**Original article:**

**Complementary feeding practices in rural community: A study from block Doiwala district Dehradun**

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**Abstract:**

**Introduction**: Optimal Infant and Young Child-Feeding (IYCF) practices are crucial for nutritional status, growth, development, health and ultimately the survival of infants and young children. Present study analyses the CF practices in terms of timings, quality, frequency and consistency in children below two years of age.

**Methods**: A community based, cross-sectional study was conducted to assess the CF practices among mothers of children below 2 years of age(N= 336)in the block Doiwala of Dehradun district. Proportions were calculated to analyze various indicators.

**Observation:** Study showed that 87.3% children of above six months of the age were on CF at the time of study, although timely CF was initiated only in 70.1% of them. 36.4% of children were given complementary food in liquid consistency, only 17.2% children were given green leafy vegetables. Study highlighted that currently 25.1% children, below six month of the age were put on early complementary feeding as mother perceived "not having enough milk", or have to "resume their jobs" etc.

**Conclusions:** Study indicates towards early initiation of CF by high percentage of mothers. Which can have detrimental effect on children. Inappropriate practices regarding quality, consistency and frequency of CF are commonly prevalent.

**Key-words:** Complementary Feeding, Quality, consistency