

Impact of responsive feeding on feeding behaviour and growth of young children

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The study which was a community based intervention study with a control group, comprised three stages, the first of which was a baseline cross sectional community survey. The study was carried out in two MOH areas in the Cplpmbo district in the Western Province of Sri Lanka. Padukka and Piliyandala MOH areas were selected for the study as they were the closest matching pair in terms of socio-demographic and the characteristics yet, suitably spaced apart so that cross contamination would be minimal MOH area Padukka was selected as the intervention area randomly and MOH area. Piliyandala as the control area. All primary health care providers of the two areas who are involved in maternal and child health were also included in the study. For each of the intervention and control groups, 510 children aged 12-23 months were randomly selected from the birth and immunization registersw maintained by public health midwives (PHMs) of the respective MOH areas. The birth and immunization registers were updated for the purpose of the study. The number of children to be selected from each PHM area was decided according to probability proportional to size of the population of children who would be 12-23 months of age at the time of baseline survey and 472 and 471 for the post intervention survey respectively. In the first stage of the study information was gathered on socio economic and demographic characteristics and child feeding practices of caregivers. Eating behaviour of children were measured . Z scores were later calculated for the three nutritional indices of weight for age height for the age and weight for height. The main instrument used was an interviewer administered, pre coded, structured questionnaire , information on feeding practices was elicited by way of extensive interviews.