

**FEEDING PRACTICES, MORBIDITY PATTERNS AND NUTRITIONAL STATUS OF
HIV-EXPOSED INFANTS (6-52 WEEKS) AT LEA TOTO COMMUNITY-BASED
PROGRAM, DAGORETTI, NAIROBI COUNTY**

BY

MACHARIA ELIZABETH WAIRIMU (BSc. FND)

REG. NO: H60/21578/2010

**A PROPOSAL SUBMITTED IN FULFILMENT OF THE REQUIREMENTS FOR THE
AWARD OF MASTER OF SCIENCE DEGREE IN THE SCHOOL OF APPLIED
HUMAN SCIENCE IN THE DEPARTMENT OF FOOD, NUTRITION AND
DIETETICS, KENYATTA UNIVERSITY.**

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DECLARATION

This Proposal is my original work and has not been presented for a degree in any other University.

Signature Date 01/04/2014

Name: Macharia Elizabeth Wairimu (BSc. FND)

Reg. No: H60/21578/2010

This proposal has been submitted to graduate school with our approval as university supervisors:

Signature Date 1/4/2014

Eunice W. Njogu (Ph. D)

Department of Food, Nutrition and Dietetics

Kenya University

Signature Date 1/4/2014

Peter M. Chege (Ph. D)

Department of Food, Nutrition and Dietetics

Kenya University

ABSTRACT

The population of HIV-exposed children has been growing rapidly. HIV-exposed children have higher mortality and morbidity rates than children born to HIV-uninfected mothers even when feeding patterns are the same. There is a gap between PMTCT knowledge and infant feeding policy as infant feeding counselling does not necessarily translate into appropriate feeding practices irrespective of its quality and quantity. Social and economic factors have not been considered in the formulation of Infant and Young Child Feeding (IYCF) guidelines. The purpose of this study is to determine feeding practices, morbidity patterns and nutrition status of HIV-exposed children at Lea Toto Community-Based Program, Dagoretti in Nairobi County. This is a community-based outreach program which provides care to children infected with and affected by HIV in the community through the provision of medical services, nutrition education and rehabilitation and capacity building. Cross-sectional analytical study design will be used. Lea Toto program, will be purposively selected because the centre is one of programs in resource poor settings that offer pediatric HIV care together with nutrition support and has a stabilization centre for severely malnourished children. Comprehensive sampling method will be used whereby the entire group of HIV-exposed infants will be included in the sample. This will result to a sample size of approximately 130 infants from the two centres based in Dagoretti. The sample will include infants aged between 6 weeks-12 months born with normal birth weight and with no congenital deformities attending Lea Toto Program Kawangware. A researcher administered questionnaire will be used to collect household demographic and socio-economic characteristics, anthropometric measurements, morbidity patterns and infant feeding practices among HIV-exposed infants. Indicators of assessing IYCF practices and a seven day food frequency questionnaire will be used to collect data on feeding practices. Focus group discussions will also be conducted. Data will be analysed using SPSS for descriptive and inferential statistics. Data on anthropometry will be analyzed using ENA for SMART package, 2010 and interpreted through the use of WHO cut off points to determine their nutritional status. A chi-square test will be used to establish the associations between infants, age, demographic characteristics, and socio-economic characteristics and infant feeding practices. Pearson's product moment correlation will be used to establish the presence, strength and direction of the relationship between nutritional status and feeding practices in HIV-exposed infants. multiple regressions will determine whether morbidity patterns and dietary factors predict nutritional status of the child. This study will be of great significant to Non-Governmental Organisations, government and other stakeholders interested in addressing infant feeding practices to formulate strategies towards enhancing infant feeding practices that are core in ensuring HIV-free survival of HIV-exposed infants and their nutritional status.