

To Analyze the level of IYCF Knowledge, Attitude and Practice Survey in Rajkot District, Gujarat

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Introduction

- IYCF is developed by WHO and UNICEF to revitalize world attention on the impact that feeding practices have on infants and young children.
- Malnutrition has been responsible, directly or indirectly, for over 50% deaths annually among children <5 years age.
- Over 2/3rds of these deaths occur in the first year of life
- The growth rate in the life of human beings is maximum in the first year of life and infant feeding practices compromising of both the breastfeeding as well as complementary feeding have major role in determining the nutritional status of the child.



Every fifth young child in the world lives in India

Every second young child in India is malnourished

Malnutrition limits development potential and active learning capacity of the child

Rationale for the study

- The declining rate of exclusive breastfeeding with age could be attributed to supplementation with plain water in early months and milk other than breast milk in later months. Studies from different parts of the country shown that the practice of early introduction of top feeds in the form of dilute animal milk is widely prevalent.
- Breastfeeding is not only important for young child survival, health, nutrition, development of the baby's trust and sense of security- but it also enhances brain development and learning readiness as well.
- This study was initiated on the basis that mothers' Knowledge and attitude about the feeding practices impacts the practice of exclusive breastfeeding.

Literature Review

- According to current infant and young child feeding (IYCF) recommendations, infants should be exclusively breastfed for the first 6 months of life, and thereafter should receive appropriate complementary feeding with continued breastfeeding up to 2 years of age or beyond.
- Despite the recommendation that babies should be exclusively breastfed for the first 6 months, according to National Family Health Survey (NFHS) 3 Report, in India, only 69% of children under 2 months of age are exclusively breastfed against the 10th Plan target of 80%. Exclusive breastfeeding drops to 51% at 2–3 months of age and 28% at 4–5 months of age.
- Exclusive breastfeeding up to six months of age and breastfeeding up to 12 months was ranked number one with complementary feeding starting at six months number three. These two interventions alone were estimated to prevent almost one fifth of under five mortality in developing countries.

Research Question

What is the level of knowledge, attitude and practice of the mothers of children of 0-23 months about infant and young child feeding practises?

Objectives

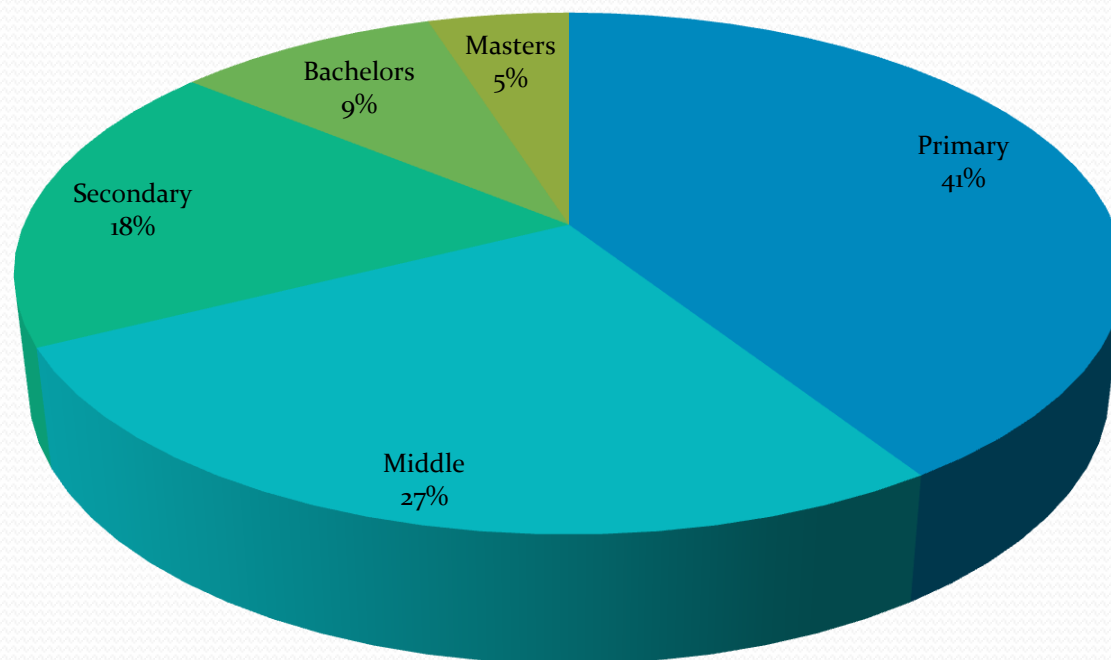
- To obtain quantitative data on infant and young child feeding practices using the WHO IYCF indicators.
- To assess the consumption of the different types of food for children aged from 6-23 months within the 24 hours prior to the survey, and hence estimate the food diversity within the last 24 hours.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

Methodology

- **Study Area** - 7 rural blocks of Rajkot namely Rajkot Rural, Jam Kandorna, Upleta, Gondal, Jetpur, Dhoraji, Kotda Sangani.
- **Study Design**- Cross sectional descriptive study
- **Study Population**- Mothers of children 0-23 months of age
- **Sampling Method**- Random selection, using lottery method. A list of children who have been delivered in past two years i.e. children of age group 0-23 months has been obtained from the Anganwadi workers.
- **Sample size**- 210 children, including the non response rate of 18 percent using the EPI method of sampling which is 'WHO model for vaccination survey'.

Results and Findings

Level of Education of mothers



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- Around 79% of the mothers had attended school, while 82% of the mothers were able to read and write a simple sentence.
 - Around 86% of the mothers had up to secondary level of education.
 - 57% of the children were male children compared to 43% who were girls.
 - 92% of the mothers immediately breastfed their children after birth i.e. within first 2 hours...
 - This shows that the level of education of the mothers does impact the exclusive breastfeeding rates.

Recommendations

- Early initiation of breast feeding, initiation of breast feeding within one hours of giving birth
- Continuation of breast feeding up to the age of two years
- Diversifying dietary diet

Conclusion

- The results suggest that the prevalence of exclusive (and predominant) breastfeeding was low. The results do not reveal differences between exclusively and non-exclusively breastfeed children.
- Even if the actual prevalence of exclusive and predominant breastfeeding in the population might be higher than this results indicates, it is likely that the under nutrition, disease and child mortality seen in the study areas are at least partly explained by lack of exclusive breastfeeding and premature introduction of complimentary foods.
- The women and children are facing several nutritional and health challenges. This study shows that relatively many children were malnourished in some way, either stunted, wasted and/or underweight.



THANK YOU