

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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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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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.

ABSTRACT

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.