

Implications of the revised definition of minimum dietary diversity for assessing dietary patterns of children aged 6-23 months in informal settlements of Mumbai.

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Rationale



- Infant and young child feeding practices directly affect the nutritional status of children under two years of age and, ultimately, impact child survival*.
- The 2008 IYCF indicators were heavily weighted towards breastfeeding and optional indicators were not frequently used.
- The definition and threshold for minimum dietary diversity was updated in 2021 by WHO and UNICEF as part of the revised IYCF questionnaire.

Objective

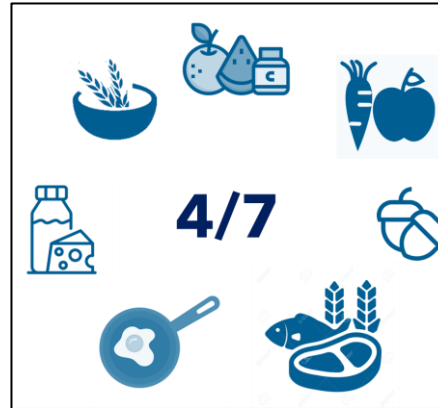


To investigate the effects of the revised definition of minimum dietary diversity for measuring child feeding practices among children aged 6-23 months in urban vulnerable settlements of Mumbai.

Methods

<i>Study</i>	Cross – sectional survey
<i>Study period</i>	March – June 2022
<i>Study area</i>	Two informal settlements in SNEHA’s project implementation area
<i>Sample</i>	688
<i>Participants</i>	Mothers of children aged 6-23 months
<i>Questionnaire</i>	Revised Infant Young and Child Feeding questionnaire – 2021.*
<i>Interview</i>	Structured interviews with informed, verbal consent Diet information was collected using 24-hour recall

Modifications



The threshold for minimum dietary diversity was modified from $\geq 4/7$ (MDD-7, 2008) to $\geq 5/8$ (MDD-8, 2021) food groups with the inclusion of “breastmilk” as the eighth food group

Results

Minimum Dietary Diversity



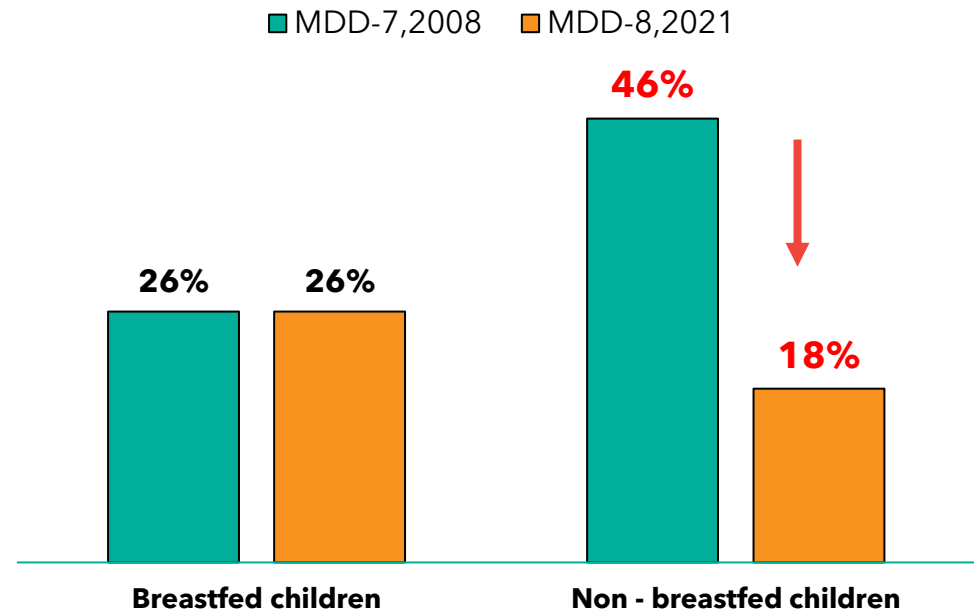
30%

MDD-7,2008

25%

MDD-8,2021

Addition of breastmilk as a food group and changes in the cut-off led to shift in the estimates between 2008 and 2022.



When disaggregated by breastfeeding status , there is sharp decline in the minimum dietary diversity among non-breastfed children due to the inclusion of “breastmilk” as a food group in revised MDD-8,2021 tool. This highlights the disadvantage non-breastfed children have due to the absence of one food group. As per the revised tool , the low prevalence among non-breastfed children compared with breastfed children indicates the discontinuation of breastfeeding for children aged 6–23 months.

Results

Minimum Acceptable Diet



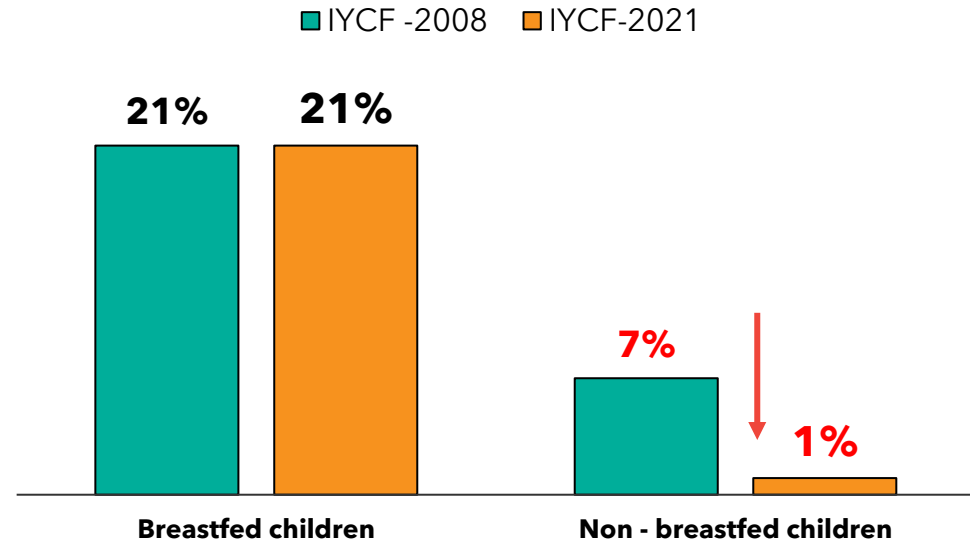
18%

IYCF-2008

17%

IYCF-2021

Minimum Acceptable Diet is a composite indicator calculated using Minimum Dietary Diversity & Minimum Meal Frequency.



When disaggregated by breastfeeding status, the non-breastfed children as per the revised IYCF-2021 shows decline due to shift in the Minimum Dietary Diversity.

Policy Implications

- The revised definition of MDD-8 emphasizes breast-milk as an essential part of children's adequate diet.
- Findings can support in redesigning the existing nutrition programs with renewed focus on breastfeeding and optimal feeding practices.
- Results paves the way for opportunities of further research on breastfeeding status and optimal diets of infant and young children in vulnerable settings.



Thank You!