



**Annual Scientific Sessions**

*of*

**The Nutrition Society of Sri Lanka**

**Science in Nutrition: Back to Basics**

**ABSTRACTS AND INVITED PRESENTATIONS**

**January 28-29, 2017**

**Oak Ray Regency, Kandy**



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**PROGRAMME AND ABSTRACTS**

**Edited by**

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## **Complementary feeding practices among children aged between 12 and 35 months in Jaffna, Sri Lanka**

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Infants and young children are at increased risk of malnutrition from six months of age onwards, as breast milk alone is no longer sufficient to meet the nutritional requirements. Thus this study was carried out to determine the complementary feeding practices among children aged between 12 and 35 months in Jaffna, Sri Lanka. A cross sectional study design was adopted with a total of 448 children and mothers recruited. Complementary feeding (CF) practices and selected associated factors were obtained through an interviewer administered questionnaire. Mothers were interviewed face-to-face by trained health workers to collect information on breastfeeding practices, quantity and types of complementary foods introduced and related factors and demographic data. Among the total of 448 children, 50.7% (n=227) were males and 338 (75.4%) were from rural areas. The mean ( $\pm$ SD) age of the children was 24.17 $\pm$ 6.87 months. The percentage of ever breastfeeding was 99.1% (n=444). Duration and rate of exclusive breastfeeding (EBF) was 5.12 $\pm$ 1.5 months and 68.8% (n=308), respectively. In this study, 82.1% (n=368) mothers knew the duration of EBF as 6 months while 76.1% (n=341) of mothers knew about the duration of breastfeeding as above 2 years. Among mothers participated in the study, 31.2% had introduced the CF before 6 months. Water, boiled rice and infant formula milk powder had been introduced at 6.1 (1.6), 6.8 (0.6), and 6.1 (1.5) months, respectively. Among the mothers took part in the study, 26.1, 9.2, 25.9 and 12.9 % had introduced water, boiled rice, formula milk and commercial starter infant formula before six months. More than 50% of the mothers had introduced meat after 12 months of the age while 58.2% of mothers had introduced eggs after 9 months. The risk of wasting, underweight and stunting was high among the children from improper CF when compared to the children with proper CF [OR 4.1 (2.5-6.5); OR 5.2 (3.3-8.1); OR 2.1 (1.3-3.3)]. CF practices were poor and improper CF could be one of the causal factors for malnutrition in children of Jaffna District.

**Key phrases:** Complementary feeding, Exclusive breastfeeding, Stunting, Underweight & Wasting.

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