Study the patterns of supplementary nutrition among infants (4 to 24 month of age) in Khalilab in the year 2009

Authors: Makarem.H *(PhD in medicine), Raee.Z (BA in Obstetrics), Rajabloo.M (BA in family health), Rasooli.A (BA in family health)

Abstract: The optimum growth and development of children is related to having accurate nutrition and nutritional behavior. Mother's unawareness of infants' nutrition and their inaccurate behaviors in this field is one of the important malnutrition cases of infants. The infants' basic needs are not satisfied by breastfeeding after six month of age and there is a need for soft meals. The brain neurotic network growths in the first years of life and the neurotic cells are united before the age of two. Physical, mental and cognitive growth in human is highly dependant to this neurotic unification. Wrong start in giving supplementary nutrition is one of the important factors in growth delay and malnutrition among infants which finally leads to some irrecoverable economic loss. Studies show that mother's unawareness of infant's nutrition and their inaccurate behaviors in this field is one of the important malnutrition factors of infants. By mothers awareness of infants nutritional needs they can benefit more of an accurate and standard nutrition program.

Method:
This is an analytic-descriptive study which has partly been implemented with the objective of studying the patterns of supplementary nutrition among infants of 4 to 24 month of age. The samples were 300 infants. All questionnaires were filled up; data was gathered and analyzed via the SPSS software.

Results and discussion:
The results of the study show that the point of start in giving supplementary nutrition is over six month of age. (47/3%) which 71/12% of those who started supplementary nutrition were rural and 28/88% of them were urban residents. There was a meaningful correlation between the point of start in giving supplementary nutrition and resident place.

Urban residents started supplementary nutrition in order by giving oatmeal (63/82%), rice syrup (12/76%), meal of the day (12/76%), soup (9/57%), Mamana (powdered milk) and mashed potato (1/06%).

Rural residents started supplementary nutrition in order by giving oatmeal (75/24%), rice syrup (12/19%), meal of the day (1/45%), soup (9/22%), Mamana (powdered milk) (0/97%) and mashed potato (0/97%).

There has been a meaningful relationship between residents place, starting point of giving supplementary nutrition, mother’s age, level of father’s education, father’s job, birth degree, type of delivery, breastfeed after birth, and the source of finding information about supplementary nutrition.

Per the acquired results it can be deduced that although the order of starting supplementary nutrition in Khalilab is in coordination with infant's nutritional program but half of the mothers deployed this pattern.

Keywords: Supplementary nutrition
Infants of 4 to 24 month of age
Malnutrition
Growth and development
Khalilab

Presentation: Poster