INFANT FEEDING AND WEANING PRACTICES IN NSUCCA URBAN AREA.

A PROJECT PRESENTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE COMMUNITY MEDICINE COURSE AS PART OF THE 4TH MBBS PROFESSIONAL EXAMINATION.

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ABSTRACT

A cross sectional study of the infant feeding practice of women in Nsukka Urban area was carried out using 200 mothers attending infant welfare clinics at Nsukka urban area.

The study showed that all the 200 women (100%) initiated breastfeeding and that prevalence was not affected by age, parity, occupation and educational level.

81 women, (41.5%) breastfed for at least 6 months, the most popular reason for stopping was baby being old enough. 147 (73.5%) women gave infant milk formular, 77 (52.4%) women giving it because they had to go back to work/school.

110 (55%) had started weaning by 6 months. Most popular reason for this being baby old enough 73 (46.2%) and breast/bottle milk not enough 52 (32.9%).

Most frequent illness suffered by the children was fever 72(36%) and the most frequent period during which they suffered from this illness was between 4-6 months. However, very few infants suffered from nutritional deficiency disease eg. maiasmus 3(1.5%) and Kwashiorkor 2(1%).