

Willingness and Knowledge of Nepalese Mothers to Improve Babies' Diet to Upgrade their Nutritional Status

Luna Shrestha¹, Pratima Gurung², Boris Kulig¹, Oliver Hensel¹, Barbara Sturm¹

¹University of Kassel, Agricultural and Biosystems Engineering, Germany

²Tribhuvan University, Herald International College, Nepal



1. Introduction

- Food insecurity and child malnutrition are two of the most prevalent problems in Nepal¹
- Inadequate feeding practices and poor nutrition are major factors contributing to negative physical and psychological development of the children throughout the lifespan²
- Insufficient quantities and inadequate quality of complementary foods, together with poor feeding practices are common in Nepal³
- Knowledge, attitude and awareness of mothers play vital role in upgrading the nutritional status of children⁴

2. Objectives

- To determine the knowledge and willingness of mothers towards upgrading the nutritional status of their babies by adapting their feeding practices.

3. Study area and Methodology



Picture 1: A face-face interview

- The survey was conducted in several day care centre in Kathmandu, Nepal (February and March, 2018)
- Mothers with children under the age of three years
- The data were analysed using the SPSS software to predict the effects of various independent variables on health aspects of babies and their mothers' knowledge on food nutrients to improve the nutrition status



Picture 2: A Face-face interview. A mother and healthy baby

4. Results

Table 1: Mother and child's characteristics

Parameters	Percentage (%) frequency (n)	Parameters	Percentage (%) frequency (n)
Mothers' Age		No of children	
<21	1.8 (2)	1	66.7 (74)
21-25	33.3 (37)	2	28.8 (32)
26-30	38.7 (43)	3	4.5 (5)
>30	26.1 (29)		
Education Level		Child's age	
Basic	3.6 (4)	6-12 month	9.9 (11)
Higher	30.6 (34)	13-24 month	71.2 (79)
Academic	65.8 (73)	25-36 month	18.9 (21)
Occupation		Health Status	
Housewife	54.1 (60)	Healthy	57.7 (64)
Informal sector	39.6 (44)	Underweight	33.3 (37)
Formal sector	5.4 (6)	Fever and common cold	9.0 (10)
Self employed	0.9 (1)		

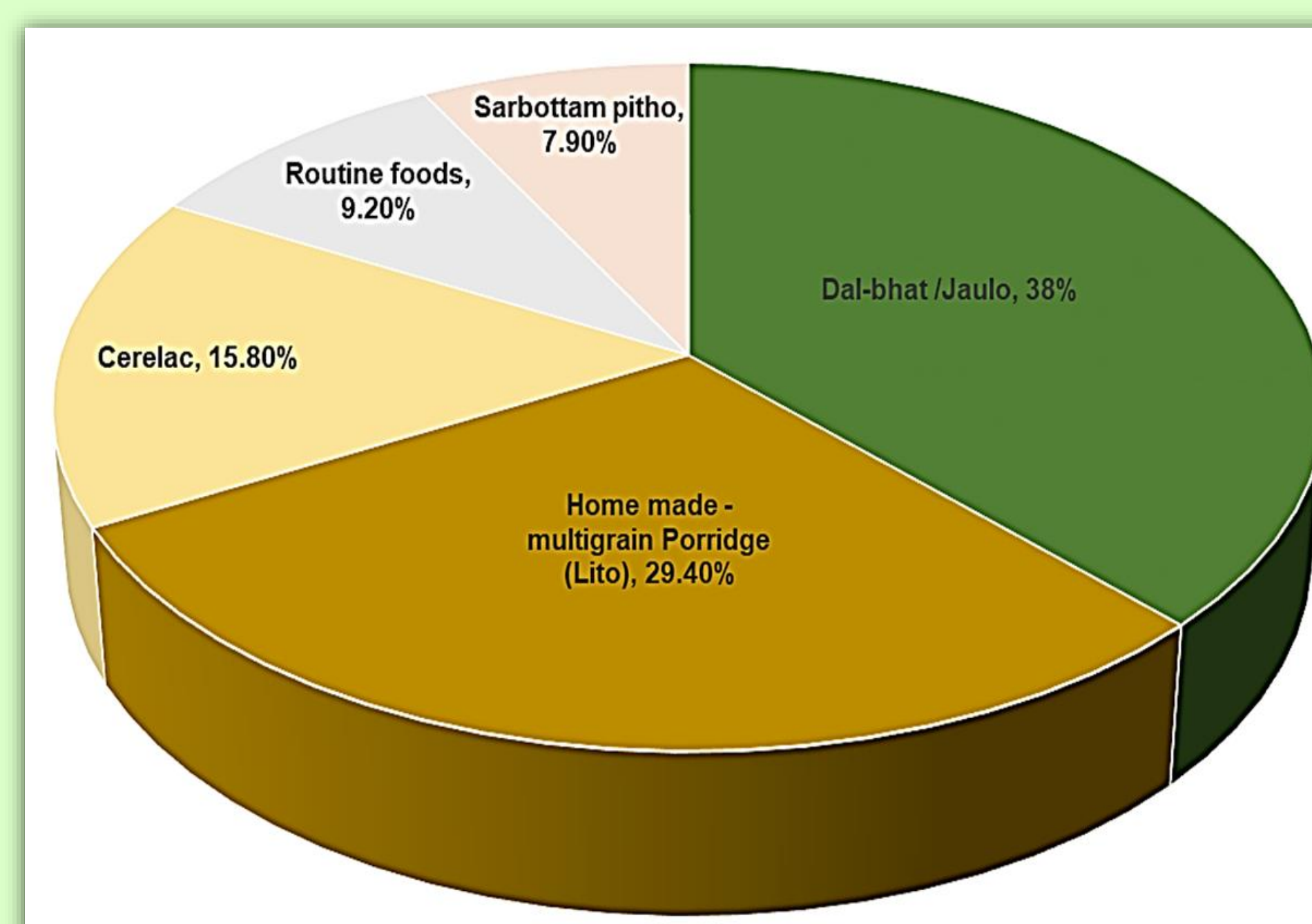


Figure 1: Complementary foods feeding pattern

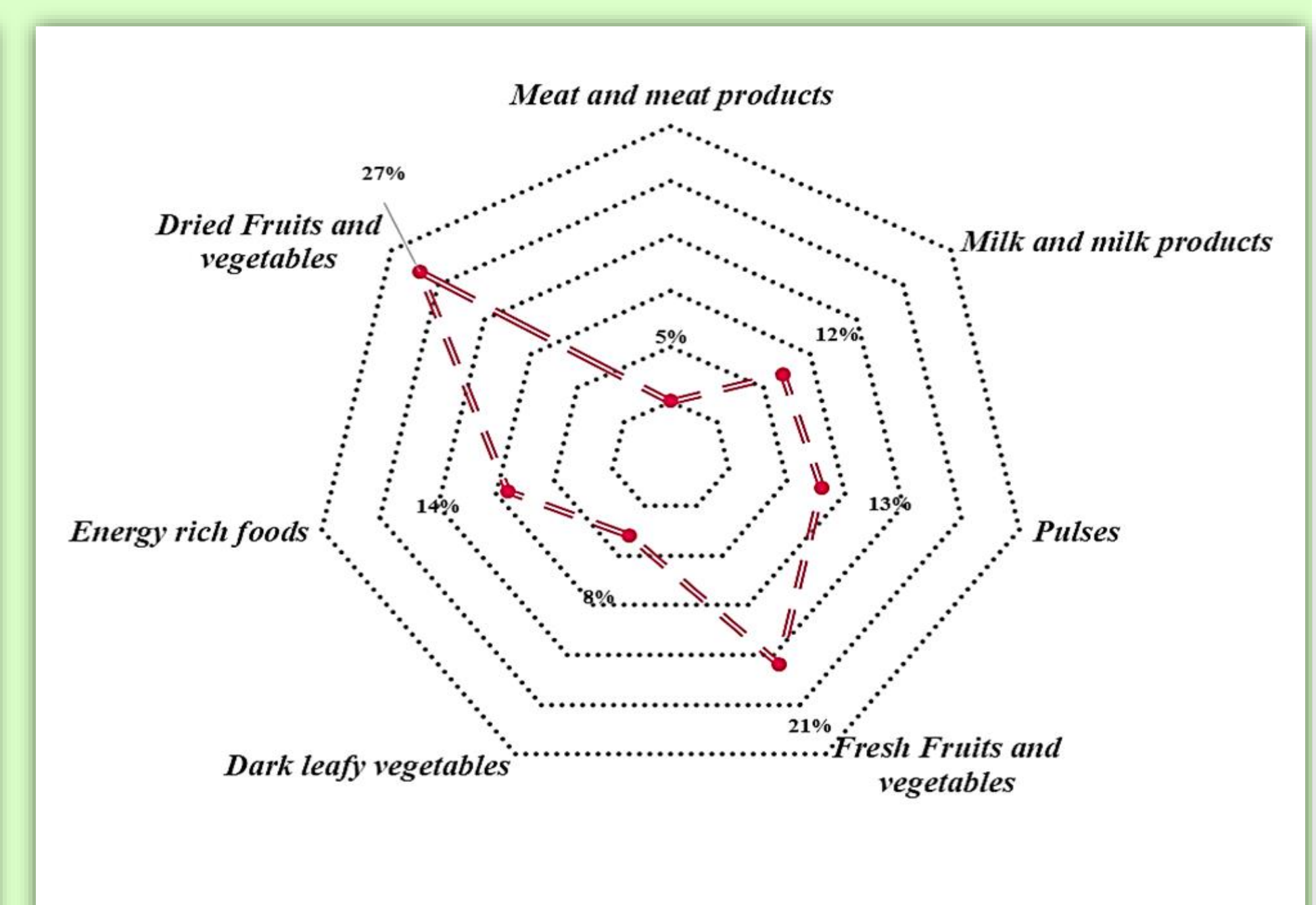


Figure 2: Diets lacking with feeding practice

- 33 % children were found to be underweight and 9 % children mostly suffering from fever and common cold
- Home made multigrain porridge and Rice-pulse (Dal-bhat/jaulo) was found to be common feeding practices (Figure 1)
- Fresh and dried fruits and vegetables are lacking diets with feeding practice to their child (Figure 2)
- A positive correlation was found between the education level of mothers and providing various kinds of foods to the children compared to other factors for preventing malnutrition

5. Conclusion

- Traditional feeding practices have a major influence on the babies diet in Nepal
- A higher maternal education level shows a better feeding practices
- Most of the mothers were intensely willing to change their feeding practices to uplift their babies' health status

References

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- [4] Imdad A, Yakoob MY, Bhutta ZA. Impact of maternal education about complementary feeding and provision of complementary foods on child growth in developing countries. *BMC Public Health*. 2011;11(Suppl 3):S25.
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6. Recommendation

- ❖ An integrated approach that spreads the information on distinct types of foods such as incorporation of fruits and vegetables, dried fruits and nuts, knowledge of optimal nutrition practices, and adequate maternal nutrition, seems to be needed to upgrade the nutritional status of children in Nepal
- ❖ Political policy measures might be necessary to make the mothers' aware towards feeding practices and to maintain a balanced diet

