

Malnutrition in developing countries is beyond Food insecurity

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Malnutrition in developing countries is beyond Food insecurity case of Ethiopia: Food texture and responsive feeding strategies as means mitigation strategies for malnutrition

Recent studies proven that child under-nutrition in the food secure region is comparable to the food insecure which might be due to the high fibre contents of the complementary foods that are prepared from high extraction rate flours and, or to inappropriate feeding style. A within subject cross over design with the objective of investigating the effect of fibre content and responsive feeding style on the food intake of infants was conducted. Prior to the main study, cultural context five key responsive feeding messages were formulated and the acceptance and feasibility of being adopted in the community was also assessed using focus group discussion and in depth interview. Subjects of the main study included 36 mother–infant pairs, infants being in the age range of 9-11 months. Complementary foods which were prepared from high and low extraction rate were provided for eighteen consecutive days. The food intake of each infant was weighed daily using a kitchen scale and five context specific responsive messages were developed. Results show that among the five responsive feeding messages verbal encouragement and sensitization to appropriate portion size were the easiest messages to follow whereas feeding with patience and self-feeding were encountered different reactions. Food intake during feeding trail was 87.66 and 86.18g/meal for HF and LF respectively ($P < 0.05$). After receiving responsive feeding training infants' intake was increased by 12.15% and 27.83% for HF and LF respectively. In summary the current study indicates that fibre content have an impact of the food intake of infants. The study also reveals that responsive feeding style is best strategy to improve the food intake of infants but it is clearly shown that responsive feeding style can offset to the higher fibre content. It is proven malnutrition in Ethiopia is beyond food insecurity. For sustainable reduction of under nutrition individual stakeholders (for example in this project, caregivers, health extension workers, Health development leaders, Universities and milling companies) should work hand to hand.



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