

Assessment of Infant Young Child Feeding practices and knowledge of mothers of Vidisha District in Madhya Pradesh

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Background

- Infant and young child-feeding(IYCF) practices are crucial for nutritional status, growth, development, health and ultimately the survival of infants and young children
- The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of life and the addition of complementary feeds from six months onwards, with continued breastfeeding till at least two years of age.
- The early introduction of complementary feeds before the age of six months can lead to displacement of breast milk and increased risk of infection , besides the babies being physiologically immature.

Rationale

- In the State of Madhya Pradesh 42.8 per cent children below five years are underweight, 42 per cent are stunted and 25.8 per cent are wasted. (NFHS)-4 (2015-16) and in Vidisha district of MP it is 40.4 per cent, 41.1 percent and 21.4 percent as per NFHS-4 (2015-16) data.
- Vidisha district has been declared as one of the aspiration district of Madhya Pradesh.

To be continue.....

- In Vidisha Only 46.6% of children (NFHS-4; 2015-16) are fed mothers milk with in the first hour of birth and only 8.8% children 6-9 months receive solid or semi solid foods along with the breast milk but there is paucity of data related to minimal dietary diversity and minimal acceptable diet.
- There is not much block level data is available to understand the dietary diversity of food given to children (6-23) months in Madhya Pradesh.

Objectives of the study

- To identify the existing feeding practices among the mothers of 0-23 months old children.
- To assess the knowledge of mothers regarding IYCF practices having children 0-23 months old.
- To assess the adequacy of diet in children aged 6-23 months.

Methodology

1. **Study type**: Descriptive cross sectional study
2. **Study area**: The study was carried out in two blocks of district Vidisha in Madhya Pradesh.
3. **Study period**: 2 months
4. **Sampling**:
 - a) **Sampling Technique**: Convenient Sampling.
 - ✓ Out of the total block in district 2 blocks were selected .
 - ✓ From two blocks 12 villages were selected
 - ✓ From 12 villages 12 anganwadi centers were selected.
 - ✓ A list of children who have been delivered in the past two years were obtained from the selected anganwadi centers.

To be continue.....

b) Sample size:

- ✓ 60 mothers having children under 0-23 months from each Block.

c) Respondent: Mothers or caregiver having children 0-23 months old.

d) Tools and Techniques:- Semi structure questionnaires for face to face interview was used for collection of sample.

e) Analysis:- Data was interpreted through Ms-excle

RESULTS

Feeding practices among the mothers:

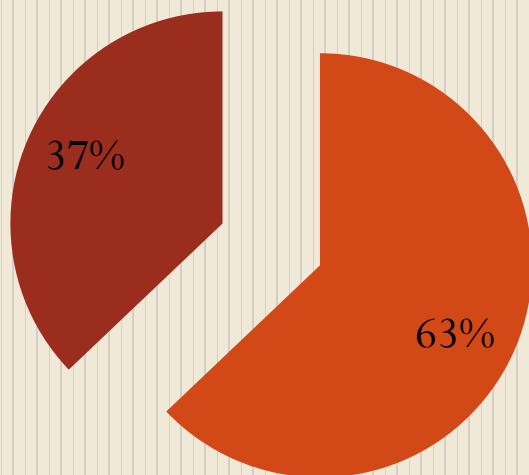
Indicator(According to IYCF guidelines)

1. Timely initiation of breastfeeding.
2. Exclusive breastfeeding under 6 months.
3. Timely complementary feeding.
4. Introduction of solid, semi solid food.
5. Continued breastfeeding at 1 year.
6. Minimum dietary diversity
7. Minimum meal frequency.
8. Bottle feeding.

Timely Initiation of Breastfeeding

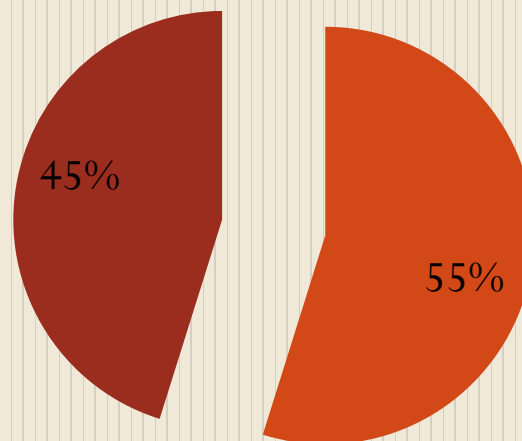
Timely initiation of breastfeeding in Vidisha

- Breastfed within one hour
- Breastfed after one hour



Timely Initiation of Breastfeeding in Basodha

- Breastfed within one hour
- Breastfed after one hour

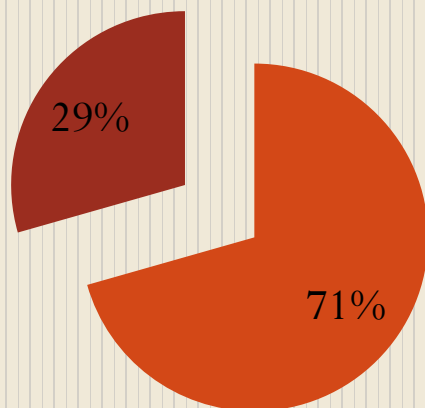


Finding:- So average 59% children timely breastfed within one hour in the district.

Exclusively Breastfeeding under 6 months

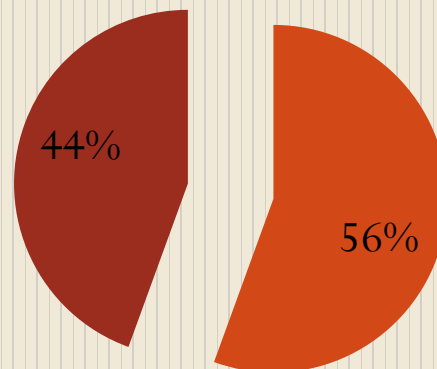
Exclusively Breastfeeding under 6 months of Vidisha Block

- Exclusively Breastfed under 6 months
- Non exclusively breastfed under 6 months



Exclusively Breastfeeding under 6 months of Basoda block

- Exclusively Breastfed under 6 months
- Non exclusively breastfed under 6 months

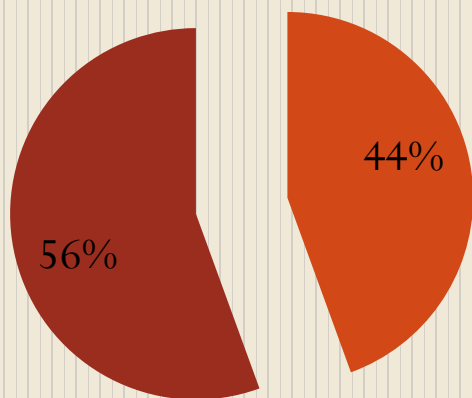


Finding:- So average 63.5 %children Exclusively breastfed under 6 months

Timely Complementary feeding

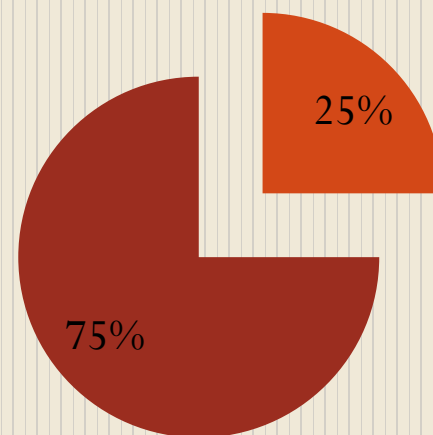
Timely Complementary feeding in Vidisha Block

- Timely Complementary Feeding
- Delayed in complementary feeding



Timly complementary feeding of Basoda Block

- Timely Complementary Feeding
- Delayed in complementary feeding

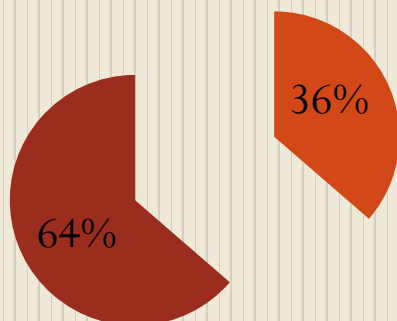


Finding-Average 34.5% of the children under 6-9 months take timely complementary feeding

Introduction of solid/semi solid or soft foods

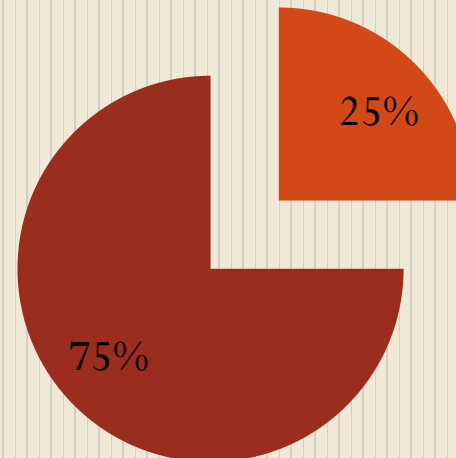
Introduction of solid /semi solid food of Vidisha block

- 6-8 months infant introduced with Solid/ semi solid or soft food
- 6-8 months infant not introduced with Solid/ semi solid or soft food



Introduction of solid /semi solid food of Basoda Block

- 6-8 months infant introduced with Solid/ semi solid or soft food
- 6-8 months infant not introduced with Solid/ semi solid or soft food

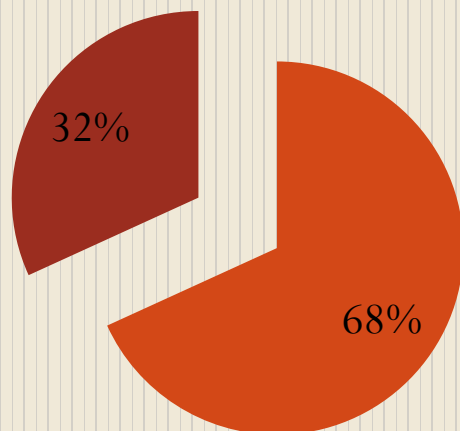


Finding:- So average 30.5% children under 6-8 months introduce with solid/ semi solid foods

12-15 months old children with continued breastfeeding at 1 year

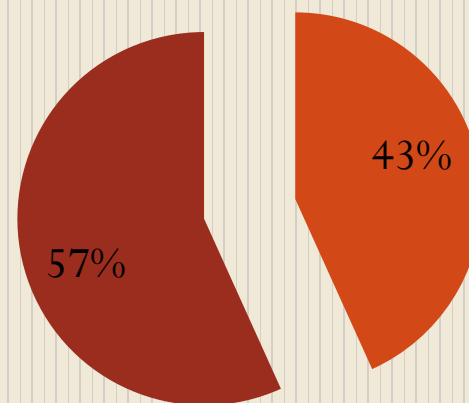
12-15 months old children with continued breastfeeding at 1 year at Vidisha Block

- Children with continued breastfeeding
- Children with discontinued breastfeeding



12-15 months old children with continued breastfeeding at 1 year at Basoda Block

- Children with continued breastfeeding
- Children with discontinued breastfeeding

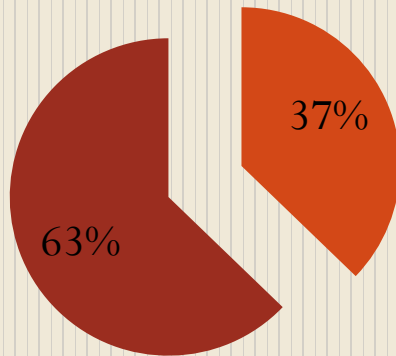


Finding:- Average 55.5% 12-15 months old children continued breastfed at 1 year

Minimal Dietary diversity

Minimal dietary diversity of Vidisha Block

- 6-23 month children who receive minimum dietary diversity
- 6-23 month children who did not receive minimum dietary diversity



Conclusion: Only 37% of mothers of infants 6-23 months of age met the standards for minimum dietary diversity

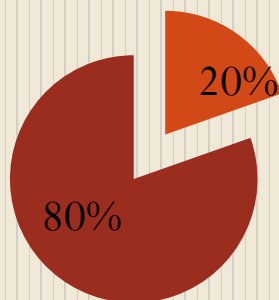
Proportion of children 6-23 months who received foods from 4 or more food groups. (7 food groups under consideration are grains, roots, and tubers, legumes and nuts, dairy products, flesh foods, eggs, vitamin A rich fruits and vegetables and other fruits and vegetables).

Number of children 6-23 months old	Number of 6-23 months children who receive any of the four or more than four of the seven food groups	Percentage
43	16	37.21

To be continue.....

Minimal dietary diversity of Basoda Block

- 6-23 month children who receive minimum dietary diversity
- 6-23 month children who did not receive minimum dietary diversity



Finding: Only 20% of mothers of infants 6-23 months of age met the standards for minimum dietary diversity. So averagely 28.5 % children 6-23 month age children receive minimum dietary diversity

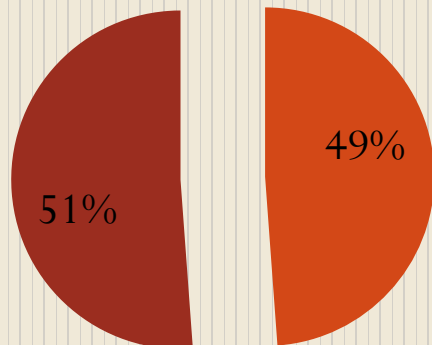
Proportion of children 6-23 months who received foods from 4 or more food groups. (7 food groups under consideration are grains, roots, and tubers, legumes and nuts, dairy products, flesh foods, eggs, vitamin A rich fruits and vegetables and other fruits and vegetables).

Number of children 6-23 months old	Number of 6-23 months children who receive any of the four or more than four of the seven food groups	Percentage
51	10	19.61

Minimum meal frequency

Minimum meal frequency of Vidisha Block

- Children received minimum number of meals
- Children not received minimum number of meals



Proportion of breastfed and non breastfed children 6-23 months who receive solid, semi-solid or soft foods (but also including milk feeds for non breastfed children) the minimum number of times or more.

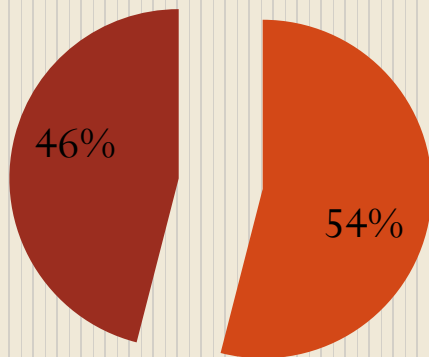
- 2 times for breastfed infants 6-8 months
- 3 times for breastfed children 9-23 months
- 4 times for non-breastfed children 6-23 months

Breastfed/N on-breastfed	Age group	Number of infants in the age group	Number of infants who meet the requirement of minimum number of meals	Percentage
Breastfed	6-8 months	10 (Breastfed)	4	40
	9-23 months	21 (Breastfed)	10	47.62
Non-breastfed	6-23 months	12 (Non-breastfed)	4	33.33
Total	6-23 months	43	21	48.84

Minimum number of meal frequency

Minimum meal frequency of Basoda block

- Children received minimum number of meals
- Children not received minimum number of meals



Finding:- Average 51.5 % children receive minimum number of meals

Proportion of breastfed and non breastfed children 6-23 months who receive solid, semi-solid or soft foods (but also including milk feeds for non breastfed children) the minimum number of times or more.

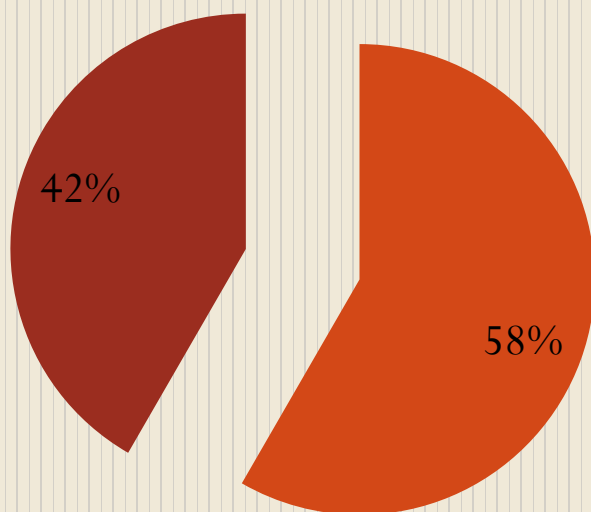
- 2 times for breastfed infants 6-8 months
- 3 times for breastfed children 9-23 months
- 4 times for non-breastfed children 6-23 months

Breastfd/No n-breastfed	Age group	Number of infants in the age group	Number of infants who meet the requirement sof mimumno of meals	Percentage
Breastfed	6-8 months	7(Breastfed)	3	42.86%
	9-23months	23 (Breastfed)	13	56.52
Non-breastfed	6-23 months	20 (Non-breastfed)	11	55
Total	6-23 months	50	27	54

Bottle feeding

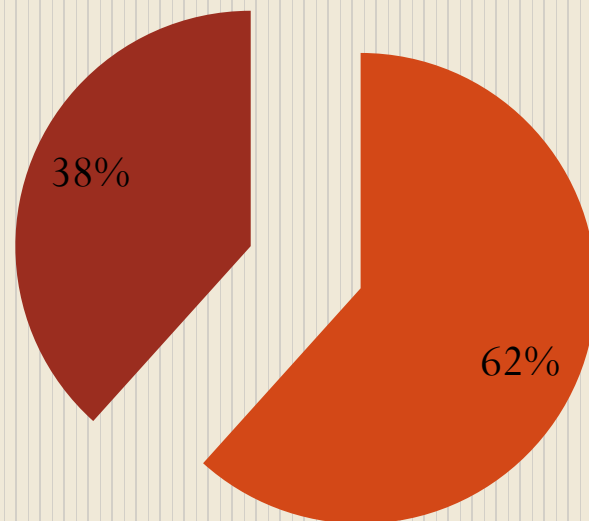
**Children with bottle feeding
at Vidisha Block**

■ Bottle feed ■ Non bottle feed



**Children with bottle feeding
at Basoda Block**

■ Bottle feed ■ Non bottle feed



Finding:- Average 60 % children feed with bottle

Knowledge of mothers regarding IYCF Practices

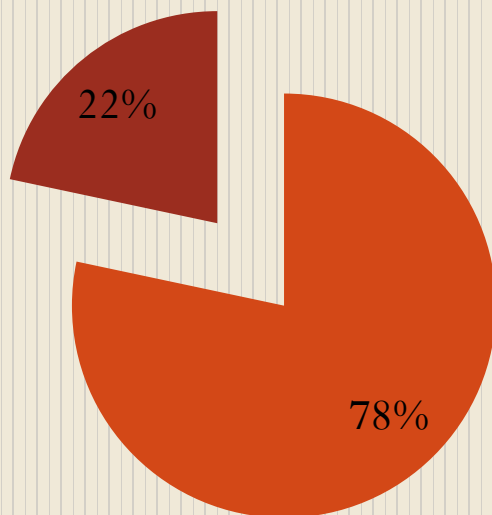
Indicator:

- Importance of Breastfeeding
- Different position of breastfeeding
- Breast Attachment during breastfeeding
- Exclusive breastfeeding
- Alternative methods of feeding a new born apart from breastfeeding.
- Introducing of semi-solid or soft food at 6 months
- Exclusive breastfeeding reduce episodes of diarrhoea
- Importance of colostrums for new born baby.
- Water consumption during exclusively breastfeeding.

Importance of breast feeding

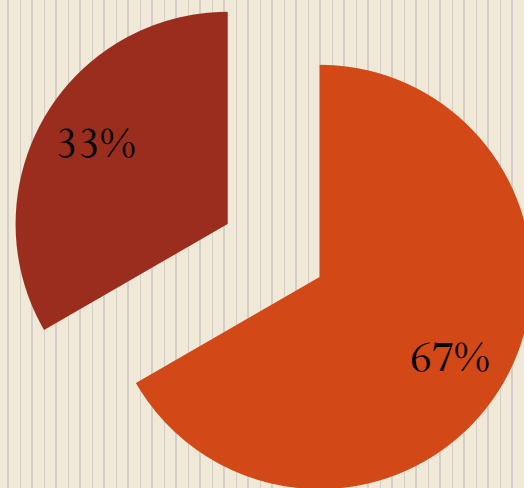
**Knowledge of mothers of
Vidisha**

- Have knowledge
- Don't have knowledge



**Knowledge of mothers of
Basoda Block**

- Have knowledge
- Don't have knowledge

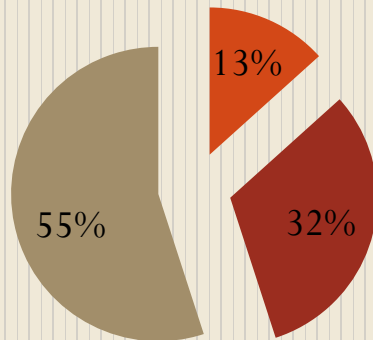


Finding- Average 72.5 % mothers have knowledge about importance of breastfeeding

Different types of position of Breastfeeding

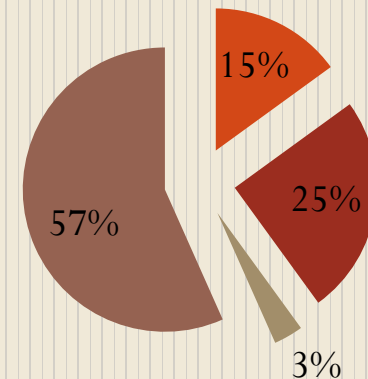
Knowledge regarding different position of breastfeeding at Vidisha Block

- Baby body close to mother body and face to breast
- Baby body turned towards mother
- Dont have knowledge



Knowledge regarding different position of breastfeeding at Vidisha Block

- Baby body close to mother body and face to breast
- Baby body turned towards mother
- Baby whole body supported
- Dont have knowledge

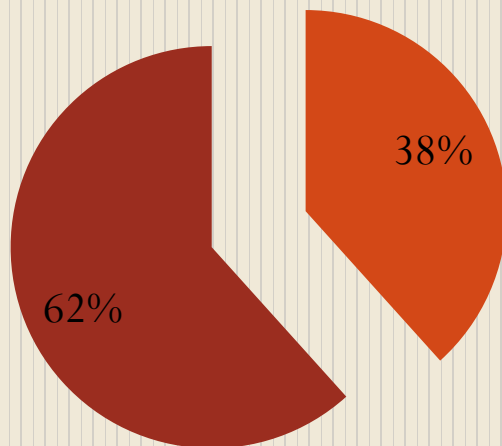


- Baby neck straight or slightly bent slightly back and body straight
- Baby body turned towards mother
- Baby body close to mother body and face to breast
- Baby whole body supported

Breast Attachment during breastfeeding

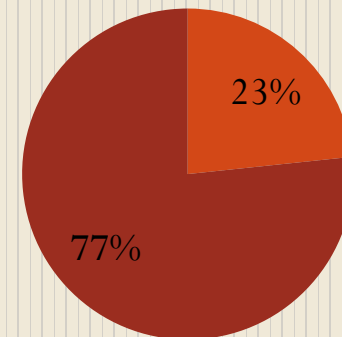
Knowledge of mothers on attachment towards breast during breastfeeding at Vidisha block

■ Chin touching breast ■ No Knowledge



Knowledge of of mothers on attachment towards breast during breastfeeding at Basoda block

■ Chin touching breast ■ No Knowledge

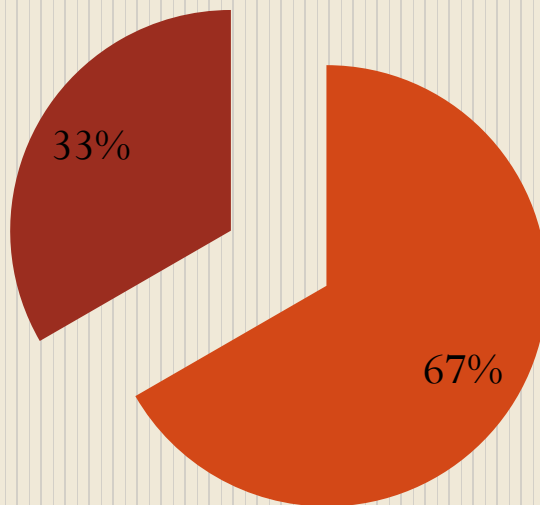


- Chin touching breast
- Mouth wide and open
- Lowest lip turn outward
- More areola seen above baby mouth

Exclusive breast feeding

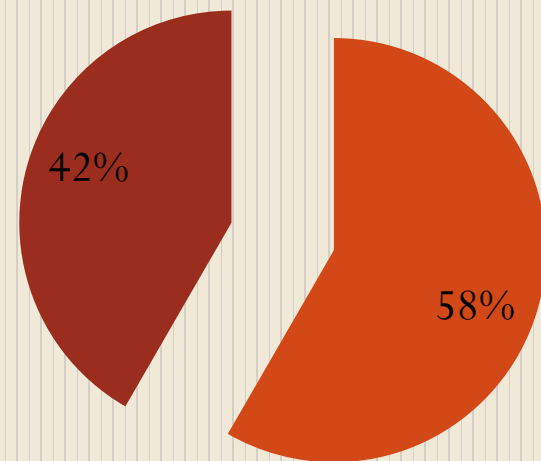
**Knowledge of Exclusive breastfeeding
at Vidisha Block**

- Have knowledge
- Don't have knowledge



**Knowledge of Exclusive
breastfeeding at Basoda block**

- Have Knowledge
- Don't have knowledge

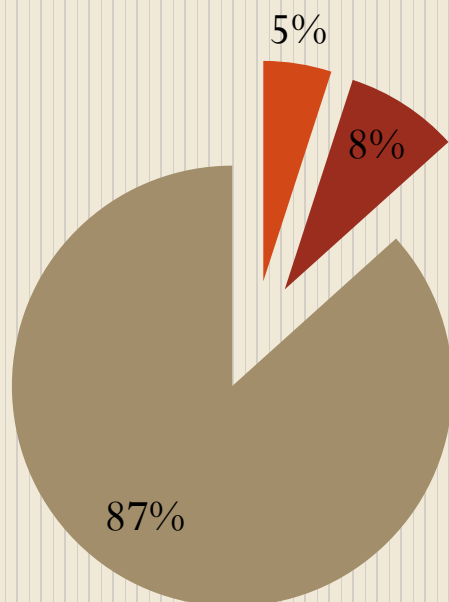


Finding:- Average 62.5 % of mother are aware about exclusive breastfeeding

Alternative way of milk feeding apart from breastfeeding

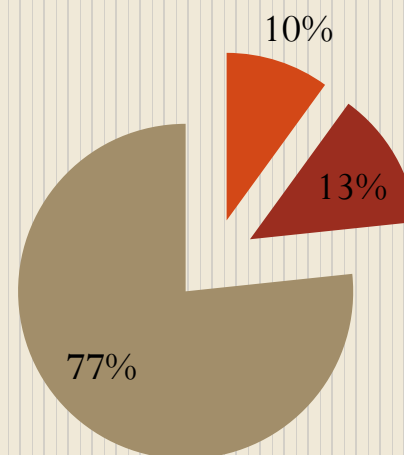
Knowledge of alternative way of milk feeding at Vidisha Block

■ By spoon and katori ■ Bottle ■ No Knowledge



Knowledge of alternative way of milk feeding at Basoda Block

■ By spoon and katori ■ Bottle ■ No knowledge



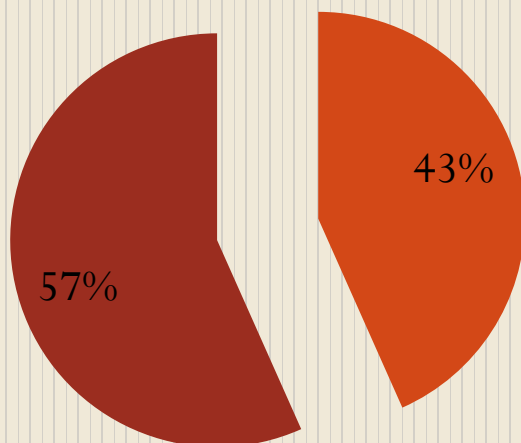
There are 4 alternative methods of feeding I have taken.....

- a) By spoon and katori
- b) Cup
- c) Bottle
- d) Paladai

Introduction of solid/semi-solid or soft food at 6 month

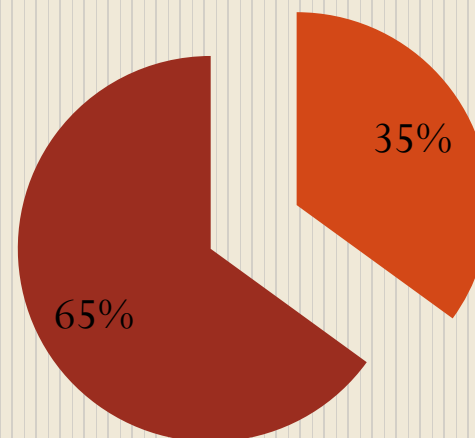
Knowledge of introduction of food at 6 months at Vidisha Block

- Have Knowledge
- Don't have...



Knowledge of introduction of food at 6 months at Basoda Block

- Have knowledge
- Don't have knowledge



Finding:- Average 39% of mothers are aware about introduction of solid/semi solid or soft food at 6 month

Conclusion

- Practice of late feeding of infant just after the birth is high.
- Feeding practices like Exclusive breastfeeding and timely complementary feeding are poor
- Diet provided to most of the infants is neither appropriate in frequency nor acceptable as per guideline
- Constant breastfeeding has a positive relationship in reducing malnutrition.

Suggestion

- Intervention need to be at the household level using positive deviance approach and behavioural change communication strategies.
- Consistent message on child care and feeding practices by sensitizing **Frontline health service workers** and **AHHA workers**.
- Area specific programme are to be planned to create an enabling environment for comprehensive nutrition
- Health education of mothers/ caregivers, health and nutrition workers to protect , promote and sustain the optimal IYCF practices in Vidisha district of MP.

References

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Thank
you!!