

ETHNOGRAPHY STUDY TO UNDERSTAND SECONDARY LEVEL BARRIERS IN IMPROVING DIETARY PRACTICES AMONG YOUNG CHILDREN AGED 6-23 MONTHS

Authors- Ms. Putul Thakur, Dr. Narottam Pradhan

Objectives:

To understand Secondary level barriers and factors in child feeding practices aged 6-24 months

Methodology:

- Study was conducted in two blocks of Samastipur and Nalanda.
- The Methodology included ethnography, qualitative interviews with mothers, father and grandmothers of young children.
- Day long observations were done to understand process of food procurement, meal preparation, cooking activities, decisions about meal preparation, time poverty, household chores etc.
- A total of 20 HHs were selected for the study.

Findings

Familial Support

CF is practiced more effectively when family support

Women's agency

Women with better agency were capable of establishing themselves in the household after marriage. They were found capable of placing demand for their child feeding requirements

Mental Models

The timing of initiation and choice of foods for complementary feeding is dictated by caregivers' ability to recognise and respond to the "need to feed" children.

Socio-cultural norms

Local ecologies like traou and morings leaves are not included in diet

Access to trusted channels

Natal homing are considered as a trusted source of the channel

Parent's aspiration

Packaged food like chips and biscuits are preferred to be fed

Implication

- Local ecologies rich in iron and other micro-nutrients need to be untapped.
- Feeding packaged food snacks like chips and biscuits should be discouraged. it should be replaced with healthy snacks.
- Interventions required for male engagement and familial support to boost CF practices in household

