Complementary feeding practices among children aged 6- 23 months in different socioeconomic settings of Delhi, India, using updated WHO 2021 IYCF indicators

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Objective-Study aimed to evaluate the complementary feeding practices of mothers for infants and young children across three distinct socio economic settings.

Methodology

Study type
Cross sectional

Study area
West Delhi

Participants
Mother-child dyads aged 6-23 months

Sample size
439

Study duration: March 2019- February 2020

Categorization of households*

Middle income group (MIG)
- Government colonies, flats and co-operative societies were considered as MIG

Low income group (LIG)
- LIG included resettlement colonies, one room flats, government colonies of class IV employees

Urban slum
- Urban slum exhibited high population density, poor housing, multifamily latrine, poor drainage, and sewage facilities

**ICMR 2011*

Ethical clearance: Institutional Ethics Committee of Lady Irwin College, University of Delhi

Tools & information collected

Socio demographic profile – using a pretested questionnaire

Complementary feeding practices- WHO IYCF Indicators 2021, using a pretested questionnaire

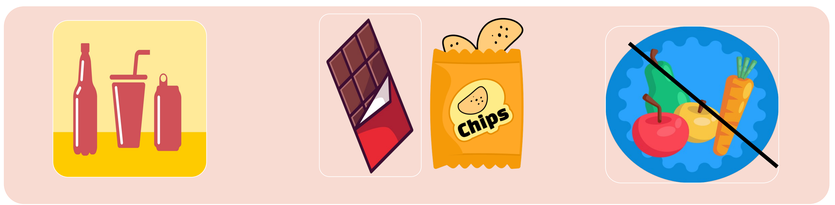
- **Statistical analysis using STATA software (version 17)**
- **Value of p < 0.05 was considered as significant.**

Results

Table 1: Complementary feeding practices across groups

Indicators	Urban slum n (%)	LIG n (%)	MIG n (%)	Pooled n (%)	p value
Minimum dietary diversity (MDD) 6–23 months	32 (21.3)	35 (23.3)	**44 (31.6)**	111 (25.3)	0.104
Minimum meal frequency (MMF) 6–23 months	40 (26.7)	54 (36.0)	**69 (49.6)**	163 (37.1)	**< 0.001***
Minimum acceptable diet (MAD) 6–23 months	15 (10.0)	13 (8.7)	**23 (16.6)**	51 (11.6)	0.083

150 participants each in urban slum and LIG and 139 in MIG (due to covid)



Sweet beverage consumption 6–23 months**
53.1 %

Unhealthy food consumption 6–23 months**
22.1 %

Zero vegetable or fruit consumption 6–23 months**
68.3 %

*** pooled data*

- ***Alarmingly low** MDD, MMF & MDD in all income groups.*
- ***~ 90 %** children are **nutrition hungry**- suggested by MAD*

Implications

Need targeted interventions to bridge the dietary gaps among various income groups

Strategic alignment of existing guidelines with updated WHO 2021 IYCF indicators

Unhealthy foods consumption among children is emerging challenge-needs attention

Behavior change interventions must be intensified, utilizing suitable program platforms

Funding: University Grants Commission (UGC), research Fellowship

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