

# 28<sup>th</sup> WORLD NUTRITION CONGRESS

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### **Improvement of maternal and child nutrition through formation of mother support group**

**Statement of the problem:** Appropriate Infant and Young Child Feeding (IYCF) practices have been recognized as one of the greatest challenge to the reduction of child malnutrition and morbidity in Bangladesh. Recent analyses suggest that the poor diets of children in the first year of life, the poor nutrition before and during pregnancy and the prevailing poor sanitation practices in households and communities are important drivers of maternal and child nutrition. The main objective is to improve maternal and child nutrition through Mother Support Group (MSG) at community level.

**Method:** Before formation of Mother Support Group, Bangladesh Breastfeeding Foundation (BBF) oriented local Government officials at Upazila and Union level. MSGs were formed with 7 members at community level with support of local Government officials. MSGs were trained on importance of breastfeeding, position, attachment, counseling on early initiation of breastfeeding, exclusive breastfeeding, common breast problems and hazard of breast milk substitutes, complementary feeding and nutrition education to adolescent girls, pregnant and lactating mothers, mothers/caregivers of <5 years of children at respective communities. They were also demonstrated how to cook complementary feeding and awareness about Water, Sanitation and Hygiene (WASH) etc. Afterwards trained MSGs conducted courtyard sessions with targeted populations at respective communities.

**Result:** The results obtained are from 2017-2018, BBF reached to 18 Upazila under 08 divisions where total 40 orientation meetings with local GoB officials were held. About 253 MSGs were formed with 1771 members and they provided awareness to 7590 community female on IYCF and maternal nutrition. This as a result, increased the nutritional status of mothers and their children (almost 71% successful rate) at their respective areas.

**Conclusion:** The desired impact of this project was gained successfully by increasing knowledge and skills among the targeted mothers on key health and nutrition messages through courtyard programs. Recommendations were made to continue these types of programs for creating public awareness.

### **Biography**

Mohammad Enamul Haque Ena is the Joint Secretary, Medical Education and Family Welfare Division of Ministry of Health and Family Welfare (MOHFW), Government of the People's Republic of Bangladesh. He has contribution for the IYCF and Nutrition promotion and protection. Bangladesh Breastfeeding Foundation (BBF) is working for improvement of Maternal and Child Nutrition in entire country under support of Medical Education and Family Welfare Division of Ministry of Health and Family Welfare (MOHFW).

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