বাংলাদেশ ব্রেস্টফিডিং ফাউন্ডেশন

Improvement of Maternal and Child Nutrition through formation of Mother Support Group (MSG)

Prof.Dr.S.K.Roy, BBF, Bangladesh
Khurshid Jahan, BBF, Bangladesh
Smriti Rani Ghorami, Minstry of Health and Family Welfare
Samina Israt, BBF,Bangladesh
Hasina Chaklader, BBF, Bangladesh
Dr. Tahmina Ferdousy, BBF, Bangladesh
Arifa Jahan, BBF, Bangladesh

Abstract

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. **Objective:** Bangladesh Breastfeeding Foundation (BBF) has designed this program to improve maternal and child nutrition through Mother Support Group (MSG) at community level. **Methodology:** Before formation of MSG, 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 at adolescent, pregnancy and lactation period. They were also demonstrated how to cook complementary feeding and awareness about Water, Sanitation & Hygiene (WASH) etc. Afterwards trained MSGs conducted courtyard sessions with adolescent girls, pregnant and lactating mothers, mothers/caregivers of <5 years of children at respective communities. **Result:** 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 adolescent girls, pregnant and lactating mothers, mothers /caregivers of < 5 years children on IYCF and maternal nutrition. **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.

Image

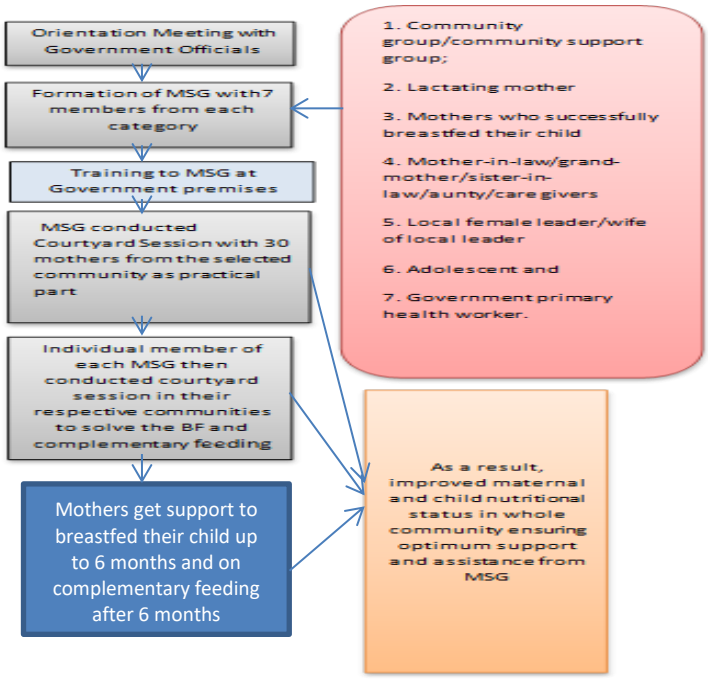


Figure 1: Formation of MSG

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Biography

Khurshid Jahan is the Director of Bangladesh Breast Feeding Foundation (BBF), a leading and only one non-government organization, works for Breastfeeding promotion, protection and support of breastfeeding. In addition, this organization also works for complementary feeding and maternity protection in close collaboration with Government of Bangladesh for effective national, sub-national and international impact on improve IYCF. She acted as leader in development of Breast Milk Substitute (BMS) code into national legislation in Bangladesh. She played an important role to unite the professional bodies and Government to strengthen this code. She had conducted researches in areas of IYCF components and also conducting researches currently as Principal Investigator in the field of maternal and child health nutrition. She has international publications on maternal and child nutrition.

Presenting author details:
Full name: Khurshid Jahan
Contact No: +88-01712967727
Email: khurshidjahan77@gmail.com
Website: http://bbf-bangladesh.org/
Facebook account: https://www.facebook.com/lija.khan
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