

Title : Nutritional status and child feeding practices in Mumbai Urban slum children

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Introduction:

Nutrition plays vital role in early childhood. It also decides the health of child in later part of life. Considering this first 1000 days of child's life decides health across life span. This study was aimed to determine the nutritional status of children below five year along with feeding practices for children below two years in Mumbai Urban slum. This study was part of the larger study which was conducted during Urban Internship of the primary investigator in April 2014 under NGO called AasthaParivaar. Larger study was on immunization coverage, nutritional status and child feeding practices in Mumbai Slums. This topic was selected after studying the socio- economic status, mapping of the community and interviewing health care providers working in that area.

Methodology:

This was a cross sectional study where 175 children from ShivajiNagar slum, Mumbai participated in April 2014. Among 175 children 79 were below two years and 96 were between two years to five years. Information obtained by mothers of below two years (n=79) children was used to obtain child feeding practices. More than two years children were not included in the study to avoid recall bias. Data collected by all children (n=175) below five years were used for calculating nutritional status. Consecutive sampling technique was used for data collection. Anthropometric measurements were done for all children below five years and feeding practices were documented for children below two years. Weighing machine and inch tape were used to measure weight and height respectively. Interview schedule was used for documenting demographic details, anthropometric details and child feeding practices. Under child feeding practices information were collected for indicators related to starting time of breast feeding after birth, exclusive breast feeding duration, breastfeeding duration and age of starting for solid or semi-solid food. WHO anthropometric calculator was used for computing indicators.

Results:

Nutritional status was calculated for all (n=175) the children below five years where as child feeding practices were obtained on the basis of data collected on below two years children (n=79). Survey results show that 67.60% children came in category of wasting, 54.90 % were stunted, 52.60% were underweight and 5.20% were overweight. Z- Score for weight for height was -1.15 (std. dev. 1.92) where as it was -2.11 (std. dev. 1.5) and -2.25 (std. dev. 1.94) for weight for age and height for age respectively. Child feeding practices shows 77.20% mothers started breast feeding within same day of birth. Exclusive breast feeding for first six month was reported by 45.56% mothers. Breastfeeding was practiced by 56.90% mothers. Solid feeding was started before six months for 29.11% children.

Conclusion:

Study findings show there is very high prevalence of under nutrition in Mumbai Urban slum children. Less than half of the mother practice exclusive breast feeding for first six month of their child which could also be major cause behind the high level of under nutrition.

References:

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