

**STUDY OF CHILDREN EATING HABITS – THE
STARTING POINT FOR SURVEILLANCE TO
PREVENT NONCOMMUNICABLE CHRONIC
DISEASES (NCD)**

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all.*

A Call To Serve (ACTS) International and ACTS Georgia

Introduction

- **Data have been collected within the framework of Child Survival and Health Program (CSHP) funded by the United State Agency for International Development (USAID).**
- **The CSHP traditionally focused on undernutrition and infectious diseases.**
- **Private Voluntary Organization ACTS International and its affiliate ACTS Georgia are implementing the project under CSHP in Georgia.**

Country of Georgia



Goals

- **Ultimate goal of the project - to implement appropriate interventions to reduce maternal, neonatal infant and child morbidity and mortality.**
- **To develop a data base for surveillance of children eating habits under CSHP in Georgia was promoted by ACTS Georgia.**
- **NCD risk factor surveillance (pure eating habits among them) is one of the proposed activities for the implementation of the European Strategy for the Prevention and Control of NCD.**

At the same time

- ... it is very difficult to obtain required substantial resources for data collection and maintenance, especially in the low- and lower-middle-income countries where, in addition, the funding from international donors for programs that focus on NCD is quite limited as opposed to the programs for infectious diseases, maternal and perinatal conditions, and nutritional deficiencies.

Cooperation seems imperative

- **It seems that it is imperative that advocates for mentioned programs and NCD cooperate in their efforts rather than promote competition for funding.**

The idea

- **On this background the idea to use the data collected within the framework of Child Survival and Health Program (CSHP) funded by the United State Agency for International Development (USAID) traditionally focused on undernutrition and infectious diseases to develop a data base for surveillance of children eating habits was promoted by ACTS.**

Description of KPC

- In 2005 the Knowledge, Practice and Coverage (KPC) baseline survey was conducted within the project framework.
- KPC data collection included the data on eating habits (with special attention on breastfeeding) of children aged 0-2 years in the region of Kvemo Kartli (East Georgia) and two cities of Imereti region (West Georgia).

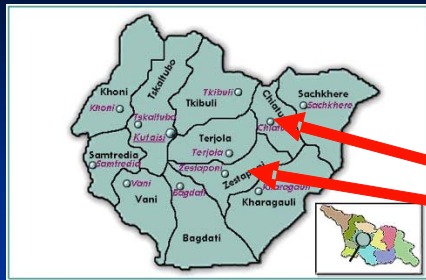
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Project location

Map of Georgia and Target Regions



Zestaphoni and Chiatura

– two mining towns in the region of Imereti located in Western

Georgia – collapse of manganese mining and processing resulted in a staggering unemployment rate (65%).

Kvemo Kartli – most ethnically diverse region bordering both Armenia and Azerbaijan in East Georgia.



Baseline survey

- **900 interviews were conducted in 8 districts according to the CORE survey methodology**
- **The Baseline Survey findings were established as the basis for ACTS Georgia Interventions.**

Indicators selected for **Breastfeeding Promotion (20% of effort)**

- **2.1. Percent of infants, aged 0-5 months, only fed breast milk in the last 24 hours**
- **2.2. Percent of children receiving breast milk up to 23 months.**
- **2.3. Percent of children aged 0-23 months who were breastfed within the first hour after birth.**
- **2.4. Percent of women and mothers who received breastfeeding counseling during antenatal care.**
- **2.5. Percent of health facilities designated as “baby friendly”**
- **2.6. Percent of compliance of Georgia Law “on Protection and Promotion of Breastfeeding and Regulation of Artificial Feeding.”**

Indicators selected for **Nutrition** (15% of effort)

- **3.1. Percent of mothers who know correct complementary feeding practice.**
- **3.2. Percent of households who know how to use and store iodized salt.**
- **3.3. Percent of medical staff assessing child growth and using growth chart during child's sick visit.**
- **3.4. Percent of medical staff who were asked and explained proper complementary feeding practices**
- **3.5. Number of health facilities where correct nutritional counseling is implemented.**

Results from KPC survey

- **The KPC survey results demonstrated that the exclusive breastfeeding rate in the region is very low (16.1%).**
- **Immediate Breastfeeding is neglected. Percent of children, aged 0-23 months who were breastfed within the first hour after birth is less than 40%.**

Focus Group Discussions

- Breastfeeding – Why do mother refuse to breastfeed the child?
- **Rustavi, Tetri Tskaro, Dmanisi, Bolnisi, Marneuli and Zestaphoni –**
The respondents in all groups acknowledged that breastfeeding is important and necessary.
- At the same time not all of them breastfed their children because of the following reasons: **1.** Breastfeeding disfigures the shape of breast cosmetically; **2.** Mothers' breast milk was not compatible with a child: **3.** Husband is against breastfeeding.
- **It is worth mentioning that none of the respondents exclusively breastfed their children up to 6 months of age – they give various supplementary feeding to a child such as: tea, water, juices.**
- **They explain such behavior by saying that only mother's milk is not sufficient for a child (such opinion could be the result of lack of adequate information and experience).**

Subsequent monitoring and surveillance

- **The data for analysis and development of interventions aimed at improving children's nutrition were used for subsequent monitoring and surveillance.**
 - **Benefits: Good Base for Behavioural Change Interventions aimed as Child Survival and Health as well NCD Prevention starting from early childhood**
- **Standards being adopted**
 - **KPC survey modules**
- **Standards specifically being ignored**
 - **Non-adequate for Georgia modules**

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Objective achieved

- **As a result regional capacity to monitor children's eating habits is increasing.**

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Related Documents to Child Survival and Health Project in Georgia

- **Project Description**

http://www.actsgeorgia.ge/index.php?sec_id=3&lang_id=ENG&info_id=31

- **PVO Panel Presentation**

www.childsurvival.com/documents/workshops/MiniUniversity/MiniU3/june_08/panel_am_1.ppt

- **FIRST YEAR ANNUAL REPORT**

pdf.dec.org/pdf_docs/PDACF652.pdf

- **Submit questions**

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