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ASSOCIATED FACTORS TO NUTRITIONAL STATUS AND INFANTS AND YOUNG CHILD FEEDING (IYCF) PRACTICE IN RURAL AREA OF BURKINA FASO : A STUDY IN THE HEATH DISTRICT OF OUARGAYE

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Background: Although global trend of malnutrition among children under five is declining, it remains a major public health problem in developing countries such as Burkina Faso. IYCF are major determinants of nutritional status and hence health and child survival.

Material and method: We carried out a cross-sectional study in primary health care centers randomly selected. The objectives of our work were to analyze associated factors to child's malnutrition and feeding practice. The Z-scores (WHO, 2006) and arm circumference were used to determine nutritional's status of the children. Feeding practices were assessed according to IYCF index.

Results: In total, we surveyed 287 couples mother-child. Average age of mothers was 26.7 years; 71.4% of them were uneducated and 94.5% were unemployed. The average number of gesture among mothers was 3.44[1-11]. The average age of children was 10.87 months [6 to 31.9]. Sex ratio was at 1.11. In children, the prevalence of underweight was 19.2%, that of stunting 31.2% and that of wasting 10.1%. The proportion of children with a brachial perimeter <125 mm, that is to say malnourished, was 8.8%. Slightly more than half of mothers (55%) reported that they had breast-fed their child within one hour of delivery. About two out three mothers (69, 7%) have practiced exclusive breastfeeding (EBF). The majority (70%) of children had a good score of IYCF index. The number of gesture was associated with the Z-score Weight/Age. Practice of EBF was associated with Z-score Height/Age (p=0, 04). In children aged 9-12 months, the Z-score Height/Age (p=0.04) and Z-score Weight/Height (p=0.001) were associated with IYCF index.

Conclusion: Feeding practices are good and are not associated with sociodemographic characteristics of mothers. However, it notes that the delay of breastfeeding initiation after delivery and practice of exclusive breastfeeding are not very satisfactory. Targeted interventions on maternal health services and communities could improve feeding practices.