

**"ASSOCIATION OF INFANT AND YOUNG CHILD FEEDING PRACTICES  
WITH NUTRITIONAL STATUS OF CHILDREN  
(6 - 60 MONTHS) OF PADRA TALUKA."**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

**By**

**Madhuba Chauhan**

**Under the Guidance of**

**Ms. Krishna D. Thakkar**

Asst. Professor

Department of Home Science  
Children's University, Gandhinagar  
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**Abstract:**

Infant and young child feeding (IYCF) is a key area to improve child survival and promote healthy growth and development. IYCF includes breast feeding practices and type of complementary feed. The present study was planned with the objective to check Association of infant and young child feeding practices with nutritional status of children (6 - 60 months) of Padra taluka. Total 150 children (6 - 60 month) were selected from Anganwadi centers of five villages of padra taluka. The information related to socio economic background, information related to child, Maternal information, infant and young child feeding practices related information, child illness were collected from the mothers. Height, Weight, MUAC were measured using standard method and WAZ, HAZ, WHZ and MUACZ were calculated using Anthro software (version 3.2.2).

The result showed that 11% of children were wasted, 18% were stunted and 21% were underweight, the association of IYCF with nutritional status revealed that exclusive breast-feeding practice was significantly associated with stunting and MUAC. Mode of feeding was also significantly wasting and stunting. While handwash practice before preparation of complementary feed was found to be significantly associated with wasting. The present study concludes that promotion and protection of optimum infant and young child feeding practice is important for improving nutritional status of children.

**Key words:** Infant and young child feeding (IYCF), underweight, stunting, wasting.