

Mothers' Knowledge on Infant & Young Child Feeding (IYCF) in Selected Villages of Modhukhali

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Abstract

This was a descriptive type of cross sectional study conducted during the period of November 2016 to February 2017. The objective of this study was to find out the Mothers' Knowledge on Infant & Young Child Feeding in selected villages of Modhukhali. Purposive sampling technique was used to collect 376 samples from the population. Data were collected by face to face interview through a pretested questionnaire. It was revealed from the study that the mean age(\pm SD) of the respondents was 36.09 (\pm 9.4) years, about 34.57% respondents were illiterate and average monthly family income was 13484 taka. The study revealed that about 43.62% people knew about exclusive breast feeding, 59.84% knew about disadvantage of bottle feeding, 46.28% of people know about continuation of breast feeding, 62.77% knew about the result if weaning was not done properly, 73.14% had knowledge about benefits of colostrums, 64.63% had knowledge about relation between nutritional status and mental development.

Food & feeding practice because even more vital in case of infant & children as they are in their developing phase (both physical & mental) and are susceptible to large number of diseases. The IYCF health care services of the country have been improved by some years but yet there are some gap in rural areas. Strong supervision and monitoring of IYCF health care services throughout the country can change the scenario and help to make a healthy nation.

Key word: IYCF, colostrums, weaning, exclusive breast feeding.

Introduction

Appropriate feeding practices are essential for the nutrition, growth, development and survival of infants and young children¹⁻⁵. These feeding practices, known collectively as infant and young child feeding (IYCF) practices, include breast feeding and complementary feeding. Infants should be breastfed within half an hour of birth, exclusively breastfed for the first six months of life, and thereafter should receive nutritionally adequate and safe complementary foods while breast feeding continues up to two years and beyond⁶.

Proper feeding practices are important to improve the nutritional states, ensure optimum growth and development and the very survival of infant and young children. Bangladesh has a strong culture of breast feeding. The initiation of breast feeding is often delayed, with less than one in four infants (24%) put to the breast within an hour of birth. While colostrum feeding has improved in the past decade (87%), the traditional practice of giving prelacteal feeds (48%) to the newborn was not improved. Only 42% of infants aged less than six months are exclusively breastfed because other liquids and complementary foods are given too early. Inappropriate infant and young child feeding practices are the most serious obstacles to maintaining adequate nutritional status, and contribute to levels of malnutrition in Bangladesh⁷.

Infant and under five child mortality are important health indicators of any country. As the mother is the first caretaker and first teacher of the child, it is important that the mothers are well informed about child feeding practices, nutrition, hygiene & sanitation. So that infant and child health can be promoted⁸.

Proper Infant and Young Child Feeding is of utmost importance for the overall physical and mental development and decrease under five child mortality and morbidity. So, the international and national concern for Infant and Young Child Feeding has been so high. WHO along with UNICEF has set standards for the breastfeeding and complementary feeding practices and have been conducting large number of programs in developing and under developed countries. Bangladesh government has also been conducting awareness programs to improve

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breast feeding and weaning practice and proper growth and development of children.

Materials and Methodos

It was a descriptive type of cross sectional study conducted to assess the Mothers' Knowledge on Infant & Young Child Feeding in selected villages of Modhukhali during the period of November 2016 to February 2017. A non random purposive sampling technique was used to select 376 mothers who had at least one under five children. At first informed consent was taken from the respondents and data were collected through a pretested questionnaire by face to face interview. Data were cleaned & checked for consistency and analysis was done according to objective of the study.

Results

A total of 376 mothers were interviewed with a interview schedule. The findings of the survey have been presented in the form of tables and diagrams as follows:

Table 1: Distribution of the respondents according to socio demographic status (n=376)

Attributes	Frequency	Percentage
Distribution of the respondents by age (Years)		
18 - 27	130	34.57
28 - 37	98	26.06
38 - 47	79	21.01
48 - 57	45	11.96
>57	24	6.4
Total	376	100
Mean age of the respondents was 36.09 (±9.4) years		
Educational status of the respondents		
Illiterate	130	34.57
Primary	135	35.90
SSC	75	19.95
HSC	21	5.59
Graduation	14	3.72
Post graduation	1	0.27
Average monthly family income (tk)		
1,000-10,000	150	39.9
10,000-20,000	166	44.1
20,000-30,000	43	11.4
> 30,000	17	4.5
Mean monthly income of the family was 13484 taka		

Table 1 shows that mean age of the respondents was 36.09 (±9.4) years, mean income of the families was 13484 taka. It was found that 35.90% had primary level education.

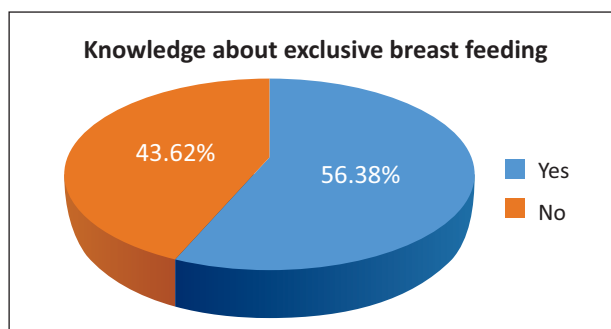


Figure 01: Distribution of the respondents by knowledge about exclusive breast feeding. (n=376)

Figure 01 shows that 56.38% of respondents had knowledge about exclusive breast feeding.

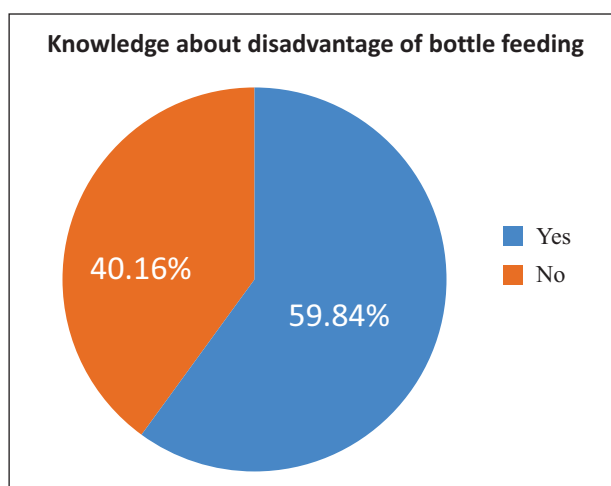


Figure-02: Distribution of the respondents by knowledge about disadvantage of bottle feeding (n=376).

Figure 02 shows that about 59.84% knew about disadvantage of bottle feeding.

Table 2: Distribution of the respondents by knowledge about relation between nutritional status and mental development. (n=376)

Knowledge about relation between nutritional status and mental development	Number	Percentage
Yes	243	64.63
No	133	35.37
Total	376	100

Table 2 shows that 64.63% had knowledge about relation between nutritional status and mental development.

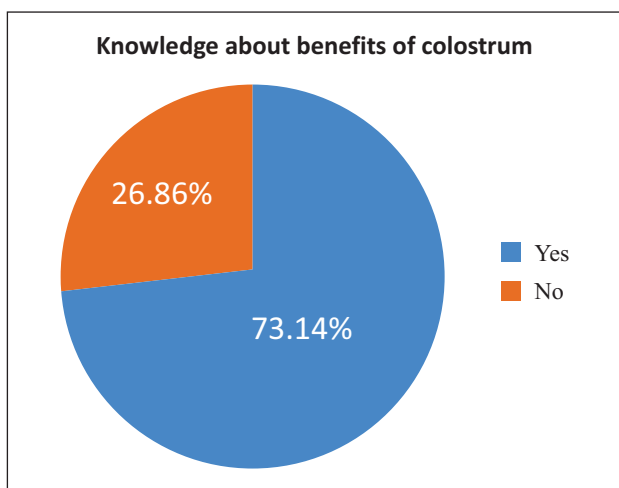


Figure 3: Distribution of respondents by knowledge about benefits of colostrum. (n=376)

Figure-03 shows that majority of the people about 73.14% had knowledge about benefits of colostrum.

Table 3: Distribution of respondents by knowledge about continuation of breast feeding. (n=376)

Knowledge about continuation breast feeding	Number	Percentage
Yes	174	46.28
No	202	53.72
Total	376	100

Table 3 shows that 46.28% have knowledge about continuation of breast feeding.

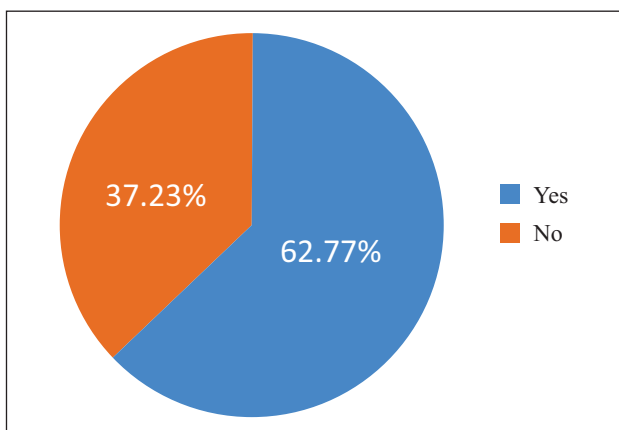


Figure 4: Distribution of respondents by knowledge about consequence of inappropriate weaning (n=376)

Figure 4 shows that 62.77% had knowledge about what happened if the weaning isn't done properly.

Discussion

The result showed that mean age of mother was 36.09(±9.4) years. This study showed that average monthly income was 13,484 taka, which is little higher to our annual national monthly income 11,534 taka⁹. A study conducted in Karachi, Pakistan showed that 2% were graduates. In this study it was found that about 3.72% have completed graduation. This variation is due to high literacy rate of Bangladesh (72.76%) compared to Pakistan (58%)^{9,10}.

This study revealed that about 56.38% respondents knew about exclusive breast feeding, 46.28% of respondents knew about continuation of breast feeding. Another study done in Nigeria showed that 94% respondents had a good knowledge of exclusive breast feeding & 89% respondents knew about continuation of breast feeding¹¹. This variation is due to the fact that our respondents were rural village women whereas the respondents of that study were bankers. The study also revealed that 73.14% respondents knew the benefits of cholostrum. Ramanand Chaudhary et al showed in their study that 25% mothers knew about the benefits of cholostrum¹². This variation is due to high literacy rate of Bangladesh. Around 59.84% knew about disadvantage of bottle feeding and 62.77% knew about the result if weaning is not done properly.

The findings indicate that the health education program has not yet been satisfactory but those who have attended the program have been immensely benefitted, this means, the coverage of health education program has been depressing. Though being very effective the government and the health education provider must focus on encouraging more people to attend the health education program to improve infant and young child health and thus reduce the morbidity and mortality of that age group.

Conclusion

It was observed that the rural people of Modhukhali have limited access to health education program, due to this, the knowledge of people on Infant and Young Child Feeding is not satisfactory. It is important that all the people and mother have clear and precise concept about Infant and Young Child Feeding which will ultimately contribute to reduce infant and child morbidity and mortality.

The Government will give emphasis on the spread of information on health issues to every corner of community especially focusing the rural people to gain knowledge on IYCF in near future. So that educated mother will give raise healthy and educated children, as a result, a potential and dynamic future generation will be created, which will stand our country atop among others.

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