

ABSTRACT

Introduction: In Uganda, it was estimated that 63% of mothers initiate complementary feeding before six months and most of these are in urban areas leading to about 2.3 million young children to be chronically malnourished. In addition, 16% of children under 5 are underweight while 6% are wasted, and 12% of women are malnourished (UDHS, 2016). This attracted the researcher to carry out a study about the factors associated with initiation of complementary feeds among infants aged 6 to 24 months in Ggogonya Village, Nsambya Parish, Makindye Division, Kampala District. The specific objectives included; to assess the prevalence of initiation of complementary feeds to assess the demographic, social economic and knowledge level factors associated with initiation of complementary feeds among infants aged 6 months to 24 months.

Methodology: The study employed a descriptive and cross sectional research design based on quantitative method of data collection. A sample size of 398 respondents who were caretakers of infants aged 6 months to 24 months was used and were selected by systematic and simple random sampling. Data was collected using researcher-administered questionnaires.

Results: Prevalence of in appropriate initiation of complementary feeds was high at 270 (67.8%). Demographic factors were significantly associated with initiation of complementary feeds among infants included; age ($\chi^2 = 36.41$, $P=0.000$), birth order of this child ($\chi^2 = 10.16$, $P=0.038$), place of delivery ($\chi^2 = 6.13$, $P=0.047$), gender of the respondent ($\chi^2 = 5.79$, $P=0.016$), age of the respondent ($\chi^2 = 21.24$, $P=0.000$), marital status of the respondent ($\chi^2 = 9.22$, $P=0.027$) and Number of children who currently lived in the household ($\chi^2 = 10.17$, $P=0.017$). Social-economic factors included; being employed ($\chi^2 = 5.34$, $P=0.021$). Knowledge level included; time of initiation of complementary feeds ($\chi^2 = 8.48$, $P=0.014$), Importance of initiation of CF in case a child wants to eat ($\chi^2 = 7.24$, $P=0.007$), knowledge about any danger in starting complementary feeds early ($\chi^2 = 4.47$, $P=0.034$), aware of any danger of late CF ($\chi^2 = 4.87$, $P=0.027$), importance of feeding a child on vitamin A foods ($\chi^2 = 16.69$, $P=0.002$), washed hands washing ($\chi^2 = 7.75$, $P=0.005$), time children's utensils were washed ($\chi^2 = 6.44$, $P=0.040$), Used soap to wash the utensils of the child ($\chi^2 = 16.42$, $P=0.001$), washing of child's utensils ($\chi^2 = 21.67$, $P=0.000$), storage of child's utensils ($\chi^2 = 12.07$, $P=0.001$), Mode of feeding the child ($\chi^2 = 9.78$, $P=0.021$).

Conclusion: Initiation of complementary feeds was poor mainly due to inadequate knowledge about complementary feeds and poor hygiene in preparation and serving of foods and utensils

Recommendations: Health-care workers should health educate caretakers about complementary feeds especially on the importance of initiation of complementary feeds at the right time even if the child wants to eat and caretakers should always maintain good hygiene of foods and utensils