

Impact of Nutrition Education on Raising Awareness About Child Healthcare in Urban Slums of Patna District

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KEYWORDS

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ABSTRACT

The current study title "Impact of nutrition education in increasing awareness regarding health care of children in the urban slums of Patna District" were conducted in the area of urban slums where there were lack of basic facilities available to live a healthy life. The problems were observed at the first site. There was no proper drainage system, no proper sanitation and hygienic practices available. Health status of children depends on healthy living condition, proper, adequate and balanced diet. Children living in such area might get infected and the results is thus even they were getting good balanced diet were get infected and the children who were having high immune power can survive. Thus nutrition education will help to provide good health of children by providing knowledge regarding sanitation, hygiene and nutrition to mothers of children. Poor sanitation, lack of knowledge regarding nutrition, and during illness less feeding is also responsible for morbidity and mortality. The motto of Poshan Abhiyan has to be followed.

1. Introduction:

Children are the precious assets of future. Whole world is facing problems related to children's health which in latter period of their life cause many complications. Such as heart attack, diabetes, blood pressure, thyroid. lungs disease, kidney, blindness. If proper care is not maintained in early life period than health related problems arises time to time which hinder in their work to progress. In India the rate of mortality rate is 25.799 and morbidity rate refers to the rate at which illness or disease prevails in a population. Morbidity is the health of the population and the health care needed of the pollution. Problems of communicable and non- communicable disease has to be tackled by the country by making aware of health care to the public in large scale. Poor sanitation, unsafe drinking water supply, lack of awareness regarding nutrition and health care are the major cause of morbidity. To overcome all these problems nutrition education has to be provided in the community to all the mothers and care givers of children. Nutrition education takes place in multiple settings, different tools and materials are used, varieties of channels are utilised for educating different population groups (Piscopo, 2019). The government launched "National Nutrition Mission" (renamed as Poshan Abhiyan) in March 2018. National Nutrition Mission was backed by a National Nutrition Strategy prepared by NITI Aayog with the goal of attaining "Kuposhan Mukh Bharat" or malnutrition free India, by 2022. Nutrition is foundation for prosperity and economic growth. Investing one rupee in nutrition can generate sixteen rupees, as improved nutrition reduces stunting levels, leading to increased productivity in the country. Nutrition sits at the core of global level. Growth and immunity is influenced by the most important factor that is adequate nutrition.

2. Objectives

1. To find out socio economic status of community.
2. To find out infant feeding practices provided by mothers.
3. To provide nutrition education regarding nutritional needs of infants.
4. To reduce the high risk of malnutrition by providing knowledge.
5. To obtain impact of nutrition education in increasing awareness regarding health care of children in urban slums.

3. Justification for the Study

The value of health is not understood until it is lost. Inadequate feeding practices mainly due to lack of knowledge, make individual more prone to infection and malnourished. Majority of population does not receive basic health care and nutrition advice. The most common problem that affects infant mal-

nutrition, mortality and morbidity. To remove these problems communities must be helped to learn better habits of nutritional care of infants. A large number of common problems are self-curing with simple home remedies and best practices of breast feeding. The current study is therefore, undertaken to highlight problems and remedial measures to be taken to solve problems through nutrition education. During illness many nutrients of body are lost so proper intake of balanced diet is required. This is what to be taught in community through different teaching aids, such as charts, poster, and other sources as available. Nutrition education is necessary to lead, healthy, happy and productive life. Education will provide setting for important understanding of food and nutrition which community will apply on their day to day life. Nutrition education can provide foundation to the community regarding healthy habits and balanced nutrition which they can apply throughout their lives. The importance of nutrition education should be the integral part of all community for protection of good health.

4. Review of literature

>Lorem The present study title “Impact of nutrition education in increasing awareness regarding health care of children in the urban slums of Patna District” carried out in the state of Bihar. Patna is the capital of Bihar state. It is the largest and oldest city in Bihar. Most of the work related to economic used to be carried out in this city. So it’s quite natural that for the quest of benefit, better their lives people from rural areas have been migrated to this city Patna. These migrated people gave rise to the formation of slums. There are the slums which have history of 65 years and above at present. As per 2001 census of out of total population 0.25 % reside in slums of Patna but as per Community Development Programme (CDP) in July 2006 slums population residing in Patna estimated to be 63.5 %. Society for Participatory Research in Asia (PRIA) listed the names of slums which are under the Patna Municipal Corporation (PMC). Urban slums that are area located near drainage side, canal side and at centers of Patna District revealed the review of literature based on the objectives which has been explained in details taking all aspects which is beneficial for the study according to different researcher covering all areas which will make the study fruitful. This study gauge the influence of a nutrition education focus to improve the health of children by providing awareness and practices of children’s mothers on feeding in the urban slums of selected area of Patna District. Risk of mortality and morbidity increases if faulty hygiene and sanitation practices are their habit and life style (Fusta, et al., 2019). The most important aspect of community well- being is Sanitation (e.g. toilets, latrine, waste water) (Naughton and Mihelcic, 2017). Building a robust immune system requires good health with proper hygiene. Child malnutrition is associated with unsafe water, inadequate sanitation and poor hygiene, and unsafe hygiene practices are so much widespread that it has adverse effects on people’s health (UNICEF, 1988). Good hygiene practices are important, especially during the first few months of life to protect them from infection (Home Hygiene & Health). To maintain proper hygiene for good health, babies face, eyes, head, mouth, nails, umbilical cord must be cleaned properly everyday (Hygiene and daily care for babies). Our surroundings are covered with millions of germs, viruses, and parasites, our body can be a living and breeding space for all these microbes to grow and multiply, due to these reasons many deaths occurs due to infections of these microbes (Training Express). The importance of nutrition education got highly recognition due to gradually increase in the chronic disease such as heart disease, cancer, diabetes and obesity throughout the world. From many studies it has been seen that the nutrition education gets more beneficial when it gives focus on action and behavior rather than only on knowledge and that there should be connection between theory and research and practical approach in a systematic way. Theory is framed by identifying problems than related on the problems researches are carried out on the base of problems, the outcome of research may be practice and applied in daily life. This is how nutrition education is going to be fruitful in good sense. (Contento, 2011).

The effectiveness of nutrition education programme has been realized in preventing malnutrition and hence nutrition education is thoroughly provided in online basis through WhatsApp medium. It is to improve the behavior and attitude of mothers regarding providing balanced nutrients rich

complementary foods to infants. Nutrition education provided by WhatsApp media also had positive impact on the mothers behaviour and attitude towards improve complementary feeding process. (Rachmah, 2023). Nutrition status of urban children is very poor because the infant feeding practices are faulty. (Ghosh and Shah 2004). Immune system will become strong if the infants are provided with adequate and proper nutrients. (Ford, 2015). Lack of nutrition in infants will lead to impairment in health in the long term, when the infants grow to young they become stunted and the height will become several centimeters less. (WHO, 2021). In the urban area mother's education is considered as a strong predictors of child's nutritional status. (Abuya et al., 2012). Physical measurement such as height, weight, arm circumference of infants or children are used to determine the health and nutritional status of the communities. Anthropometric measurement is considered mandatory to assess nutritional status in children. (Srivastava et al., 2012). The mothers with no knowledge of maternal nutrition delivered infants with average weight while mothers with adequate knowledge bore infants with slightly higher than average. (Sur et al., 1997). If the mothers and caregivers are provided nutrition education on breastfeeding than there is increase in the height and weight of babies. (Akinrinmade et al., 2019). A newborn infant under the age of 28 days are at high risk of dying. So to improve the health condition and chances of survival of infants it is important to provide nutrition education to mothers and caregivers of infants so that infants will be provided with sufficient feeding and care during illness. Thus the foundation of healthy life of infants will be laid. (WHO). Assessing newborn health, infant mortality is defined as death that occurs within the first year, major cause is low birth weight (<2500g) (Wise, 2017). Research is design to study the health and nutritional status of infants because the gems and precious gift of nation's life are our infants. In future it is the health of infants which reflects in latter health of population of country. (Deghedi et al., 1999.). When breastfeeding has been reduced than the infants are more prone to diarrhoea and the growth of infants are also stunted. (Forste, 1998). Stunting growth of infants is the result of frequent and regular occurrence of diarrhoea, early weaning started and low birth weight of infants. (Adair and Popkin, 1997). Improvement in health and growth of infants during the first year of life is the result of breastfeeding (Neault, et al., 2007). The growth will be normal if the infants will be fed exclusive on breastfeeding for 4 months, complementary food will be introduced at six month and optimal environment for growth will be provided (Onis, et al., 2009). Study revealed that infants below six months worldwide are moderately wasted are 4.7 million (weight for length) and severely wasted (weight for length) are 3.8 million. (Kerac et al., 2011). The prevalence of low birth weight was 9.6% and it was delayed initiation of breastfeeding as compared to the normal birth weight babies. (Taha et al., 2020). Nutritional status of children is associated with nutritional knowledge of mothers. (Appoh and Kreckling, 2005). The risk of undernutrition may be reduced by providing nutrition education to infants' families. (Ojha et al. 2020). A study showed that there is less increase in body mass index due to energy, fats, carbohydrates intake by providing nutritional education. Study shows that there is increase in weight and hence effects of nutritional education is positive. (Dagmara et al., 2022). Study revealed that the nutritional status of infants who are undernourished has improved significantly through nutrition education. The knowledge of nutrition of infants mothers have significant improvement in increase in nutritional status of infants or children, hence nutritional knowledge is an effective measure in reducing the risk of malnutrition, therefore the need of nutrition education is important and it should be treated as urgent in community. (Kaur et al., 2015). Better child health has not been achieved due to obstacle by high malnutrition. (Ragini, 2014).

5. Research Methodology

The title of the present study "Impact of nutrition education in increasing awareness on the health of children in the urban slums of Patna District", Patna is the capital of Bihar State and according to the objectives, the study conducted in the urban slums of Patna District of Bihar. Selection of Area was done on the basis of maximum problem visible on the first site.

Patna district covers vast area so according to convenient area have been limited to Chakaram, Mandiri, Buddha colony and Patna Sadar to get sample and record data. Selected area was observed to find out

problem regarding drainage system, water logging or water stagnant, hygiene, sanitation, and health of infants. The problems of mothers and care givers were observed during the visit of selected area. Also observed the socio economic status of community. Participants were the mothers or the persons who were taking care of the children. The age of the children taken in present study was from birth to two years.

Sample size were two hundred children of age group from birth to two years from two hundred families.

Collection of samples were done through purposive random sampling. In anganwari low income group mothers usually come and mothers who were of child bearing age were selected

Tools used were questionnaire. On the basis of primary survey conducted in 2021 to 2022, information was recorded in questionnaire by interviewing mothers and care givers. The respondent approached with interview schedule containing question related to nutrition and children well-being. Anthropometry measurement that is weight and height of children were obtained and recorded. Secondary data is obtained from different sources such as Anganwari, journals and internet.

5.1. Plan of action

5.1.1 Pre Nutrition Education study: Tools used were Questionnaire to collect information regarding socioeconomic status, name, age, sex, income, education, religion, occupation of family, health of infants, hygiene, sanitation, cleanliness, breast feeding practices, knowledge regarding nutrition etc. Questionnaire were prepared and got it checked by experts. On the basis of primary survey conducted in 2021 to 2022, information was recorded in questionnaire by interviewing mothers and care givers. Anthropometry measurement i.e. height and weight of infants were obtained and recorded in questionnaire of each child. This collected information were pre nutrition education. Data was, coded, edited and recorded in XL sheet to find out the awareness of mothers regarding health of children before providing nutrition education. Accordingly, nutrition education was planned based on the observations.

5.1.2 Methods Applied for Nutrition Education: Individual contact, teaching through posters, discussions and method demonstration. participation of mothers.

5.1.3 Post Nutrition Education Study: Again questionnaire was prepared and data were collected to check the increase in awareness regarding health of children after providing nutrition education. data were obtained regarding breastfeeding, feeding schedule, faulty feeding practices, complementary feeding practices, different types of nutrients, benefit of adequate diet, health, hygiene, sanitation, cleanliness, and knowledge obtained regarding nutrition were obtained and recorded in the questionnaire by interviewing the mothers and the person who is taking care of infants Again data was coded, edited and recorded in XL sheet to find out awareness of mothers after providing nutrition education.

5.1.4 Response of Mothers: Response of mothers were obtained after providing nutrition education.

5.2. Data Analysis:

The obtained data were coded edited and fed into the computer for analysis. The datasets pertaining to Pre Nutrition Education and Post Nutrition Education were prepared separately and compared. An array of tables was prepared regarding weight age and height of children during pre - nutrition education and also post nutrition education after six months. Then data was analyzed and depicted through various tables in order to study the increase in the awareness percentage regarding the health of children pre and post the nutrition education provided to their mothers. The analysis brings about impact of Nutrition Education in the awareness of mothers on the health of children and all aspects connected to the health.

5.3. Tables:

Based on the achieved results tables were prepared to show the increase or decrease in awareness. All the objectives of the study were achieved.

6. Results and Discussion

The current study has attempted to record the malnourished children in urban slum and feeding, illness and health care provided by mothers and caregivers of children. Nutrition education were provided and home remedial nutrition action modules were developed and suggested to mothers and caregivers in order to find out improvement in the knowledge of nutrition and awareness and the health condition of children.

Results were obtained for a total of two hundred children from 200 families between age birth to two years in urban slum. The epidemiological factors which cause malnutrition to occur within specific social and demographic strata were studied.

It was observed that the residential area in which the subject lived were surrounded by blocked and open drains. There was no proper provision for solid waste material collection and disposal. There were heaps of waste material in the open drains as well as on the roads. It is obvious that the children residing in such unhygienic condition were vulnerable to communicable disease and malnutrition. Hygienic and sanitation condition were worst where the urban slums population were residing in Patna. Stagnant water in the drains with dirty and rotten articles with bad smells spreading in the environment making air impure. It was observed that most of the families (80 %) have migrated from rural area are nuclear family and remaining 20 % had a joint family structure. It was observed that 92 % belonged to Hindu religion and 8 % were Muslims. The language spoken by the families included 60 % Hindi, 15 % Bhojpuri and 25 % Magahi.

Sanitation is a health-related measures and it covers all aspects of the households and personal cleanliness. Majority of 80 % mothers said that they did not use a dust bin while 20 % said they use it. The drains inside the house were also blocked among 60 % of families. There were no facilities to remove waste daily.

It was observed that 60 % of household were surrounded by stagnant water. Through investigation it was also found that 65 % of the families did not keep potable water covered. Uncovered bucket filled with water kept aside. Stagnant pools of waste water around the houses, streets and in the drains in slum is public health hazard. It is obvious that poor protection of the household water and unhygienic drainage were causative factors in the prevalence of illness in children. It has also been reported that when drinking water is contaminated it can cause sickness and death among children (UNICEF, 1988). Poor personal cleanliness was observed. It was observed that majority of them did not take bath daily while some take bath daily. It is necessary to stress importance of personal hygiene, clean habits and environmental sanitation in our health education programme.

It was observed that all mothers were literate but non matric and all were housewives. It was observed that 16.5 % fathers were graduate, 36 % 12th pass, 42.5 % matric and 5 % 8th class pass. Result showed that 52.5 % fathers were farmers, 28 % fathers labour, 7.5 %) ad private job and 12 % were self-employed fathers.

It was observed that 92 % of families belong to Hindu families and only 8 % families belong to Muslim families.

On the basis of primary survey conducted in 2021-2022 It was observed number of percentage of mothers had increased in gaining knowledge regarding supplement food after providing nutrition education. Similar study found by Humanitarian Global, (2022).

It was observed that there was significant decrease in the number of percentage of malnourished children, slight increase in the number of percentage of normal children after providing nutrition education on the basis of primary survey conducted in 2021-2022. Nutritional status of children will improve by providing nutritional knowledge to mothers and caregivers investigated by Prasetyo, et al., 2023 in the study.

Table 1 Incidence of Common Illness

Illness	Infants (%)
Acute Respiratory Infection (ARI)	27.5
Gastrointestinal Problem (GI)	27.5
Measles	14.0
Fever	31.0

There was increase in the number of percentage of mothers giving positive response regarding keeping house clean, vessel clean, disposing garbage outside, using bin, washing everything before cooking, after providing nutrition education on the basis of primary survey conducted in 2021-2022. Similar results found in other studies.

As per primary survey conducted in 2021-2022, it was observed that mothers have increased awareness regarding, breastfeeding, colostrum, Exclusive Breast Feeding, vitamin C, rickets, diarrhoea, ORS, after providing nutrition education. In many other studies similar results were found.

6.1 Incidence of Common Illness

It was found in the study that common illness prevailed in urban slums based on primary survey conducted in 2021-2022 as depicted in Table 1, that mothers answered 27.5 % children were suffering from acute respiratory infection, 27.5 % were suffering from gastrointestinal problems, 14 % were suffering from measles and 31 % infants were suffering from fever as tabulated in Table 1.

It was observed that the surrounding area were having open drainage with all dirty and rotten things thrown in it which was spreading infections in air. The present study is very much beneficial for mothers to take care of their infants in common illness with the knowledge gain about home remedy so that nutrition loss will be restored by providing nutrition education.

6.2 Incidence of Acute Respiratory Infection (ARI):

It was observed during the primary survey conducted in 2021-2022 that 80 % children suffered from cold and cough, 60 % children suffered from running nose, 30 % from asthma and 20 % infants suffered from pneumonia as shown in Table 2. The present study showed that the incidence of acute respiratory infection in the urban slums was caused due to air pollution infections spread in the environment. The problems will be tackled by making policy regarding to stop pollution by local people and by state government and to some extent by mothers by herself in improving feeding habits by the knowledge gained through nutrition education.

Table 2 Incidence of Acute Respiratory Infection

Illness	Infants (%)
Cold & Cough	80
Running nose	60
Asthma	30
Pneumonia	20

6.3. Care during illness

It was observing during primary survey conducted in 2021-2022 as shown in Table 3, that 16.5 % mothers in case of acute respiratory, 5 % mothers in case of fever, 23 % mothers in case of gastrointestinal problem and 2.5 % mothers in case of measles took doctors help. Total 47 % of mothers took help from doctors during illness. 10.5 % mothers in case of acute respiratory. 1.5 % in case of fever, 6 % in case of gastrointestinal, 10.5 % in case of measles took the help of home remedy. Total 28.5 % mothers took home remedy during care of illness of infants. 3.5 % mothers in case of acute respiratory, 1 % in case of fever, 1 % in case of G.I, 1 % in case of measles took help of local healer. Total 6.5 % took help of local healer. 2 % mothers in case of ARI, and 2 % in case of fever prayed to God for help. Total 4 % mothers prayed to God for help. 8 % mothers in case of ARI, 3.5 % mothers in case of fever, 1.5 % mothers in case of G. I, and 1 % mothers in case of measles did nothing. Total

14 % mothers did nothing during illness of infants.

Table 3 Care During Illness

Treatment	ARI	Fever	G.I	Measles	Total
Doctor	16.5	5	23	2.5	47
Home Remedy	10.5	1.5	6	10.5	28.5
Local Healer	3.5	1	1	1	6.5
Pray to God	2	2			4
Nothing	8	3.5	1.5	1	14
Total	40.5	13	31.5	15	100

6.4. Nutrition Care in Illness

It was found in the study based on primary survey conducted in 2021-2022 that according to Table 4, 5 % mothers starve the child in case of ARI, 17.5 % mothers provided restricted diet, and 5 % mothers provided full diet. 10 % mothers starve the child in case of G.I, 17.5 restricted diet in case of G.I. 14 % mothers restricted diet in case of measles

Table 4. Nutrition Care in illness

Illness	Starve the Child	Restrict Diet	Full Diet	Total
ARI	5	17.5	5	27.5
Fever	10	20	1	31
G.I	10	17.5	-	27.5
Measles	-	14	-	14
Total	25	69	6	100

6.5. Reason for not being Immunized

It was observed in the study that 40 % mothers gave reason that due to lack of awareness not immunized baby, 32 % mothers gave reason that child cries and 28 % gave reason that child get sick based on the primary survey conducted in 2021-2022.

6.6. Response of mothers

Table 5. Response of mothers regarding nutrition education module

Quoted by mothers	No. of mothers	% of mothers
Preparation is easy	33	16.5
Dietary care will be provided	44	22
Child will accept food	56	28
Child will feel strong	23	11.5
Infant health will be protected	44	22

Mothers gave positive response regarding nutrition education module 16.5 % said preparation is easy, 22 % said dietary care will be provided, 28 % said child will accept food, 11.5 % said child will feel energetic and 22 % said infants' health will be protected based on the survey conducted in 2021-2022.

7. Summary and Conclusion

The main objective of the present study “Impact of Nutrition Education in increasing awareness on the health of children in the urban slums of Patna District” is to assess the socio economic status of community, to record the height and weight of children, to assess the feeding practices provided by mothers, knowledge of care givers and mothers regarding feeding practices of children, to assess the knowledge of mothers regarding nutrients, to assess the sanitary and hygiene practices, to assess the immunization status, and to assess the dietary care given to children during illness and to assess the nutritional status of children. Finally, to assess the impact of nutrition education in the increasing awareness on the health of children.

Firstly, 200 infants from 200 families were selected for the study from urban slums (Mandiri, Chakaram, Buddha colony and Patna Sadar) of Patna District. Then assessment of nutritional knowledge of mothers, assessment of feeding practices of children (Birth to 2 years), immunization status of children and nutritional status of children was done with the help of proper schedule before providing nutrition education and after providing nutrition education. The findings revealed that:

Knowledge of mothers was obtained by asking question regarding feeding schedule. It was observed that nutritional status of infants has improved after providing nutrition education. The percentage of underweight infants were 48.5 before nutrition education whereas the percentage of underweight infants were found to be only 15 %. Before nutrition education only 20 % infants found to be of normal status of health whereas after providing nutrition education 60 % infants found to be of normal status. Thus it has been concluded that the nutrition education has positive impact on the health of infants. The objectives of the current study “Impact of nutrition education in increasing awareness on the health of children in the urban slums of Patna District” is to find out nutritional status of infants after providing nutrition education to mothers or caregivers to infants in the urban slums of Patna District. The main reason for nutritional status of infants in urban slums are lack of knowledge of diet and wrong habits of mothers and caregivers. Child care and feeding, sanitation, and hygiene are indirectly related to the cause of malnutrition. Urban slums should be also made aware about good hygiene and sanitation practices to remain free from disease. Nutrition education will give positive impact on the health of infants in the urban slums in future as the study shows after analysing data. According to objectives of study all area was covered during primary survey conducted. Analysis of pre nutrition education and post nutrition education data were done and accordingly tables were prepared and then the impact of nutrition education was obtained. It was found that mothers and caregivers were very interested to ameliorate the health of their infants. Swachh Bharat Mission (SBM) and Jal Jeevan Mission (JJM) should not just remain in poster and banner or advertisement but it should be come in practice. Policies and environment should be created to increase secretion of milk. Maternal education programmes should be developed and implemented to educate mothers. Exclusive Breast Feeding message should be spread far and wide. Nutrition education provides appropriate information through which behaviour of people get changed to accept right type of nutrition which can reduce the risk of health. Suggestion regarding colostrum is that all methods should be made aware to the mother before infants birth about how the secretion of colostrum is possible. Positive response of mothers was obtained after gaining knowledge through nutrition education. Lots of conclusion were drawn after analysing data regarding health status of infants, frequency of common illness among infants, feeding practices and lifestyle and dietary care during illness. Positive responses were seen by mothers regarding age of the introduction of nutritious food, different types of nutrients useful for different organs of body of infants such as vitamin C and D, supplementary food given to infants, introduction of weaning foods, complementary foods. It was observed that 10.5 % infants suffered from ARI, 77 % suffered from fever, 11.5 % suffered from asthma, 10.5 % suffered from measles, 77 % suffered from diarrhoeas and 11.5 % suffered from others illness.

They became aware of why their baby remain sick constantly, it was obtained that 59 % infants remain constantly sick. Number of breast fed mothers were less before nutrition education and the percentage increased after nutrition education because they became aware how to increase secretion of milk through low cost recipe of secretion of milk for lactating mothers. Mothers were also very interested to gain knowledge about how to improve the health of infants and ready to do anything for the betterment of their infants. This knowledge should be provided through various schemes implemented by the Government because the conclusion drawn in this study is that the nutrition education has great everlasting impact on health status of infants. This research will provide idea to prevent future epidemiology and if it occurs how to cope with it.

Thus it is concluded that there is urgency countrywide for the improvement of nutritional status of children of urban slums as it is one of the most vital and susceptible assemblage of our society and there is record level of prevalence of loss in this locality from morbidity and mortality due to lack of

proper feeding practices, nutrition, proper hygiene and sanitation and need of correct continuing nutrition education of mothers. Hence, it is a formidable role of scientists, teachers, extension workers, health workers and the Government to amalgamate all attempts and efforts for the enrichment of nutritional status and health of infants of urban slums primarily located in Patna District. All these attempts, efforts and endeavor will go in vein without providing proper nutrition education to each and every community on a regular basis.

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