

ABSTRACT

The objectives of this study were to describe the status of infant and young child feeding (IYCF) practices, to assess the nutritional status of under 3 children and to find out the associations between infant and young child feeding practices and the nutritional status of under 3 children. This study was a community-based, cross-sectional study. Study populations were under 3-years children and their caregivers in North Okkalapa township of Yangon Division. Infant and young child feeding practices were assessed by face-to-face interview with structured questionnaires. Nutritional status of children was assessed by anthropometric measurements. The prevalence of breastfeeding (96.7%), early initiation of breastfeeding (60.2%), exclusive breastfeeding (13.8%), timely introduction of complementary food (100%), minimum dietary diversity (77.4%), minimum or more frequency of meal (47.6%), continued breastfeeding up to 2 years of age (54.5%), predominant breastfeeding under 6 months of age (93.1%) and bottle-feeding (17.9%) are found respectively. The prevalence of stunting was (26.8%), underweight (22.2%) and wasting (13.1%) respectively. Lack of predominant breast-feeding under 6 months of age was found to be significant risk factor for underweight. There was no statistically significant association between infant and young child feeding practices and wasting as well as stunting of under 3 children. There was statistically significant association between Vitamin A supplementation in last 6 months and prevalence of fever in the last 2 weeks. The prevalence of stunting and underweight were significantly high in children with history of fever in the last 2 weeks.