

## **A comparative study of supplementary food for children upto age of 2 years in Ghaziabad district**

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### **ABSTRACT**

The quality of human resources of any country is determined by the quality of its child development. The subject of infant feeding need a great emphasis as it concerns not just the 25 to 30 million babies that are born annually in our country but also the several million mothers who are rearing them. Infant and young child nutrition has been engaging the attention of scientists since long for the very simple reason that growth rate in the life of human being is maximum during the first year of life. Infant feeding practices both the breast feeding as well as complementary feeding have major role in determining the nutritional status of child. This exploration is an attempt to study the supplementary feeding practices of children 0-2 years. In this study breast feeding practices, supplementary/ weaning practices were studied over 300 children belonging to different socioeconomic groups *i.e.* Group I (LIG) n=100; Group II (MIG) n=100 and Group III (HIG) n=100.

**Key words :** Supplementary food, Children food, Nutrition

Infant and young child nutrition has been engaging the attention of scientists since long for the very simple reason that growth rate in the life of human being is maximum during the first year of life. Infant feeding practices of both the breast feeding as well as complementary feeding have major role in determining the nutritional status of the child. Recent scientific evidences reveal that malnutrition has been responsible, directly or indirectly, for 60% of all deaths among children fewer than 5 years annually. Over 2/3<sup>rd</sup> of these deaths is often associated with inappropriate feeding practices and occurs during the first year of life.

Appropriate feeding is crucial for the healthy growth and development of the infant. However, lack of confidence, widespread ignorance and misconceptions frequently result in improper management of infant feeding. The prominent areas of concern include early termination of breastfeeding and premature or delay introduction of semi solids which may be contaminated low in calorie density and fed less frequently. These inappropriate feeding practices directly or indirectly, contribute substantially to infectious illness, malnutrition and mortality in infants. (National Guidelines on Infant Feeding, 2004).

### **Status of under nutrition in young children in Uttar Pradesh:**

Uttar Pradesh is the most populous state of India with a population of 166 million (census 2001). More than three quarters (79%) of its population lives rural in areas and below poverty line. Infant mortality rate in Uttar Pradesh is 86.70 per 1000 live birth. The percentage of

children under three years of age under weight, stunted and wasted are 51.7%, 55.0% and 11.1%, respectively (NFHS-2, 1998-99). Though the 'age group' analysis confirmed that maximum underweight situation occurred at the age of 12.23 months, the single month analysis revealed that the maximum under nutrition in fact occurs at the age of 8-11 months and plateaus at 12 months itself and at not at 24 months. Thus, under nutrition sets early in life and accelerates during the second half of infancy *i.e.* 8-11 month (DWCD, UP., 1999)

- Every six malnourished child of India lives in U.P.
- U.P. is second in rating of undernourishment in children below 3 years of age.

Out of 20 only one child can get mother's milk within one hour of birth. Along with mother's milk, water is generally given to children, which increases the chances of infection, diarrhoea and other diseases.

With this background in mind this study was conducted to compare the infant feeding practices (0-2 years) among different socio-economic groups. To be precise the study has been undertaken with the below given objectives to study supplementary foods incorporated to the children up to two years of age, to compare the type of supplementary foods given in different socio-economic group to the children up to 2 years of age and to compare the nutritive value of traditional infant foods and branded commercial infant foods fed to the children.

### **METHODOLOGY**

This exploration is an attempt to study the supplementary feeding practices of children of 0-2 years. In this study breast feeding practices, supplementary/