FEEDING PRACTICES AND PREVALENCE OF DIARRHEA AND ACUTE RESPIRATORY MORBIDITIES AMONG INFANTS BELOW FIVE MONTHS IN KIMILILI DISTRICT, BUNGOMA COUNTY, KENYA

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“A PROPOSAL SUBMITTED IN FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF SCIENCE FOODS, NUTRITION AND DIETETICS IN THE SCHOOL OF APPLIED HUMAN SCIENCES, KENYATTA UNIVERSITY.”

JULY, 2014
DECLARATION

I hereby declare that this proposal is my original work and has not been presented for a degree in any other university.

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# TABLE OF CONTENTS

DECLARATION ........................................................................................................... ii
LIST OF ABBREVIATIONS AND ACRONYMS .............................................................. v
OPERATIONAL DEFINITIONS OF TERMS ................................................................... vi
ABSTRACT ................................................................................................................ vii

CHAPTER ONE: INTRODUCTION ................................................................................ 1
1.1 Background of study ......................................................................................... 1
1.2 Problem statement ............................................................................................ 3
1.3 Purpose of study ............................................................................................... 5
1.4 Objectives .......................................................................................................... 5
1.5 Hypothesis ......................................................................................................... 6
1.6 Significance of the study ................................................................................... 6
1.7 Delimitation of the study ................................................................................... 6
1.8 Limitation of the study ..................................................................................... 6
1.9 Assumptions of the study .................................................................................. 6
1.10 Conceptual Framework .................................................................................... 7

CHAPTER TWO: LITERATURE REVIEW ................................................................... 8
2.1 Early Complementary feeding practices in relation to morbidity ....................... 8
2.2 Infant feeding practices ..................................................................................... 9
2.3 Determinants of infant feeding practices ........................................................ 10
2.4 Maternal knowledge on infant feeding ............................................................ 11
2.5 Current status of infant feeding and morbidity patterns .................................. 12
2.6 Summary ........................................................................................................... 13

CHAPTER THREE: METHODOLOGY ................................................................... 14
3.1 Research design ............................................................................................... 14
3.2 Measurement of variables .............................................................................. 14
3.4 Target population ........................................................................................... 15
3.4.1 Exclusion criteria ......................................................................................... 15
3.4.2 Inclusion criteria .......................................................................................... 15
3.5 Sampling technique ........................................................................................ 15
3.6 Sample size determination ......................................................... 15
3.7 Research instruments ............................................................. 16
3.8 Pre-test ..................................................................................... 18
3.9 Validity and reliability of the instruments ................................... 18
3.10 Data collection techniques ...................................................... 19
3.11 Data analysis and presentation .................................................. 20
REFERENCES ................................................................................. 21
APPENDIX A: Introduction letter .................................................... 24
APPENDIX B: Questionnaire for use with mothers in charge of the infants ........................................... 25
APPENDIX C: Focus group discussion guide for use with the mothers of the infants and community health workers ......................................................... 32
APPENDIX D: Observation check list ................................................ 34
APPENDIX E: Timeline .................................................................... 35
APPENDIX F: Budget ....................................................................... 36
ABBREVIATIONS AND ACRONYMS

ARIs: Acute Respiratory Infections
BFHI: Baby Friendly Hospital Initiative
CFs: Complimentary Food/Feeds
EBF: Exclusive Breast Feeding
KDHS: Kenya Demographic Health Survey
ILO: International Labor Organization.
UNICEF: United Nations Children's Education Fund
WHO: World Health Organization
OPERATIONAL DEFINITIONS OF TERMS

**Infant:** A child aged below five months

**Feeding practices:** Choices made by nursing mothers on how to feed their children.

**Prelacteal foods:** Food given to infants in the first three days after birth.

**Optimal infant feeding:** Practicing exclusive breastfeeding for first five months of the infant’s age, introducing complementary feeding at six months and continuing breastfeeding up to two years of the child’s age.
Infant feeding practices are choices made by nursing mothers on whether to exclusively breastfeed the child or to practice mixed feeding. In most cases mixed feeding of infants especially those less than six months result in incidences of diarrhea and acute respiratory infection. Infant feeding practices are influenced by various factors and vary from one region to another. The main objective of this study is to assess feeding practices for infants below five months in Kimilili District and to relate them to prevalence of diarrhea and acute respiratory infections (ARIs) among infants. A cross sectional analytical study will be conducted among 212 infants selected through cluster sampling. A questionnaire adopted from WHO will be used to gather information on maternal and infant demographic characteristics, feeding practices, occurrence of morbidity (diarrhea and ARIs) and household sanitation status. Focus group discussion and observation checklist will complement the questionnaire. Secondary data from hospital will be used to complement the primary data. Data from structured questionnaire will be analyzed using statistical packages for social sciences (SPSS) version 17 software. Descriptive statistic indices such as mean, mode, frequencies, percentages and standard deviations of various feeding practices will be calculated. Responses from qualitative data will be coded and frequencies determined. Cross tabulations will be derived and Chi square will be used to test the association of infant feeding practices and morbidity (diarrhea and or acute respiratory infections). Logistic regression will be used to compare several variables. Data will be presented on tables, charts and graphs.