Title: Supplementary nutrition in children younger than two years in Mashhad

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Abstract: Supplementary nutrition in children younger than two years in Mashhad

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Introduction:

End of six months the best time for supplementary feeding after six months exclusive breast feeding, and received inadequate food in this period may lead to malnutrition. This study for evaluating the quality and supplementary feeding of children was in Mashhad.

Methods:

A descriptive research study with a sample size of 300 mothers with children from 6 to 24-month health centers is Mashhad. The data were analyzed by SPSS.

Results:

35 percent of the mothers, supplementary feeding earlier than six months have begun. 55.3 percent of the snacks used to feed children, 80.3 percent of mothers have used the oil in complementary feeding children .80.7 percent iron and multivitamin applied. Significant correlation between the variables of age and supplementary feeding unit type variables residential, the distance between children, BMI mother, exclusive breast feeding, taking snacks for children, go to health centers for monitoring growth and oil consumption in food was available, and mothers with normal BMI in homes rented lived and the distance their children less than 3 years and snacks for children of less oil use and to visit health centers for monitoring the growth of supplementary feeding were starting to have early

Conclusion:

Results showed that 35% of mothers, regardless of pattern of six months before the supplementary feeding has started, so there seems to educational programs offered in routine clinics in Mashhad in this case, problems still exist. Therefore it is necessary to be wider range of education and training more effective in order to promote children's nutrition knowledge, attitude and behavior of mothers by health care personnel be given to them.

Key words: supplementary feeding - Template - Children - City of Mashhad

Presentation: Poster