

**COMPLEMENTARY FEEDING PRACTICES OF
CAREGIVERS AND NUTRITIONAL STATUS OF
UNDER TWO YEARS OLD CHILDREN IN SELECTED
VILLAGES OF NYAUNGLAYPIN TOWNSHIP, BAGO
REGION**

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ABSTRACTS

The study was community based cross sectional study with the objectives to assess complementary feeding practices of under two years old children in rural area of Nyaunglaypin Township. The study was conducted in October to December, 2013 by interviewing and anthropometric measurement in total 300 children and their care-givers. Socio-economic backgrounds of care givers, complementary feeding practices, food preparatory practices were assessed by questionnaires and nutritional status of children were assessed by anthropometric measurement of weight and height. Nutritional status was compared to WHO growth standard (2007).

Majority of care givers were mothers (89.7%). Half of main care-givers were in the primary education level and majorities were dependent. Mean age of children was 14.5 ± 5.3 months. Proportion of children who received minimum acceptable diet was 20%, minimum dietary diversity was 24.7 % and minimum meal frequency was 59.7%. In other core Infant and Young Child Feeding (IYCF) indicators, proportion of children with consumption of iron rich or iron fortified food was 60.3%, introduction of solid or semi-solid or soft foods was 89.5% and continued breastfeeding at 1 year was 94.4%.

Homemade complementary food was the commonest foods in feeding. In hand washing practices, majority of care givers washed hands before feeding their child (89%), 39.3% of care givers washed before cooking and 56% washed after toilet but 1.3% of respondents did not wash hands in these occasions. One third of children (34%) were fed with freshly prepared foods. The rest of the families stored cooked foods at room temperature mostly (98%) and storage in fridge was very low (2%). Over one third (36.7%) of studied children had history of common childhood illness in past 2 weeks. Among them, acute respiratory infection (ARI) was commonest (55.5%).

In nutritional status of the children, prevalence of underweight, stunting and wasting were 17.7%, 17.6% and 7.4% respectively. The significant association was found between high educational level of caregiver, high income family and feeding variety of foods, minimum acceptable diet but not significant with meal frequency. Association between occupational status of iii care givers and safe water usage in food preparation was found but not with hand washing practices in this study. The association between nutritional status of children and complementary feeding practices was not found in this study.

Majority of children had already introduced solid, semi-solid or soft foods in 6-8 months, but children who met minimum acceptable diet were very low mostly due to low consumption of variety foods. So, it should promote care giver's education on proper complementary feeding, emphasizing more on feeding diversity of foods. Under nutrition was still important problem and it is necessary to provide nutrition intervention measures.