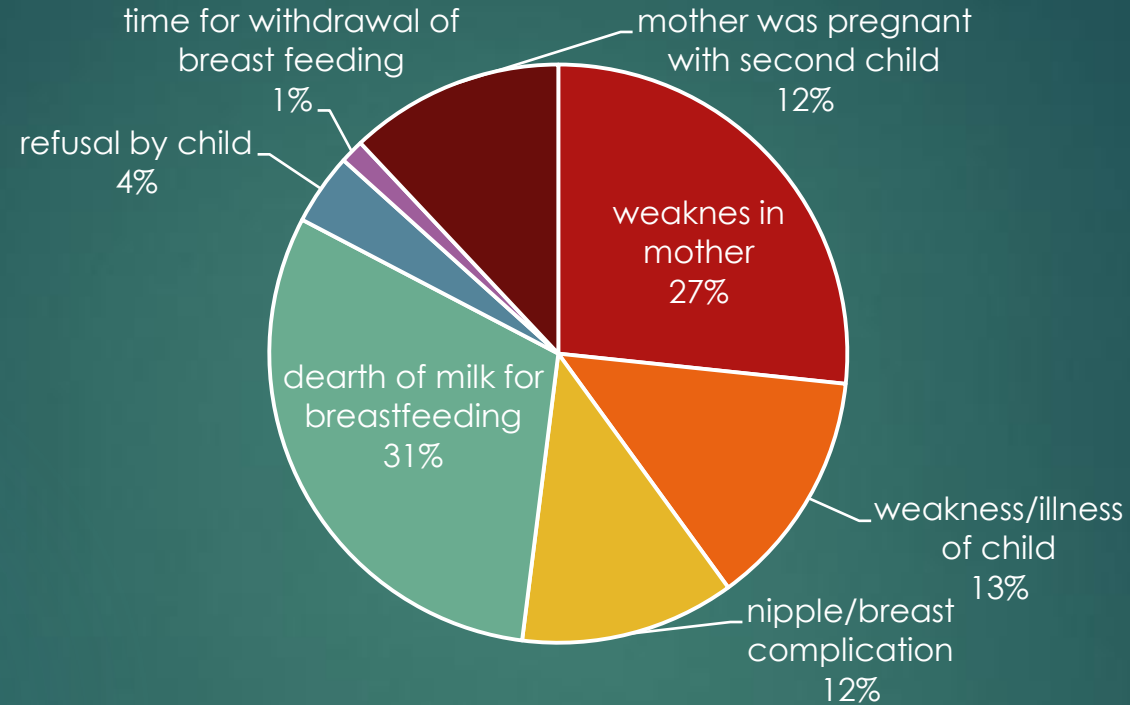


Proportion of children 0-23 months old who were fed with a bottle during the previous day

Total no of children of age 0-23 months	No. of children who were fed with a bottle during the last 24 hours	percentage
384	133	34.6%

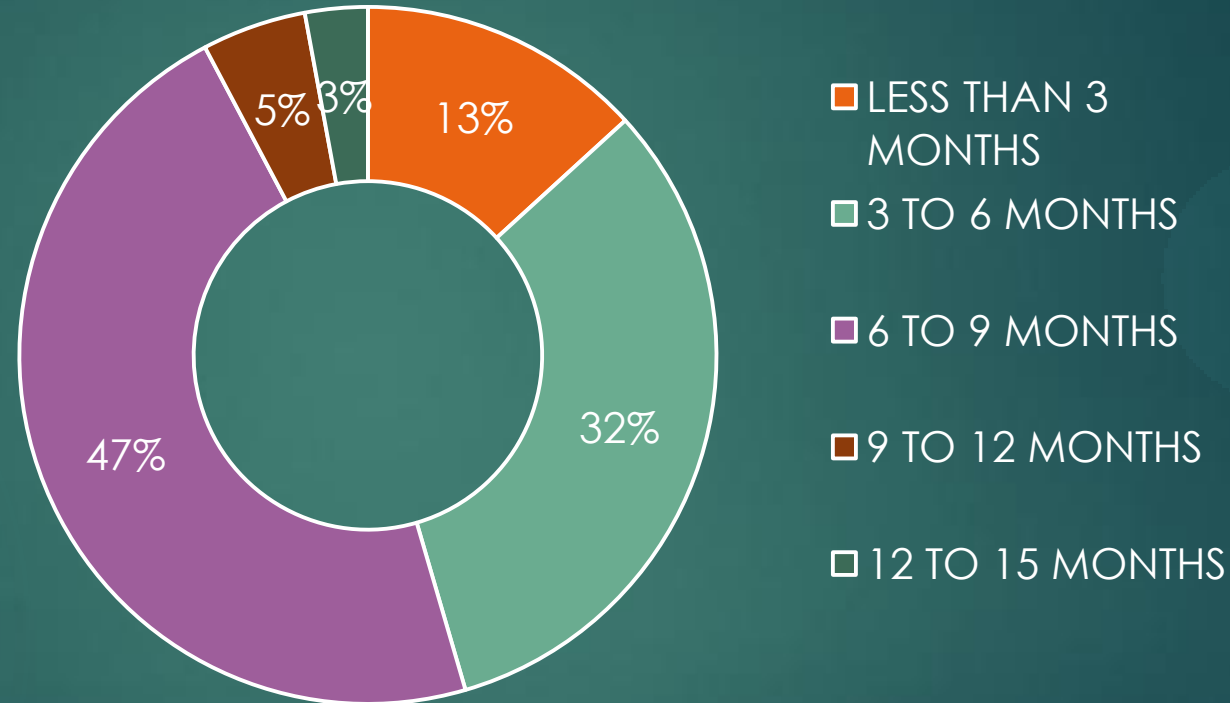
CONCLUSION: It is observed that 35 percent of children aged 0-23 months have been fed with a bottle with nipple in the last 24 hours during the period of our study

REASONS FOR NOT BREAST FEEDING



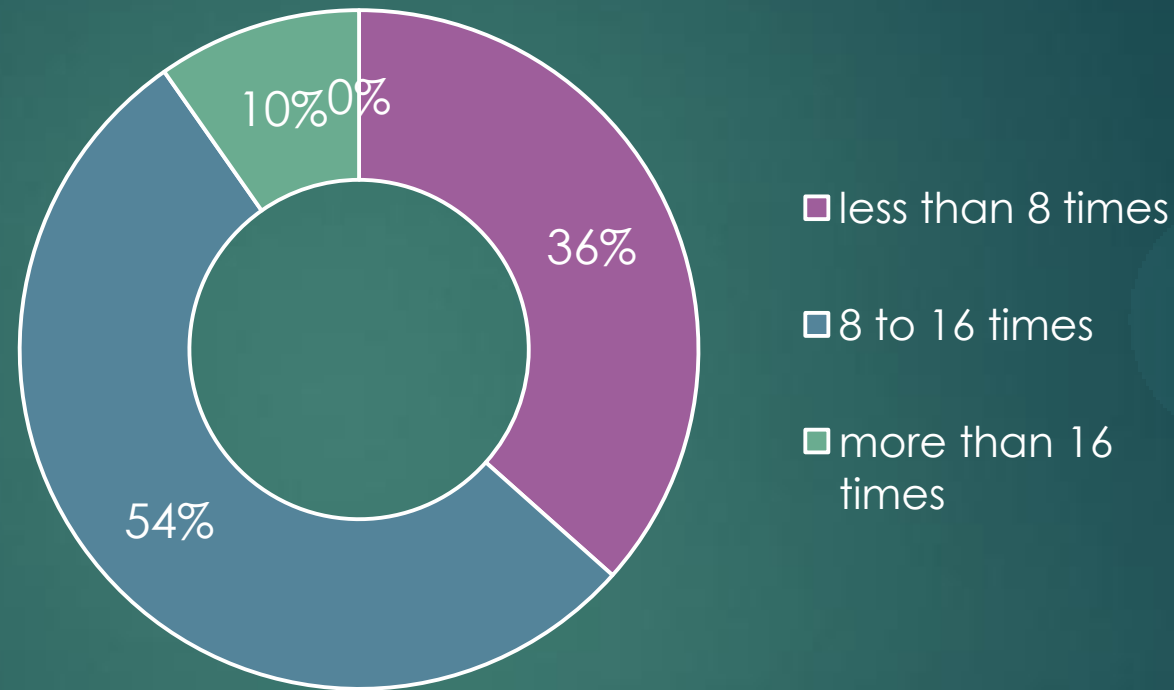
CONCLUSION: Out of 75 mothers who did not breast feed their children, 27 percent did not do so because of weakness /illness of mother, 31 percent did not do so because of dearth in milk for breast feeding ,13 percent did not do so because of weakness /illness of child, 12 percent did not do so because of nipple/breast complications and 12 percent did not do so because of mother being pregnant with second child.

AGE FOR INTRODUCTION OF COMPLEMENTARY FEEDING



CONCLUSION: Out of 210 mothers who had begun with complementary feeding of their children, 13 percent of mothers began it in less than three months, 32 percent of mother began it in the range of three to six months, 47 percent of mothers began complementary feeding in range of six to nine months and 5 percent of mothers began it in range of nine to twelve months.

FREQUENCY OF BREASTFEEDING



CONCLUSION: It was observed that out of 298 mothers who were currently breastfeeding, 36 percent of mothers breastfed their children eight times in 24 hours , 54 percent of mothers breastfed their children in between 8 to 16 times in 24 hours and 10 percent of mothers breast fed their children more than 16 times in 24 hours.

KEY FINDINGS

- ▶ Out of all indicators maximum number of indicators (6) are less than 50% which shows there is a need to improve IYCF practices in Uttar Pradesh.
- ▶ Less than half of the children (48%) were timely breast which could be the reason for early neonatal mortality in U.P.
- ▶ Even after launch of so many schemes focusing on exclusive breast feeding have launched in U.P. still almost 40% of children aged upto 6 months are not exclusively breastfed
- ▶ Most of the mothers of children aged (6 to 8) give their children Dal ka pani as diet supplement instead of semisolid dal which may due to lack of awareness.
- ▶ 71 mothers out of 123 mothers (57%) of children aged 0-6 months give their newborns plain water which may due to lack of awareness or may due to their cultural norms.
- ▶ 90% of children did not receive minimal dietary deficiencies which could be the reason for various dietary deficiencies in children in the later age.
- ▶ Less than half 42 % of mothers of infants 6-9 months of age introduced timely complementary foods which shows lack of awareness about the right age of introduction of complementary feeding.
- ▶ The most recurrent reason for withdrawal of breast feeding was – dearth of milk for breast feeding which could be due to wrong perceptions or beliefs.

SUGGESTIONS

- ▶ Public health education campaigns through advertisements, role plays aimed at empowering family members especially those at the top of the family echelon viz. grandmothers, fathers, traditional birth attendants who can function as birth companions to promote exclusive breast feeding and age appropriate complementary feeding.
- ▶ Increased access to information on breastfeeding through mobile kunji and other m-health apps would especially be vital in modifying families' conceptions of 'appropriate' infant feeding.
- ▶ Religious leaders if properly educated about Exclusive breast feeding could be used to modify and/or discourage such practices that involve feeding newborns with inappropriate substitutes.
- ▶ Strengthening mediums such as village health and nutrition day, anganwadis to deliver hands on training to mothers in camps to demonstrate age appropriate complementary feeding practices and to reinforce importance of minimal dietary diversity.

Thank you