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Impact of infant and young child feeding (IYCF) counselling on practices and knowledge of mothers in rural areas in Bangladesh

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The optimal IYCF practices during the first 2 years of life is of very importance as this period is for the promotion of good growth and cognitive development. The objective of the study was to evaluate the mother's knowledge and practices on proper breastfeeding and timing of complementary feeding in infant and young child, by identifying the actual status of the rural lactating mother, and to assess the knowledge about IYCF practice before and after the IYCF counselling.

I have selected 177 Mother's whose knowledge level; 42.4% mothers had proper knowledge about IYCF practice which improved to 48.6% who have at least 80% knowledge about IYCF. 61.0% mothers had knowledge on initiation of breastfeeding within one hour of birth and after study 79.1% mother knew the right message while 50.7% of the mothers-initiated breastfeeding within an hour after birth remain same before and after the study. Exclusive breastfeeding for 6 months was practiced by the mothers of 60.2% & study leads to 73.5% and knowledge level of mother increased from 58.7% to 75.7% as an impact of counselling. After counselling on IYCF knowledge increased from 61.6% to 75.2% on complimentary feeding should start at 6 months and 55.4% of the mother wished to continue breast fed for 2 years of infants but finally

65.5% agreed on right age of continuation of breast feeding for children. Before study MDD was observed in 30.3% children between 6-23 months age group and after the study it increased to 39.0%. MMF was observed in the majority (63.6%) of children aged 6-23 months before & after study it increased to 74.6%. The nutritional status of children slightly changed from previous condition to current condition. The wasting rate (WHZ) reduced from 21.1% to 20.1%. Similarly, the underweight (WAZ) and stunting (HAZ) also reduced from 36.9% to 35.4% and from 45.4% to 43.8% respectively.

Speaker Biography

Taslima Arzu has completed her (4 years) graduation and Masters (1 year) on Applied Nutrition and Food Technology, From Islamic University Bangladesh. After that she has done her Post Graduation Fellowship From BCSIR (Bangladesh Council of Scientific and Industrial Research, Dhaka, Bangladesh). Then she has completed her PhD on IYCF, from Jahangir Nagar University, Savar, Dhaka, Bangladesh. She is currently working as National IYCF Coordinator, Nutrition with Terre des Homes (TdH) a reknown International NGO in nutrition sector in Rohingya Response program in Cox's Bazar of Bangladesh. She has 5 publications, which are published in 5 different international journals.

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