



**MATRI SUDHA**  
(A CHARITABLE TRUST)

## **Knowledge, Attitude and Practices on Health and Nutrition Indicators**

### **About Knowledge, Attitude and Practices Study**

Matri Sudha did an assessment [Nov-Dec 2015] on Knowledge, Attitude & Practices on Child Health & Nutrition with Lactating Mothers, Pregnant women, mothers of children aged 3-6 years of the community. The respondents during the study were the community women with which Matri Sudha does work on social determinants of health and nutrition. The objective of the study was to understand the existing practices knowledge within the community, their attitude and what kind of practices have been prevalent in the community after successful intervention of Matri Sudha for many years.

### **Why we choose Anganwadi as the Platform to share the findings of study?**

The meetings were organized to share the analysis of KAP findings with community women through anganwadi platform. Anganwadi is the most important institution at community level to implement various child health and nutrition related services through ICDS scheme. Also joint coordination of both Anganwadi and ASHA workers would help in preventing malnutrition in early stages of childhood.

### **Who were the participants?**

Community women, Anganwadi and ASHA workers, Pinki, Nazmeen, Laxmi, Arvind Singh, Ekta and Dolly [interns] were the participants.

### **How many meetings were conducted?**

In total five meetings were conducted in Nardan Basti and Prem Nagar. There are three anganwadi centres in Nardan Basti and 2 anganwadi centres in Prem Nagar, all of them under Hamdard Nagar ICDS Project.

### **Brief of KAP Study Shared with Participants**

The meeting was started with a brief introduction for each participant who laid the foundation of discussion for next hour in each anganwadi centre.

- In respect to Janani Suraksha Yojna only few respondents knew about the scheme but none of them have been given benefits in six months prior to this study. Those who were given benefits shared that it happened when they were in their village where ANM gave them Rs. 600
- Many of the respondents shared that they have not been given any maternal entitlements during the time of their pregnancy
- In respect to type of delivery, 83 percent respondents shared that they had normal delivery
- In respect to post-natal visits by respondents, 98 percent women does not know that they should visit the nearest health centre within six weeks of delivery of a child; only

34 percent women visited in the nearest health centre for any check-up; 56 percent knew that they should take IFA tablets post delivery if recommended by doctor, however, only 44 percent out of them consumed the tablets

- Among the lactating mothers, 100 percent respondents were providing breastmilk to their child at the time of this study
- In respect to post-natal care, it was shared among the participants that during the study, we found that ASHA workers made visits many a time in the community
- In respect to the weight of a child at birth 56 percent respondents knew the correct answer that it should be 2.5 kg, 35 percent women replied that it should be 3 kg and 9 percent respondents either did not know the correct answer or uninformed
- In respect to measurement of weight of child at birth, all the respondents knew that weight should be taken at birth, however only 85 percent women got the weight of child done at birth
- In respect to growth monitoring of children regularly, 72 percent respondents shared that it helps them to know whether the child is growing properly or not, 14 percent each said they either do the same because other in community does or do not know properly
- In respect to growth monitoring, 61 percent respondents shared that weight of child is being taken jointly by Matri Sudha, Asha and Anganwadi Workers; 23 percent respondents shared that the weight of child is being taken only at Anganwadi Centre; 10 percent respondents shared that weight of child is being taken only by ASHA worker; 6 percent women shared that it happens in hospital or other health care centre
- In respect to initiation of breastfeeding in first hour of birth, 85 percent respondents knew about it that colostrum should be given, rest 15 percent responded incorrectly. However, only 79 percent women knew the importance of feeding colostrum
- In respect to immunization of children 93 percent respondents shared that they vaccinate their child regularly and 85 percent respondents shared the correct reasons for vaccination of a child
- In respect to complimentary feeding 85 percent respondents knew the correct age of starting the complimentary food for their child

## Voices from the Community

### ‘At Anganwadi No 39’

Shakeela Khatoon, (23 year old) informed us about her awareness on breastfeeding. She said “we should breastfeed our child till six months, after six months the child should feed semi solid food with continuing breastfeed by us”.

Indu Devi (28 year old) said “the child should feed mother`s first milk (Colostrum) as it is healthier for child and it prevents child from different diseases. Immunization is also a best process to prevent our children from long term diseases”.

Matri Sudha informed them about the importance of Iron Folic Acid during and post pregnancy. Kavita ji (Anganwadi Worker) informed that “The IFA Tablets are important to

increase blood level in women body during and after pregnancy. It helps to reduce possibility of having maternal and infant death. It was also noticed that ASHA worker is regularly visiting in community and well known by the community people. She is sincerely giving her services to the community and time to time she communicates with them related to the services of PHC and immunization camp dates.

#### **‘At Anganwadi No 38’**

During the discussion the participants were informed about the appropriate weight of a child at birth as some of the participants were unknown about it. The participants also asked about the importance of immunization, colostrum, and supplementary nutrition.

About the practices of immunization one of the participants Phulvati Devi (45 year old) said “we get our child vaccinated since everyone in the community do the same”. Rano Devi (23 Year) said “a child is compulsorily vaccinated till the age of 5 years and then he gets vaccination at the age of 10 year and 16 year subsequently”.

For IFA tablets Laxmi ji (21 year old) shared that “we should take Iron Folic Acid tablets during compulsorily during pregnancy and take after pregnancy as well if it is required. I get vomit after eating IFA tablet but still I take it regularly. The women were actively participating also they were sharing their experience during and after pregnancy. ASHA and Anganwadi workers are regular in community and they always tell them about maternal and child health.

#### **‘At Anganwadi No 37’**

The participants were asked about the visits done by ANM or ASHA during the first six month of post pregnancy. They answered “Yes ASHA worker make visits at their home and also tell them about immunization process of the child. When we asked about Janani Suraksha Yojna one of the participants Reena Ji, said that she got financial assistance from Kerala Govt. because she gave birth to her child in Kerala. But the same is not given in Delhi. Reena’s child weight at birth was 2.6 kg. Similarly, Reshma ji said 3 kg, some said 2 kg, another women Reshma ji said her child birth weight was 2 kg, Rekha ji said it was 1.8 kg, Chinki ji said it was 1.7 kg and Haseena ji, informed 2.8 kg birth weight of her child.

Reena ji said “if the milk is not getting produced in the breast of a mother she should consult the doctor’

Reshma ji said “Daal ka pani, Khichdi, buiscuit are some of the complimentary food could be given to child after six months’

#### **‘At Anganwadi No 34’**

In respect to the growth monitoring of child at frequent levels one of the participants, Meena Ji responded that ‘it would help us to know the proper growth of our child; therefore, we could take corrective action at early stage’.

For immunization, many of the participants know the correct age for it. It was being shared among the participants the critical age of children below six years and how should we take care of children at each level for their proper development. To all the participants it was shared about all check-ups during pregnancy so that not only pregnant women who were present in the meeting but also other women from the community may know the proper knowledge.

One of the participants shared that she started feeding her child the readymade milk since she had problem in breastfeeding. When we asked how she could come to know about it, she replied that 'it was being advised by the doctor'.

### 'At Anganwadi No 35'

During the meeting all the participants were being asked as for how many years a child should be given breast milk, some women replied 'breast milk on demand', some women replied that it should be continued till a child complete either 2 or 3 years of age.

'All the participants knew about feeding colostrum immediately after birth'.

One women shared her case story that 'out of 3 children 2 were born in the hospital and they were given breast milk immediately after birth, however, the third child which was born at home was given jiggery water by her mother-in-law'

'All of the participants responded that a child is safe during birth if it takes place in hospital or any other health institution'

'If a child is born low-birth weight, what should be done by the mother, one woman replied that we should provide breast milk to the child'. In respect to weight of a child at birth, some women replied that it should be 3 kg, some said it should be 2.5 and 2 kg respectively'

'What are some of the reasons due to which a child is born low-birth weight, many women responded that it is their negligent behaviour toward proper food intake'



## **About Matri Sudha**

Widely known as Matri Sudha, it is non-profit organization based in Delhi since 2001. Matri Sudha works on child rights issues with having multiple interventions ranging from grass root interventions, awareness, social action research, advocacy, capacity building and networking on child rights.

## **VISION**

To ensure that child rights are identified, respected, protected and taken care of by every individual.

## **MISSION**

To make a platform on which all children realize their full potential to raise voices against injustice and inequality and up-holding the dignity of children.

## **GUIDING PRINCIPLE**

To make Community for the Children by the Children and with the Children

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## **For More Information About Matri Sudha's Work**

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