

Relationship Between Complementary Feeding Indicators and Child Growth Parameters Among Children 6-24 Months in Mosul City

الخلاصة

Background: Child growth is an internationally accepted outcome reflecting a child's nutritional status (wasting, stunting, and underweight overweight and obesity). The immediate causes of over- and undernutrition are deficiencies or excesses in nutrient intake and an imbalance of essential nutrients.

Objectives: The study aimed to evaluate the relationship between complementary feeding indicators and child growth parameters among children 6-24 months in Mosul city.

Method and material: A quantitative (descriptive) cross sectional study design was used to obtain the aim of the study from the period September 14th, 2022, to July 14th, 2023, and simple random sampling technique, involved 616 samples of children who visited the primary healthcare centers in Mosul city. Data was collected using a questionnaire and Seca 874 digital flat Scale used to measure weight of children and UNICEF measuring board are used to measure the recumbent length of children. The data collected were coded and analyzed using (SPSS) version 28.

Results: In the present study, the findings showed that (52,9%) of the sample were boys and (47,1%) were girls. (48.9%) of children receive complimentary feeding before 6 months. The study showed that (9.3%) of children had obesity, (23.5%) had overweight, (8.3%) had waste, (7.5%) had underweight, and (14.5%) had stunting. The study found the highest consumption of unhealthy foods (73.5%). Mothers' information about complementary feeding was (32.1%) good, and (24.2%) poor. Also, the results of this study show that there is a statistically significant relationship between complementary feeding indicators and all growth parameters.

Conclusions: The study found a significant relationship between inappropriate complementary feeding practices and impaired growth parameters in the sample study.

Recommendations: Promoting optimal complementary feeding practices, implementing comprehensive strategies, and regular growth monitoring are crucial for healthy growth.