

Knowledge, Attitude and Practices of Mothers on Exclusive Breastfeeding and Complimentary Feeding in Jaipur and Jhunjhunun District, Rajasthan

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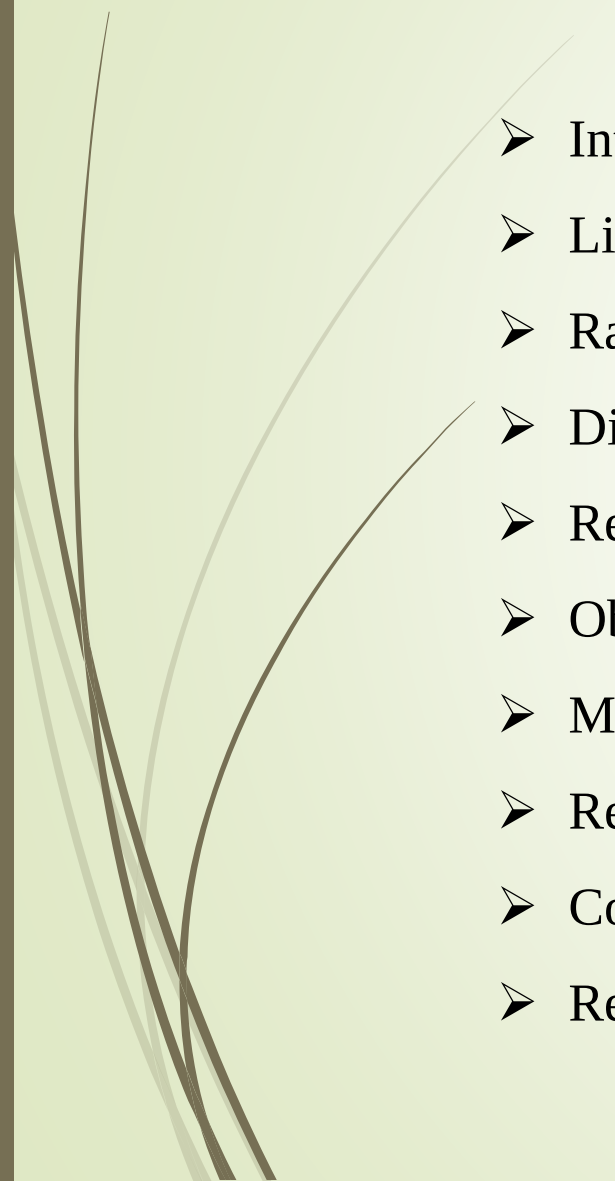
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Dissertation under HLPPT, Jaipur**



Content

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- Introduction
 - Literature review
 - Rationale
 - District Profile
 - Research Question
 - Objective
 - Methodology
 - Results
 - Conclusion
 - Recommendation



Introduction

- Breast milk is a natural resource that has a major impact on child's health, growth and development and it is recommended for at least the first two years of a child's life. Breast milk contains the nutrients that a baby needs and in the right quantity.
- **Exclusive breastfeeding-** It is recommended that infants should be exclusively breastfed for the first six months of life. Thereafter , nutritionally adequate and safe **Complimentary** foods should be introduced while breastfeeding continues for at least two years . No other feds or formula **breastfeeding** (when the child requests) and allowing to feed until satisfied.
- Knowledge of mothers are the foremost providers of primary care for children. Their understanding of basic nutrition and health measures strongly influence the care they provide.

Literature review

- Nutrition is crucial for child's growth and development. It is well recognized that the duration from birth to 2 years getting on may be a “critical window” chance for the promotion of optimum growth, health, and behavioural development.
- In 2006 a research was done on Information scanning about the best practices of breastfeeding. It describes some of the methods keeping in touch with best practice in breastfeeding. This paper describes some of the methods practitioners (those directly involved with helping mothers) can use to scan the environment for up-to-date information about best practice in breastfeeding. By keeping in touch – with other practitioners and International Board-Certified Lactation Consultants (IBCLC), with researchers, with decision makers, and with research findings – practitioners can ensure they help mothers most effectively.⁶
- In 2012 a research was done on Global trends in exclusive breastfeeding and estimated that suboptimal breastfeeding practices are responsible for more than 1 million child deaths annually and even more striking levels of childhood morbidity. In line with the Global Strategy put forward 20 years ago , UNICEF's strategy and actions in support of infant and young child feeding



feeding underline the importance of multi-sectoral approaches to improve health and nutrition and support of proven activities at national, health system and community levels, such as behaviour and social change related to optimal infant feeding practices. The vision for improving the nutritional status of children worldwide is clear and the importance of the first 1,000 days of life from conception to two years of age, then we will acknowledge there is much room for improvement. Child nutrition programmes worldwide continue to require investments and commitments to improve infant feeding practices to have maximum impact on children's lives.⁸

- In 2019 a research was done on Regional prevalence and determinants of exclusive breastfeeding in India. while the North-East had the lowest prevalence. The determinants of EBF also varied across regional lines, where higher birth order was the only common factor associated with non-EBF in all regions. Key modifiable determinants of non-EBF included higher maternal education in the South and belonging to rich households in Central India. Efforts to improve EBF in India would require a multipronged approach, where political will and dedicated funds for those public health actions and the establishment of IYCF policy and programmes interventions remain core priorities.⁷

Rationale

- This study's aim was to determine the breast feeding knowledge, attitude and practices (initiating breastfeeding within one hour of child birth, exclusive breastfeeding for six months and breastfeeding until or beyond two years and on demand breastfeeding) of mothers in Jaipur and Jhunjhun district of Rajasthan.
- Decline in breastfeeding is associated with women's involvement in work as well as lack of knowledge on the benefits of the practice and management of lactation problems.
- A number of studies have been done globally to determine mother's knowledge on exclusive breastfeeding. Some of the studies have showed that **96%** of the mothers had good knowledge that **exclusive breastfeeding good for the baby**. But despite having the correct knowledge only 68.6% practiced it.(Source-WHO Website)



Research Question

- What is the level of existing knowledge, attitude and practices of mothers with children less than two years regarding exclusive breastfeeding and complimentary feeding in Jaipur and Jhunjhunun District, Rajasthan?



Objective

- To assess the knowledge, attitude and practices (KAP) of Mothers with Children Less Than Two Years Regarding Exclusive Breastfeeding and Complimentary Feeding in Jaipur & Jhunjhunu Districts of Rajasthan.



Methodology

- **Study Design:** Cross Sectional Descriptive Study
- **Study Location-** Jaipur and Jhunjhunun Districts of Rajasthan
- **Duration of Study:** 3 months (19th February to 18th May 2020)
- **Sample size:** 100 Respondents
- **Sampling Technique:** Purposive sampling
- **Respondents of the study:** Mothers who has visited health care facilities for routine immunization and seeking paediatric consultation purpose in Jaipur and Jhunjhunun districts of Rajasthan.
- **Data collection instrument:** Semi structured questionnaire
- **Data Analysis Procedure:** Analysis were done using Microsoft Excel 2016

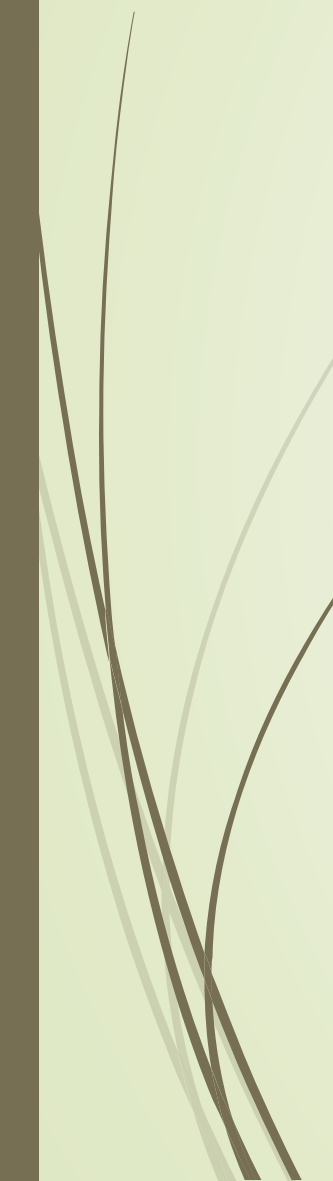
Sample size selection (N-100)

Total 2 Districts(Jaipur and Jhunjhunun)

5 Facility from each District

10 mothers from each Facility

- Data were collected from the two districts of Rajasthan Jaipur and Jhunjhunun: -
 - ✓ Hospitals covered in Jaipur District are Prakash Mother and Child Hospital, Goyal Hospital, Akhila Hospital, Vinayak Janana and Doorbeen Hospital, R.P Memorial Hospital.
 - ✓ Hospitals covered in Jhunjhunun District are Oxford hospital, Raj Hospital, Kedia Hospital, kajla hospital and Sharda Hospital.
 - ✓ From Jaipur and Jhunjhunun each district 5 facility selected and from each facility 10 respondents selected randomly.

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- **Data collection instrument:** Semi structured questionnaire contained sections on
 - ✓ Demographic parameters which included variables such as age, educational status, and occupation.
 - ✓ Knowledge regarding breastfeeding practices
 - ✓ Attitude regarding breastfeeding practices
 - ✓ Practices of breastfeeding
 - **Study population:**
 - ✓ Mothers who has visited health care facilities for routine immunization and seeking paediatric consultation purpose in Jaipur and Jhunjhunun districts of Rajasthan
 - **Inclusion criteria**
 - ✓ Mothers with the children up to Two Years of age..
 - **Exclusion criteria**
 - ✓ Caregivers of the child other than the mother were not a part of study



Results

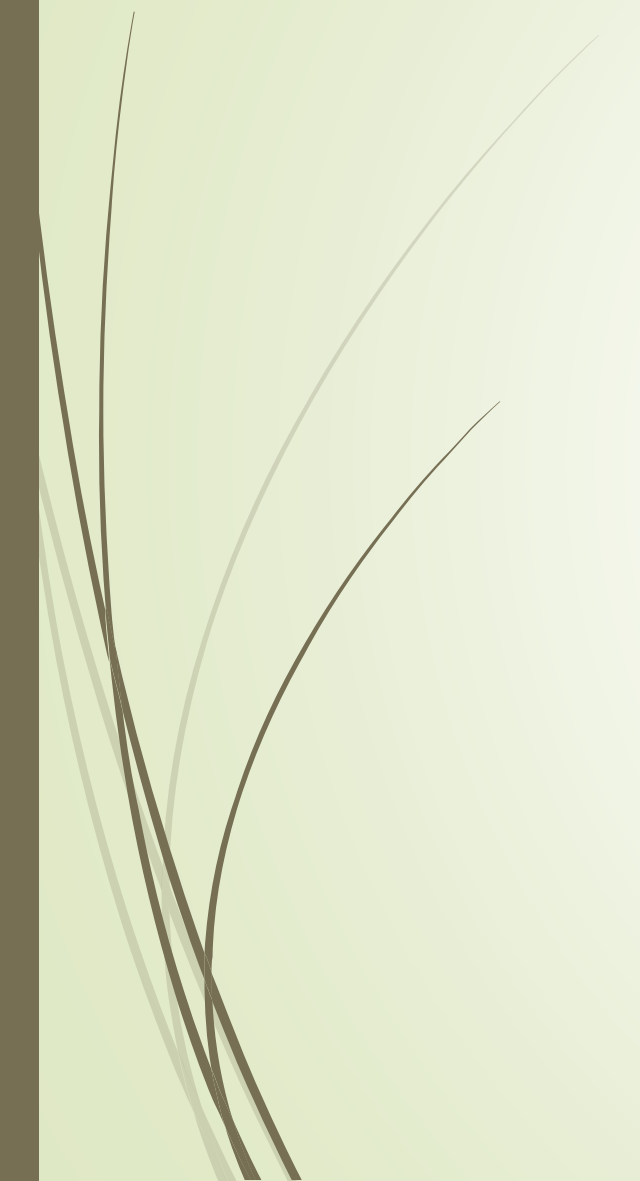
Background information of the respondents

Characteristics	Numbers (n=100) 100%
Mothers age in Years	
<21	25%
22-30	70%
31-40	5%
Religion	
Hindu	74%
Muslim	26%
Marital Status	100%
All the women are married	
Employment	
Self employed	26%
Formal employed	28%
Unemployed	46%
No. of children having a mother	
One	38%
Two	42%
Three	12%
>=Four	8%



Characteristics of children

Characteristics	Numbers (n=100)
Gender	
Male	53%
Female	47%
Age (Months)	
<6	15%
6-12	54%
13-24	32%
Birth order	
1	38%
2	42%
3	12%
>4	8%



Knowledge, Attitude and Practice of Mothers about Breastfeeding and Complimentary feeding

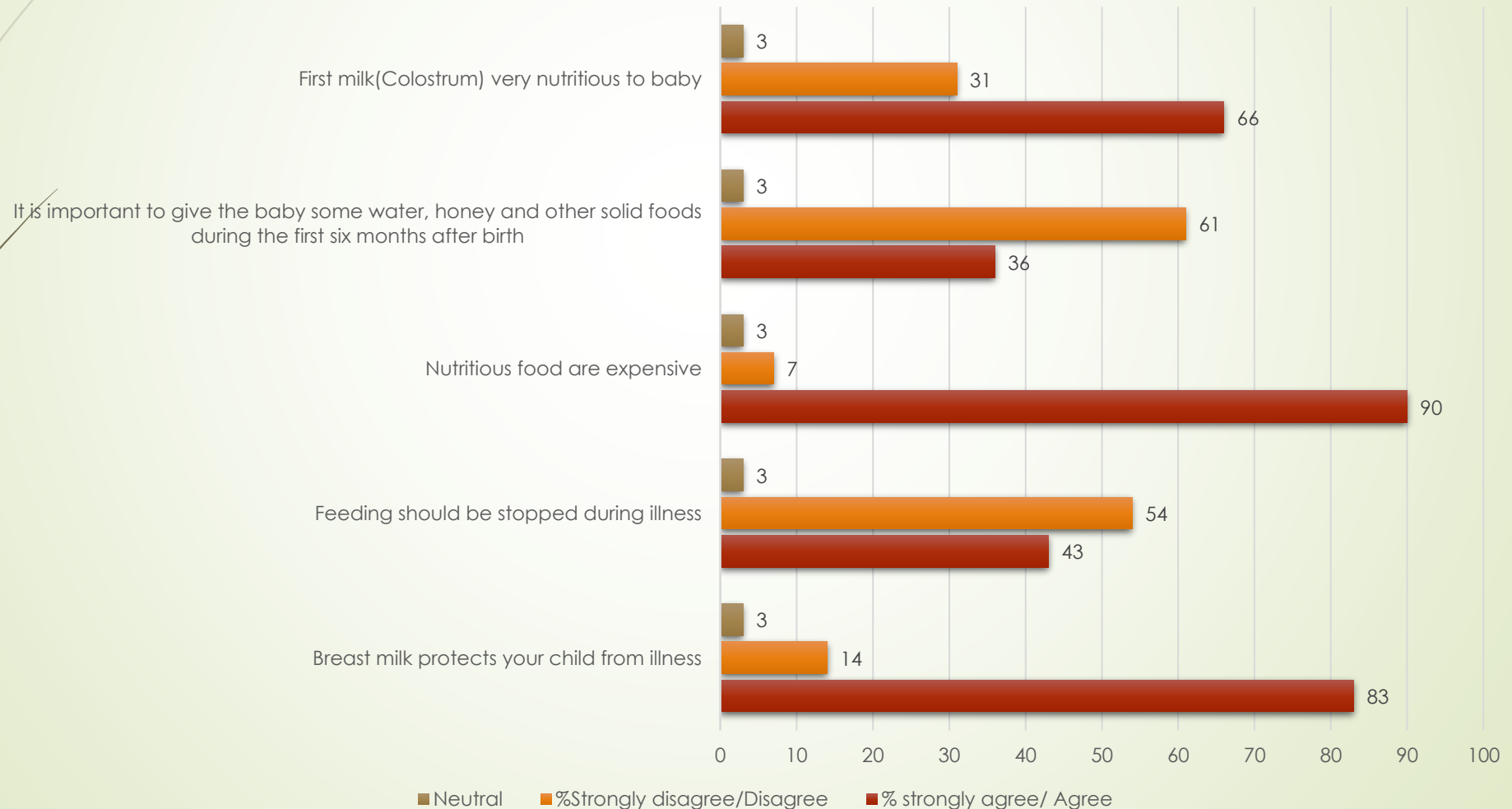
Knowledge of mothers about Breastfeeding and complimentary feeding

Attribute	Numbers (n=100)
Time of initiating breastfeeding	
Within one hour after birth	52%
After one hour	35%
After one day	10%
Do not know	3%
Frequency of breastfeeding	
On demand (Crying of child)	65%
According to the routine (Every two hourly)	20%
Do not know/ Not sure	15%
Duration of breastfeeding after initiating complimentary foods	
Less than 18 months	26%
18 months	18%
>18-24 months	46%
>24 months	10%
After Time to initiate complimentary foods	
6 months	77%
After 6 months	10%
Source of getting information on Complimentary feeding	
Health worker	35%
Family & relatives	62%
Media	3%

Attitude-

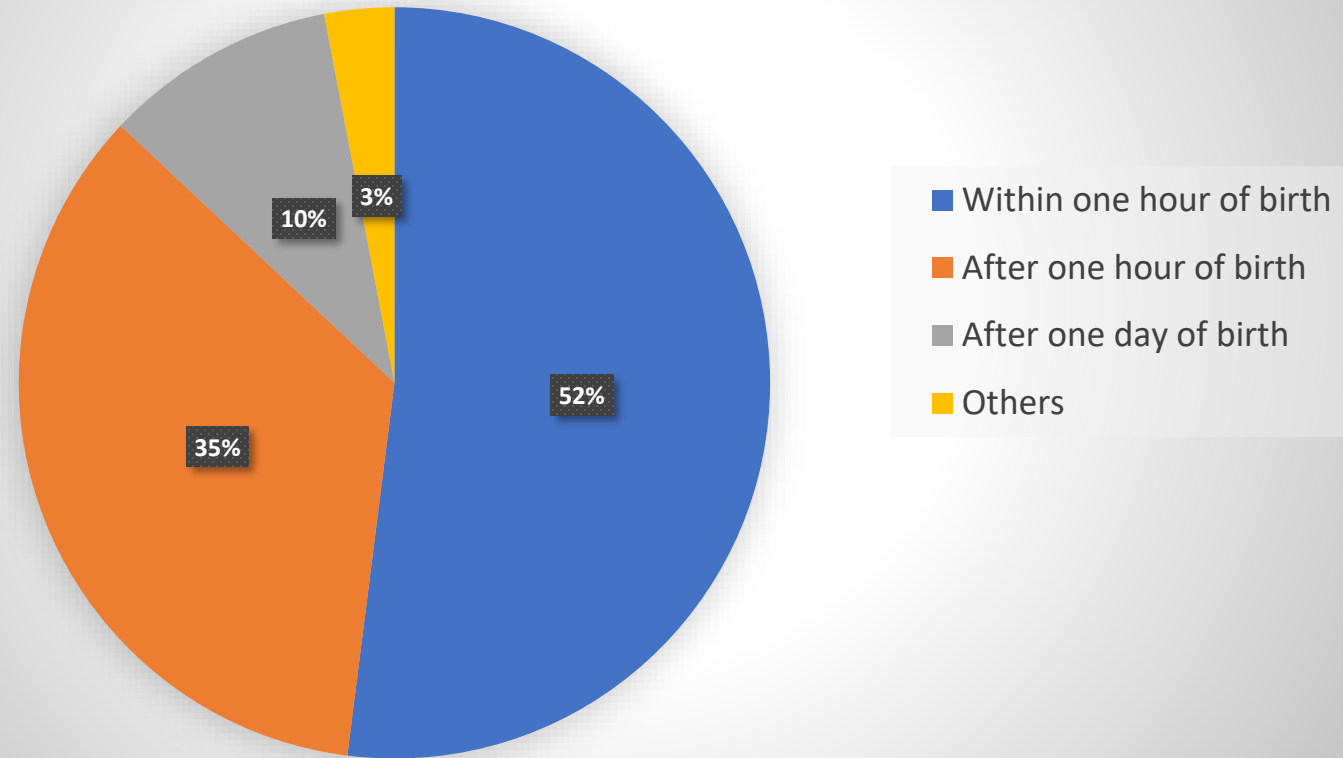
Attitude of mothers towards breast feeding and complimentary feeding (n-100)

Attitude of mothers towards breast feeding and complimentary feeding (n-100)

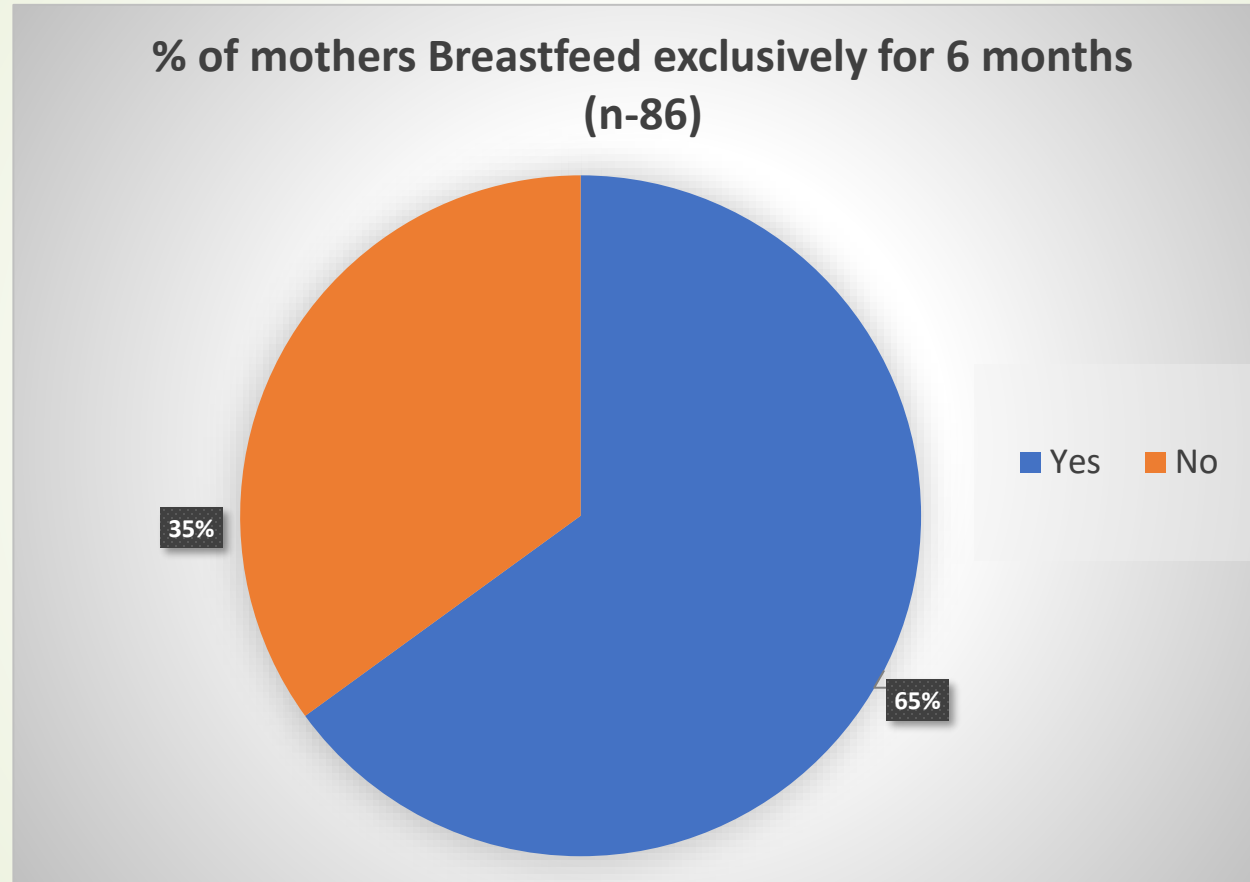


Time of initiation of Breastfeeding

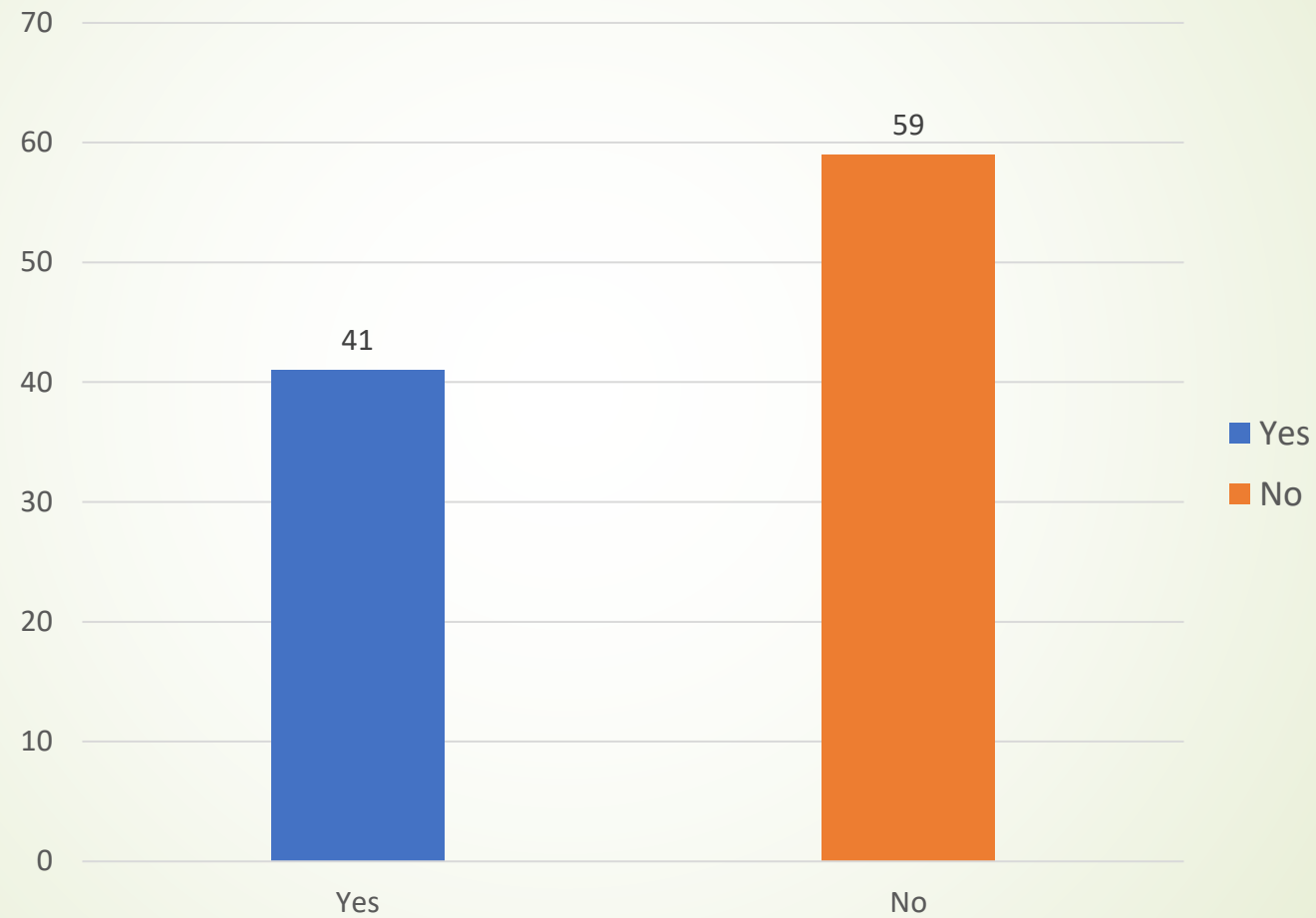
Time of initiation of breast feeding by mothers (n=100)



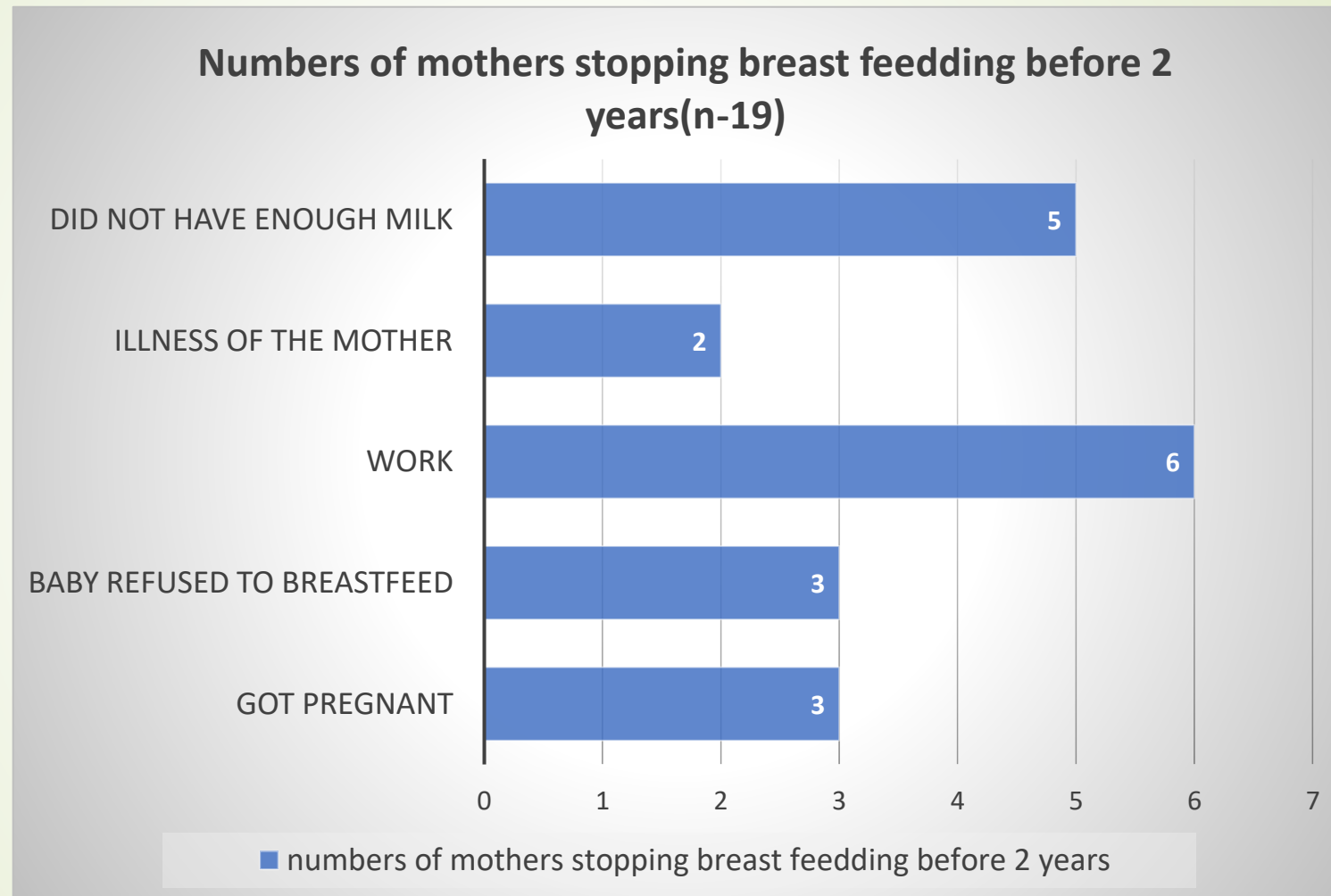
Breastfeed exclusively for six months



Out of 86 mothers of child whose age is above 6 months still breast feeding



Reasons of mothers stopping breast feeding before two years





Recommendations-

- Infants should be fed breast milk exclusively for the first 6 months after birth. Exclusive breastfeeding means that the infant does not receive any additional foods (except vitamin D) or fluids unless medically recommended.
- After the first 6 months and until the infant is 1 year old, the AAP recommends that the mother continue breastfeeding while gradually introducing solid foods into the infant's diet.
- After 1 year, breastfeeding can be continued if mutually desired by the mother and her infant.
- Infants be exclusively breastfed for the first 6 months after birth to achieve optimal growth, development, and health.
- After the first 6 months, to meet their evolving nutritional requirements, infants should receive nutritionally adequate and safe complementary foods while breastfeeding continues for up to 2 years of age or beyond

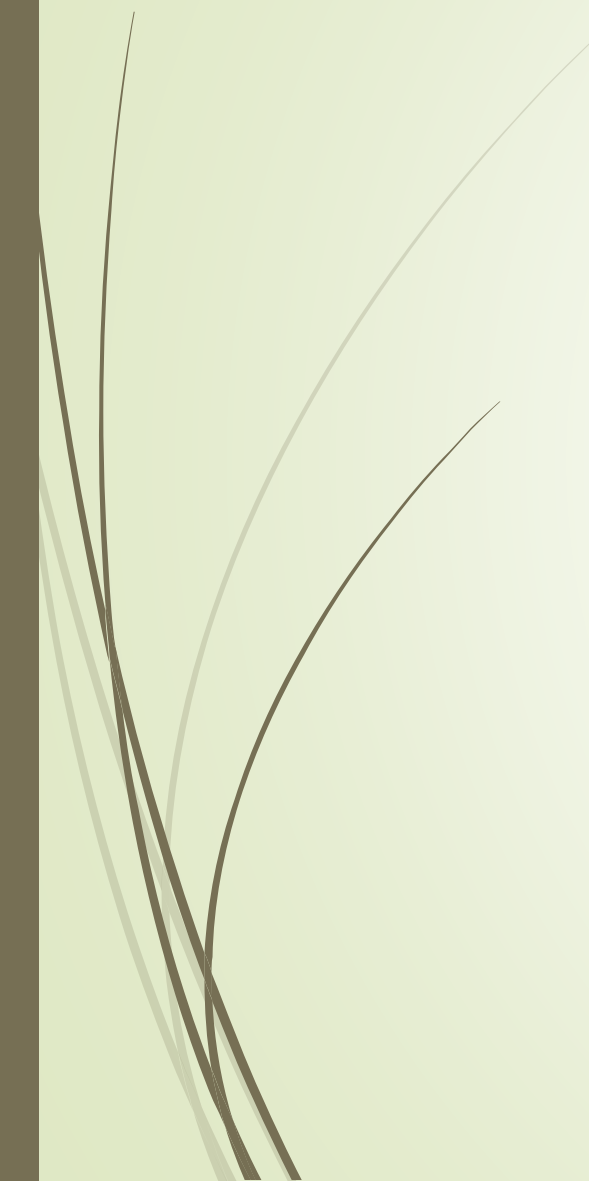


Conclusion-

- The study has shown that there are some gaps in terms of knowledge & Practice about breastfeeding and complimentary feeding
- Breastfeeding is the gold standard of infant feeding up to 6 months. It remains the most cost-effective way for reducing the risk of diseases.
- ✓ 52 percent of mothers out of 100 mothers have appropriate knowledge that feeding should initiate after one hour of birth and 41 percent of mothers have knowledge about correct duration of exclusive breastfeeding. And the major reason for stopping breast feeding is due to work and not having enough milk. Further it is considering that 85 percent belief that nutritious food is expensive. Therefore, there is a need to increase knowledge of urban population regarding exclusive and complimentary breastfeeding through health care staff.

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Thank you