

FEEDING PRACTICES AMONG CHILDREN AGED 6-23 MONTHS ATTENDING IMMUNIZATION CLINIC OF A TERTIARY CARE HOSPITAL OF CENTRAL ODISHA

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ABSTRACT

BACKGROUND: The time between a child's birth and 2 years of age is a critical window of opportunity to ensure the child's development through optimum feeding practices.

OBJECTIVE: 1. To study the feeding practices in infants & children between 6-23 months. 2. To study the impact of maternal education, occupation & type of family of the child on the feeding practices. **MATERIALS AND METHOD:** It was a hospital based cross sectional study conducted among 451 mothers having children of age six months to twenty-three months attending Immunisation OPD of SCB Medical College and Hospital, Cuttack during the month of October 2015 to March 2016 by using predesigned, pre-tested questionnaire.

RESULT: 75.6% infants exclusively breastfed up to 6 months. 55.9% of the infants were given colostrum at birth. Only 22.2% of the infants were fed on breast milk within one hour of birth. 76.1% infants were breast fed on demand and 23.9% infants were breastfed by clock.

CONCLUSION: About half of the mothers had given colostrum to their babies and less than one fourth had initiated breast feeding within 1hr of birth which is much lower to State average according to NFHS-4.

Key words: Immunisation OPD–Exclusive breast feeding–Colostrum–Demand feeding

1 INTRODUCTION

Infant and young child feeding practices directly affect the nutritional status of children under two years of age and ultimately impact child survival. The time between a child's birth and 2 years of age is a critical window of opportunity to ensure the child's development through optimum feeding practices [1]. As an infant completes 6 months of age,

a mother's milk is no longer sufficient to fulfil the child's increasing nutritional need. Suboptimal breastfeeding and poor complementary feeding practices are responsible for under nutrition among young children. Therefore, World Health Organisation (WHO) has recommended core indicators for infant and young child feeding of which Infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health and timely introduction of soft, solid or semi-solid foods, minimum dietary diversity, minimum meal frequency, and minimum acceptable diet are related to late infancy, and there-

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after up to 2 years of age [1,2].Improving infant and young child feeding practices in children 0-23 months of age is therefore critical to improved nutrition, health and development of children.

2 AIMS & OBJECTIVE

1. To study the feeding practices in infants & children between 6- 23months. 2. To study the impact of maternal education, occupation, & type of family of the child on the feeding practices.

3 METHODOLOGY

It was a hospital based cross sectional study conducted in the Immunisation OPD of a tertiary care Medical college and hospital of Central Odisha. The study was conducted among the mothers having children of age six months to twenty three months attending Immunisation OPD during the month of October 2015 to March 2016. According to NFHS-3 data, the prevalence of exclusive breastfeeding practices in India was 46%. The sample size was obtained to be 451 using $N = (1.96)^2 \frac{PQ}{L^2}$, where Prevalence (P) =46%, Q (100-P)=54% and allowable error (L)=10%. The mothers who gave their consent to participate in the study were included and those mothers having babies with specific feeding problems like (cleft lip or palate, congenital heart disease, severe illness during neonatal period or delayed developmental milestones) were excluded from the study. The mothers were interviewed using a pre-designed pre-tested questionnaire.

4 RESULT

Out of 451 children, 53.2% were male and 46.8% were female. 52.3% were aged between 6-12months, 29% belonged to 13-18months and rest of the 18.6% were between 19-24months age. Majority of the children (61%) belonged to nuclear family. Majority of the children i.e (75.2%) belonged to the first birth order and (24.8%) to second order. 89.1% babies were term and rest of them were born prematurely.

Table-1 shows 55.9% of the infants were given colostrum at birth. Only 22.2% of the infants were fed on breast milk within one hour of birth.75.6% infants exclusively breastfed up to 6months .76.1% infants were breast fed on demand and 23.9% infants were breastfed by clock. 24.4% of the infants were artificially fed in the form of cow's milk or formula fed. The cause of artificial feeding of their child was due to insufficient milk breast production in 76.4% of the mothers and the rest 23.6% were due to job of the mothers. Weaning has been started in 43.5% children at six months of age. 58.5% mothers had given homemade food and 41.5% gave market available food (Cerelac).

Table -2: Shows that 11(47.8%) of illiterate women, 50(49%) of matriculated women and 191 (58.5%) of women with higher education exclusively breastfed their babies

Table 1. Feeding practices related to Initiation of Breast-feeding, Exclusive Breast-feeding, Colostrum feeding and Complementary feeding in infants & young children

Variable	Frequency	Percentage
Colostrum given	252	55.9%
Initiation of breastfeeding		
½-1 hour	100	22.2%
1-2 hour	197	43.7%
>2hour	154	34.1%
Breastfeeding On demand / By clock		
On demand	343	76.1%
By clock	108	23.9%
Exclusive breastfeeding upto 6months	341	75.6%
Weaning started at 6 months	196	43.5%
Types of supplementary feeding		
Homemade	264	58.5%
Market available	187	41.5%

Table 2. Factors associated with Exclusive Breast-Feeding Practices

		Exclusive breast feeding upto 6months		Chi-square value= 3.523, df=2, p=0.17
		Yes	No	
1. Maternal Education	Illiterate(n=23)	11(47.8%)	12(52.1%)	
	Matriculation(n=102)	50(49%)	52(51%)	
	Higher education(n=326)	191(58.5%)	135(41.4%)	
2. Maternal Occupation	House wife(n=386)	303(78.5%)	83(21.5%)	Chi-square value = 12.110, df = 1, p= 0.001
	Working Woman(n=65)	38(58.5%)	27(41.5%)	
3. Type of Family	Joint(n=176)	134(78.5%)	42(23.9%)	Chi-square = 0.043, df = 1, p= 0.835
	Nuclear(n=275)	207(75.3%)	68(24.7%)	

up to 6months. Significantly higher number of house wives (78.5%) had exclusively breastfed their babies up to 6months as compared to working mothers (58.5%) . 78.5% mothers from joint families and 75.3% mothers from nuclear families had exclusively breastfed their babies up to 6months.

Table 3. Factors associated with Time of initiation of weaning

FACTORS		Weaning		Chi-square = 0.776, df = 2, p= 0.66
		6month	>6months	
1. Maternal Education	Illiterate(n=23)	8(34.8%)	15(65.2%)	
	Matriculation(n=102)	44(43.1%)	58(56.9%)	
	Higher education(n=326)	144(44.1%)	182(55.9%)	
2. Maternal Occupation	House wife(n=386)	172(44.7%)	214(55.3%)	Chi-square = 1.320, df = 1, p = 0.251
	Working Woman(n=65)	24(36.9%)	41(63.1%)	
3. Type of Family	Joint(n=176)	92(52.3%)	84(47.7%)	Chi square = 9.125, df = 1, p = 0.003
	Nuclear(n=275)	104(37.8%)	171(62.2%)	

Table-3 reveals women as high as 45% with higher education exclusively breast fed their infants till 6 months and then gradually weaned their children. We also found only 37% of working women could exclusively breast feed till 6 months as compared to 45% of housewives. Nearly 52% of

women living in joint families were significantly found to provide exclusive breast feedings till 6 months of age as compared to 38% of women in nuclear families.

5 DISCUSSION

Our study found nearly three-fourths of our study population exclusively breast fed their infants till 6 months of age which was quite similar to the study carried out by A.Nawaz et al in North Karnataka where 62.2% of women exclusively breast fed for the required time. On the contrary, studies by Cacodkar et al in Goa and Radhakrisnan et al in Tamil Nadu found 37.59% and 34% of women exclusively breast fed respectively. Study conducted by Katara et al. found every seventh child receiving colostrum which is higher when compared to children of Central Odisha, where every fifth child received colostrum. However, study by Cacodkar et al showed 46.25% had received colostrum which was similar to our study. Our study revealed only 22.1% had initiated breastfeeding within one hour of birth which is similar to the findings by Cacodkar et al (21.17 %), whereas higher frequencies studies by Katara et al and by Partha Saikia et al. in Vadodara and Assam found 75% and 73.5% of initiating breast feeding within 1 hour of delivery respectively. Nearly four out of ten mothers started weaning at six completed months compared to studies by A.Nawaz et al and Cacodkar et al who found 69.8% and 24.14% of the mothers weaning at six completed months respectively. Our study also shows mothers of higher education had given exclusive breastfeeding for 6 months to their baby which is contrast to the findings by A.Nawaz et al where more number of illiterate mothers had practiced it. Demand feeding was practised by 76.1% mothers of our study population which is lower as compared to findings by Partha Saikia et al where 91.1% had practiced demand feeding.

6 CONCLUSION

More than three fourth of mothers attending Immunisation OPD had practised exclusive breast feeding which is better than the state average of 65.6% (NFHS4). About half of the mothers had given colostrum to their babies and less than one fourth had initiated breast feeding within 1hr of birth which is much lower to State average according to NFHS-4. Eduaction and occupation of the mother had an impact on feeding practices of their child. A well-drafted IEC (Information, Education and Communication) activity specifically targeting adolescent girls and antenatal mothers can be implemented.

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