



RESEARCH ARTICLE

KNOWLEDGE OF ANGANWADI WORKERS REGARDING COMPLIMENTARY FEEDING PRACTICES IN A RURAL AREA- A CROSS-SECTIONAL STUDY

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Abstract

AWWs had good knowledge regarding various CF assessment indicators given by WHO but some technical knowledge need to improve in areas like Dietary Diversity along with continuation of BF up to 2 years. Regular trainings to update knowledge is needed.

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Introduction:-

1. >6% preventable child deaths with 99% coverage of timely, adequate, safe and appropriate complimentary feeding practices.
2. Important for optimal growth and development, and prevention of Undernutrition.
3. Out of 8 core IYCF indicators, 5 are based on complimentary feeding practices.

In Maharashtra only one-fifth of children were fed the appropriate number of food groups, about third were fed minimum number of times, one-tenth were fed with 3 IYCF practices.

Objectives:-

1. To study Knowledge of Anganwadi Workers regarding Complimentary Feeding Practices in Rural Area
2. To suggest suitable recommendations

Materials/Methods:-

Community based cross sectional study.

Rural area of a Taluka in Latur District.

Study Period- Ten months

Study Population- Anganwadi workers in rural area of a Taluka in Latur District

Sample Size- 123 AWWs

Sampling method – multistage random sampling method

A self administered pretested and semi structured Questionnaire to get data

Inclusion Criteria:-

Anganwadi Worker, who gave voluntary consent

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Exclusion Criteria

Anganwadi Workers, who had taken leave

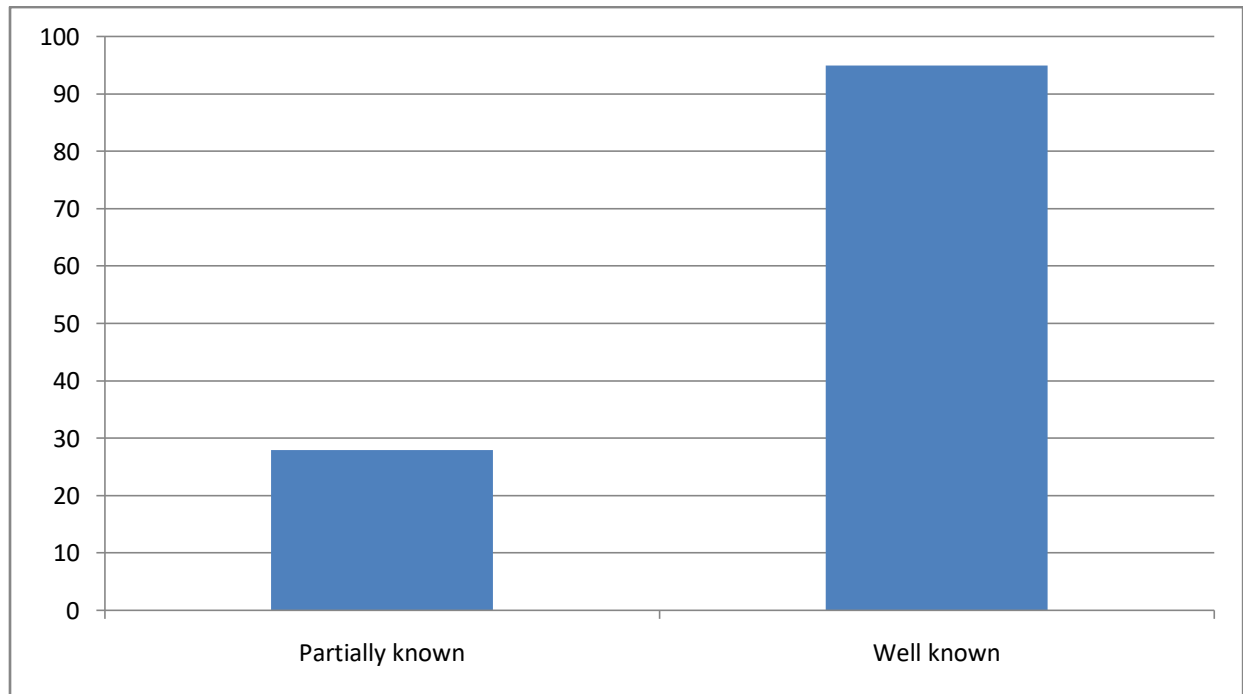
Analysis: Proportions and frequencies have been computed.

Microsoft excel 2007 has been used for generating charts.

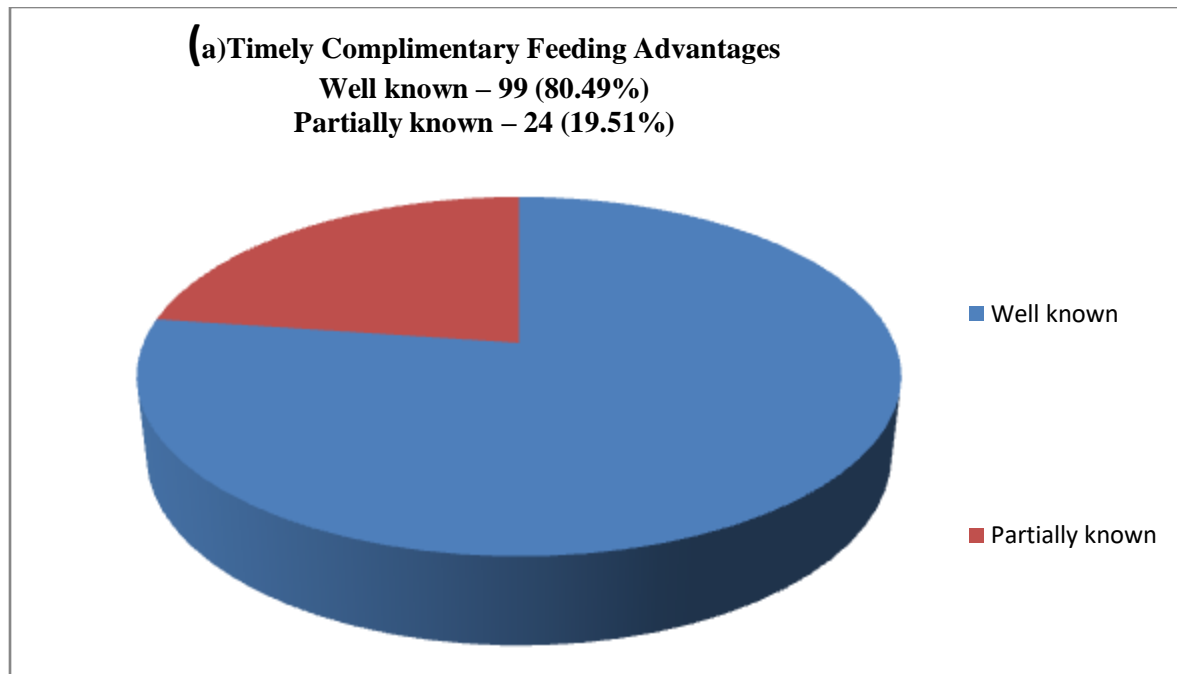
Results:-

To take overall knowledge of CF, 115 (93.49%) participants answered that training is the best method. 8 (6.51%) AWWs thought that TV/Newspaper etc is the best method.

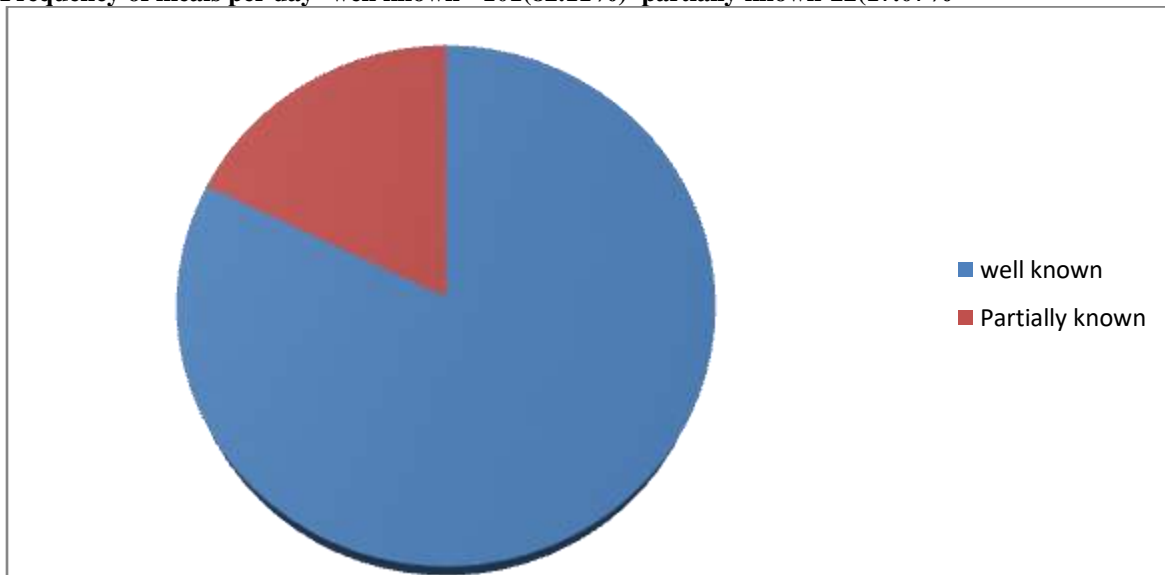
1. To take overall knowledge of CF, 115 (93.49%) participants answered that training is the best method. 8 (6.51%) AWWs stated that TV/Newspaper etc is the best method
2. 1 (0.81%) didn't know, 16 (13.01%) partially known and 106 (86.18%) well known to the concept - the longest duration to continue BF
3. 21 (17.07%) AWWs had inadequate and 102 (82.93%) had good knowledge about locally available food stuff in each group of Dietary Diversity
4. Knowledge regarding - a) Minimum dietary diversity ; b) Qualities of good Complimentary Food (a) Minimum Dietary Diversity- 16 (13.01%) Partially known & 107 (86.4%) well known (b) **Qualities of good complimentary food**- 28 (22.76%) partially known, 99 (77.23%) well known



Knowledge regarding (a) Advantages of Timely Complimentary Feeding (b) Frequency of meals per day for 6m to 24m



(b) Frequency of meals per day- well known- 101(82.11%) partially known-22(17.07%)



Discussion:-

1. After 6 months breast milk is not sufficient, there is need to introduce and to continue soft solid/semisolid home available nutritious food to baby. AWWs should know at least 4 food groups should be present in minimum dietary diversity.
2. knowledge regarding locally available foodstuff or food preparations in each group of Dietary Diversity is very important. AWWs should have knowledge regarding iron rich and iron fortified food respectively.
3. AWWs mentioned the iron rich foods like Jaggery & peanuts, laddu, Rajriraladdu, Spinach, Fenugreek, sprouts, dates, beet, green leafy vegetables, soybean. Iron fortified foods mentioned by AWWs were THR, cooking of baby food in iron pot or utensils, iron fortified chikkis supplied by ICDS.
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7. In a cross-sectional study done by R K Bangal K Chatterjee and K Roy to assess the infant and young child feeding practices in urban slum area of Pune city in Maharashtra in 2011 found that The proportion of children aged 6-23 months who received food from 4 or more food group was only 7.8%. Majority of children aged 6-23 months consumed grain, root or tubers (32.6%) followed by consumption of fruits/vegetables (31.6%), dairy products (29.3%) and eggs (19.6%).
8. In a KAP study of AWWs regarding IYCF including breast feeding in Patiala, Punjab by Amanjot Kaur Paramjeet Kaur and Sukhwinder Kaur found that only 9.55% AWWs knew that to increase the caloric intake in complimentary food, ghee/oil is to be added. 89.17% AWWs knew that the consistency of prepared food should be made semisolid and not kept liquid

Conclusion:-

1. AWWs had good knowledge regarding various CF assessment indicators given by WHO but some technical knowledge need to improve in areas like Dietary Diversity along with continuation of BF up to 2 years.
2. Regular trainings to update knowledge is needed

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