

THIRIPOSHA FEEDING AMONG NINE MONTHS AND ONE YEAR CHILDREN IN JAFFNA RDHS AREA: AN ANALYSIS FROM 24 HOUR RECALL

Kumuthini S¹, Rajathurai¹ N, Thiyahini T S¹, Sri Ranganathan S²

¹ *Department of Pharmacology, Faculty of Medicine, University of Jaffna*

² *Department of Pharmacology, Faculty of Medicine, University of Colombo*

Introduction: Appropriate complementary feeding is crucial for satisfactory growth and development of infants. In the Jaffna RDHS area, reportedly, about 70% of infants at the age of 6-12 months receive Thiriposha free of charge. Thiriposha is a recommended complementary food in Sri Lanka. However, there is no data on the actual consumption rate of Thiriposha by these infants in the Jaffna RDHS area.

Objectives: To determine the proportion of infants at the ages of 9 and 12 months who were fed with Thiriposha in the Jaffna RDHS area. .

Methods: Data for this analysis were obtained from a large ongoing study of safety of MMR and live JE vaccine in Jaffna RDHS area. As per protocol to study any relationship between the meal consumed and adverse effects following these vaccines, 24 hour food recall data were obtained using a pretested questionnaire. 24 hour food recall included details of breakfast on the clinic day and dinner, snack and lunch consumed on the previous day. Study subjects included representative sample of infants aged 9 and 12 months who were recruited for the main study. Study period was six months from November 2012. Descriptive statistics was used to analyse the data.

Results: Of the 796 infants aged 9 months, 32 (4.0 %) were given Thiriposha while 249 (31.3%) were given commercial baby food. Of the 746 infants aged 12 months, 32 (4.3%) were given Thiriposha while 132 (17.7%) were given commercial baby foods.

Conclusion: Despite its limitations, 24 hour recall is a reliable method to document feeding practices. Hence, this very low consumption rate of Thiriposha reliably suggests that it is not a popular complementary food in the Jaffna RDHS area despite it is given free. Further studies to investigate the reasons for this low consumption rate are recommended.