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A Study on Relation between Child Breast Feeding Practice And Malnutrition In Rural Field Practice Area Of Santhiram Medical College, Nandyal, A.P-India

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Abstract:-
Introduction:-*Breastfeeding has an important role in the prevention of different forms of childhood malnutrition, including wasting, stunting, over- and underweight and micronutrient deficiencies.* ***Objective****:- To study the influence of breastfeeding on malnutrition.* ***Materials & Methods****:- Thepresentstudywasacross-sectionalstudytakenupinruralfieldpracticeareaofDepartmentof CommunityMedicine,Santhiram MedicalCollege, Nandyal. Sample Size: 455 children. Sampling technique: simple random sampling.* ***Dataanalysis****: The following softwares were used for the data analysis: Microsoft Excel -2013 for entering the data. SPSS version 21 for cross tabulation and analysis. WHO anthro version 3.2.2 for grading the malnutrition.* ***Results:-*** *19% are malnourished how have not received breast milk, which is statistically highly significant. 18.3% of children had breast milk after one year are malnourished, which is statistically highly significant.* ***Discussion****:- In the present study out of 455 children 17.3% were malnourished who got breast milk 0-1 hr after delivery, 3.8% were malnourished who got breast milk on same day of birth, 19% were malnourished who have not received breast milk, which is statistically highly significant($p<0.001$). [1]surveys in India and Haiti showed an association between initiation of breastfeeding within the first hour of life and a reduced risk of stunting in children.[8-9] In the present study out of 455 children 11.1% of children who have not received breast milk were malnourished, which is statistically significant($p<0.001$).In a study conducted by Connor Fuchs et al. finding of improper/inadequate breastfeeding as an associated factor with acute malnutrition is in accordance with the findings of several other studies[5,6,13,14] from Bangladesh.* ***Conclusion:-****52.3% of the children who were not breastfed were normal. only 17.3% of the children who received breast milk (cholestrum) at 0-1 hr after birth were malnourished. All the children (100%) who didn't received breast milk till 2-3 days after birth were malnourished, which is statistically highly significant. 53.3% of the children who were breast fed until 1-2 months only were malnourished; 22.7% of the children who had weaning after one year were malnourished, which is statistically highly significant.*

Key words:- *breast feeding, malnutrition, weaning*

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I. Introduction:-

Breastfeeding has an important role in the prevention of different forms of childhood malnutrition, including wasting, stunting, over- and underweight and micronutrient deficiencies. The unique composition of breastmilk, the importance of breastfeeding in infectious disease prevention, the iron status of breastfed infants, and breastfeeding's protective effect on overweight and obesity are discussed based on currently available research. Early and tailored dietary counseling is needed to improve maternal diets, which can affect the nutritional status of breastmilk. Promotion and support of breastfeeding are important to prevent childhood morbidity and mortality.

OBJECTIVE:-
To study the influence of breastfeeding on malnutrition.

II. Materials And Methods:-

Thepresentstudywasacross-sectionalstudytakenupinruralfieldpracticeareaof Departmentof CommunityMedicine,Santhiram MedicalCollege, Nandyal.
Sample Size: 455 children.

Sampling technique: simple random sampling

III. Data analysis:

The following softwares were used for the data analysis:

1. Microsoft Excel -2013 for entering the data
2. SPSS version 21 for cross tabulation and analysis
3. WHO anthro version 3.2.2 for grading the malnutrition.[15]

IV. Results

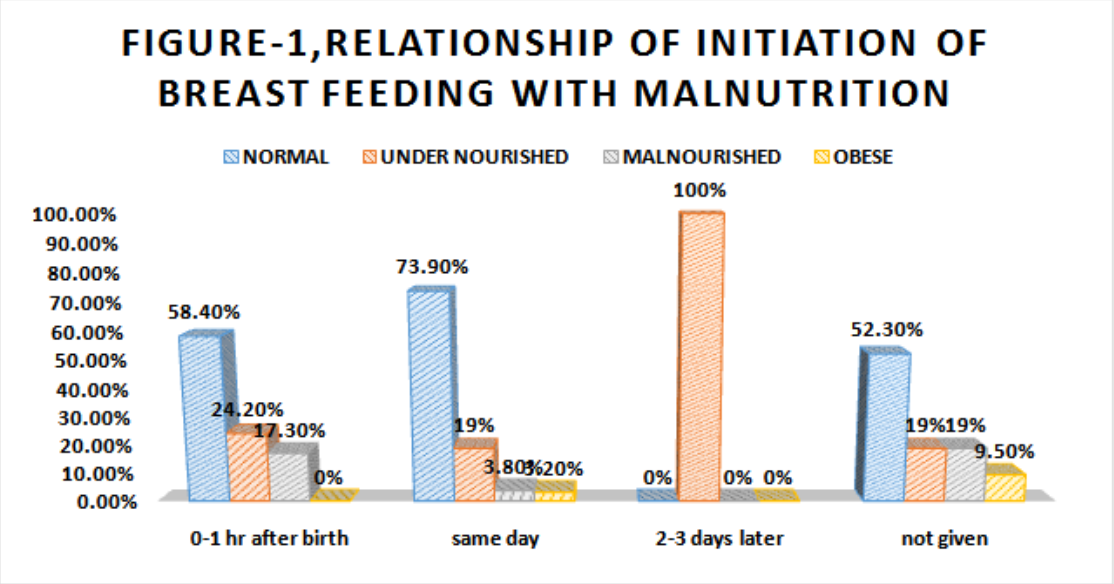

Figure- 1 showing 17.3% are malnourished who got breast milk 0-1 hr after delivery, 3.8% are malnourished who got breast milk on same day of birth, 19% are malnourished how have not received breast milk, which is statistically highly significant, with P value less than 0.001.

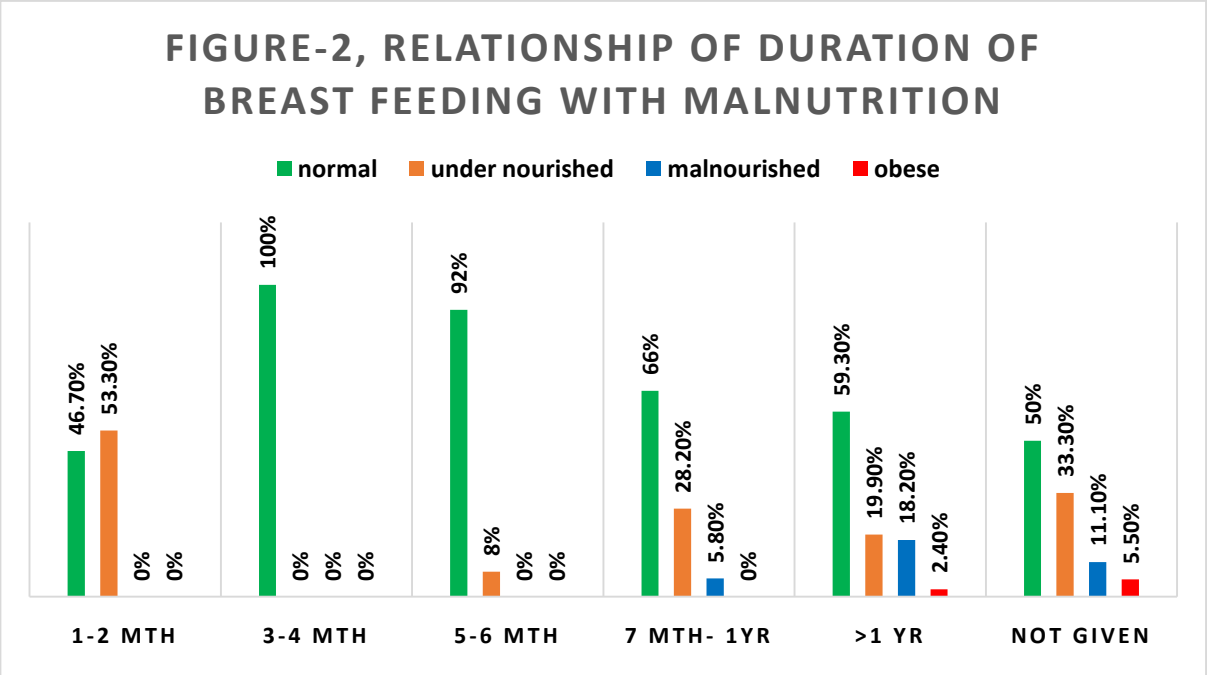

Figure- 2 showing 11.1% of children who has not received breast milk are malnourished, 18.3% of children had breast milk after one year are malnourished, 5.8% of children who have received breast milk up to 7 12 month are malnourished, which is statistically highly significant.

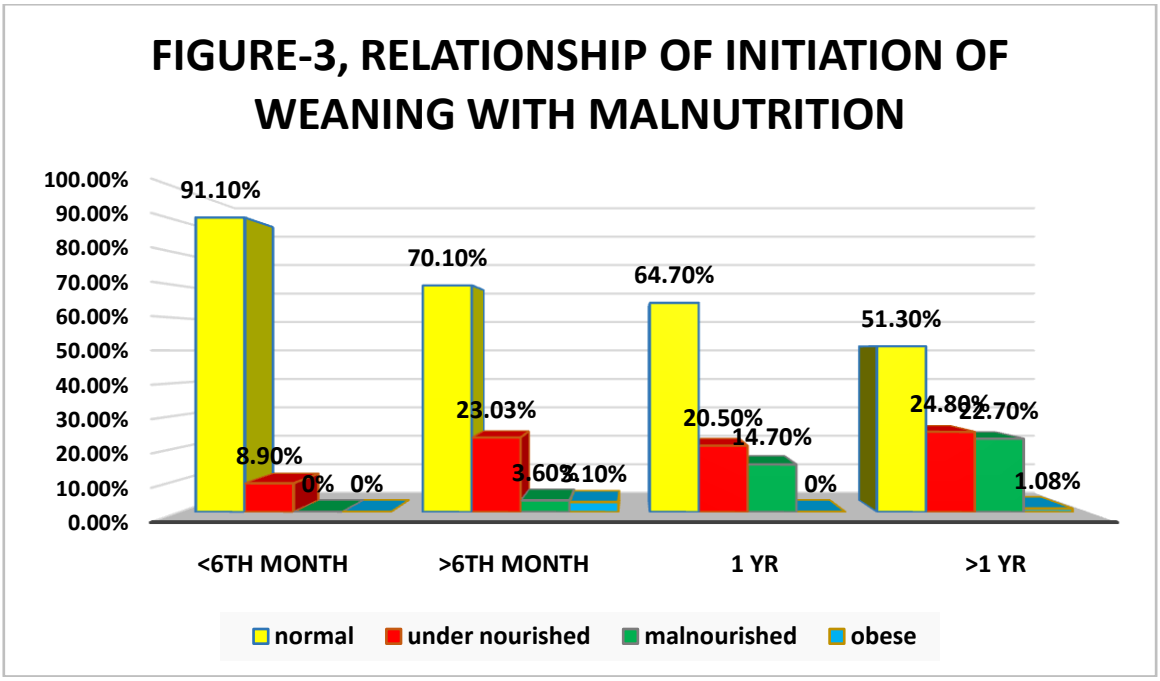

Figure- 3 showing 3.7% of children who started weaning after 6 months are malnourished, 14.7% of children who got weaning at one year are malnourished, 22.7% of children who got weaning after one year are malnourished, which is statistically highly significant, with P value less than 0.001.

V. Discussion:-

In the present study out of 455 children, 217(47.7%) were males and 238 (52.3%) were females.

In the present study out of 455 children 17.3% were malnourished who got breast milk 0-1 hr after delivery, 3.8% were malnourished who got breast milk on same day of birth, 19% were malnourished who have not received breast milk, which is statistically highly significant($p<0.001$). In the study done in tribal area the authors have observed lack of exclusive breast- feeding as a contributory factor to under nutrition[1]surveys in India and Haiti showed an association between initiation of breastfeeding within the first hour of life and a reduced risk of stunting in children.[8-9]

In the Kenyan study it has been observed that lack of giving exclusive breast feeding up to 6 months is associated significantly with underweight [OR=2.28; 95% CI,.13-4.61].[10]

Undernourished children were more likely to be breastfed for a longer period (over 12 months) compared to well-nourished children[3,4].

In the present study out of 455 children 11.1% of children who have not received breast milk were malnourished, 18.3% of children had breast milk after one year were malnourished, 5.8% of children who have received breast milk up to 7-12 month were malnourished, which is statistically significant($p<0.001$).

In a study conducted by Connor Fuchs et al. finding of improper/inadequate breastfeeding as an associated factor with acute malnutrition is in accordance with the findings of several other studies[5,6,13,14] from Bangladesh.

More recently, in low and middle income countries, an association between exclusive breastfeeding and a reduced risk of undernutrition has been found. While most small scale studies revealed that exclusively breastfed infants were less likely to develop stunting, and/or underweight.[10-12]

In the present study out of 455 children 3.7% of children who started weaning after 6 months were malnourished, 14.7% of children who got weaning at one year were malnourished, 22.7% of children who got weaning after one year were malnourished, which is statistically significant($p<0.001$). The protective effect of appropriate age at weaning is observed in studies conducted in Jabalpur, Calcutta and in Kenya [1,2,7].

VI. Conclusion

In our study no of female children (52.3%)were slightly higher than male children(47.7%).

58.4% of the children who were breastfed immediately after birth were normal; whereas only 52.3% of the children who were not breastfed were normal. only 17.3% of the children who received breast milk (cholestrum) at 0-1 hr after birth were malnourished where as 19% of the children who didn't received breast milk immediately after birth were malnourished. All the children (100%) who didn't received breast milk till 2-3 days after birth were malnourished, which is statistically highly significant. 59.3% of the children who were

breast fed more than one year were normal whereas only 46% of the children who were not breast fed beyond 2 months were normal. 53.3% of the children who were breast fed until 1-2 months only were malnourished; whereas only 18% of the children who were breast fed more than one year are malnourished, which is statistically highly significant. 70.1% of the children who had weaning at 6^{th} month were normal whereas 51% of the children who had weaning after one year are normal. 3.6% of the children who had weaning at 6^{th} month were malnourished and 22.7% of the children who had weaning after one year were malnourished, which is statistically highly significant.

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