

A23 Parents' knowledge on complementary feeding and its relationship with stunting: A survey of parents having children in nurseries in Kuantan, Pahang

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The present study is designed to assess the knowledge on the complementary feeding practices of parents having children in the nurseries in Kuantan, Pahang. A convenient sampling method was used to choose from the ten selected nurseries. A research questionnaire was developed and pretested. The demographic information and data on feeding practices and stunting were gathered on the pretested questionnaire. The data was compiled, and statistical analysis was performed objectively. There were 137 Malay parents involved in which most of them were mothers whose age ranged from 31 to 39 years old. Most of the participants worked in government or private sector, had tertiary level of education, and had four persons or more in the family. Besides, there were 137 children reported through the survey, comprising 66 boys (48.2%) and 71 girls (51.8%). The analysis showed that most of the participants (98.5%) chose 6-12 months as the suitable child's age to introduce complementary feeding (CF) while only two respondents (1.5%) chose 4-5 months. Various responses in the questionnaire that were designed for evaluating the parents' knowledge on complementary feeding showed that out of 137 children, 78 (56.9%) were normal while 59 children (43.1%) were stunted. Out of 78 normal children, there were equal numbers of boys and girls. On the other hand, it was observed that the number of stunted girls (32 or 54.2%) was more than boys (27 or 45.8%). In terms of the relationship of parents' knowledge with complementary feeding and stunting, there was no association reflected by the r -value which was -0.071. In conclusion, the results indicated that there was no significant relationship between parents' knowledge with CF and stunted children, which showed a weak negative correlation. The study found that there was a considerable proportion of children who were stunted.