

SEPTEMBER 2016

# The SHIKHA

## *Project*

Improving Knowledge  
and Practice of Infant and  
Child Feeding and Maternal  
Nutrition

**ENDLINE SURVEY REPORT**



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## List of Acronyms

<b>BDHS</b>	Bangladesh Demographic and Health Survey
<b>BF</b>	Breast-feeding
<b>BRAC</b>	Bangladesh Reconstruction Action Committee
<b>CF</b>	Complementary feeding
<b>CIPRB</b>	Centre for Injury Prevention and Research, Bangladesh
<b>DDS</b>	Dietary diversity score
<b>DGFP</b>	Directorate General of Family Planning
<b>DGHS</b>	Directorate General of Health Services
<b>EBF</b>	Exclusive breast-feeding
<b>FHI 360</b>	Family Health International
<b>FLW</b>	Front line workers
<b>FTF</b>	Feed the Future
<b>GOB</b>	Government of Bangladesh
<b>IPHN</b>	Institute of Public Health Nutrition
<b>IYCF</b>	Infant and young child feeding
<b>MNCH</b>	Maternal newborn and child health
<b>M&amp;E</b>	Monitoring and evaluation
<b>NNS</b>	National Nutrition Services
<b>PK</b>	Pusti Kormi
<b>PO</b>	Program organizer
<b>PN</b>	Postnatal
<b>PW</b>	Pregnant women
<b>SBCC</b>	Social and behavior change communication
<b>SHIKHA</b>	Shishur Khawano, Bangla for infant and young child feeding
<b>SK</b>	Shasthya Kormi
<b>SS</b>	Shasthya Shebika
<b>TARC</b>	Training and Research Centre
<b>TIPS</b>	Trials of Improved Practices
<b>UNICEF</b>	United Nations International Children’s Education Fund
<b>USAID</b>	United States Agency for International Development
<b>WHO</b>	World Health Organization

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## 1 Executive Summary

### Background

Malnutrition among pregnant women and children less than two years old is a major public health concern in Bangladesh. In order to improve the maternal diet practice and to reduce under-nutrition among children less than two years old, the SHIKHA project has been designed and implemented in the Feed the Future zone of Bangladesh in 26 sub-districts of Barisal and Khulna Divisions. The project designed a multi-faceted program, consisting of home visits, health forums, social mobilization, and a mass-media campaign.

Social and behavior change (SBC) interventions have been applied in the past to improve the diets and nutrition of pregnant women and children less than two years. However, knowledge gaps exist regarding the effectiveness of large-scale SBC programs. This study was designed to evaluate the effect of a large-scale SBC project, the SHIKHA intervention, in order to provide a strategic direction for quality improvement and to document the lessons learned during the project.

### Methods

The intervention consisted of interpersonal counseling delivered by trained community workers through home visits, social mobilization conducted during village meetings, women's health forums, messages given by health workers during antenatal and postnatal sessions, and mass communication. At baseline, midline, and end line, we randomly selected 509, 515, and 1,275 pregnant women, respectively, from the intervention area and collected data about diet-related knowledge, dietary intake, and socio-demographic characteristics. From randomly selected non-intervention (control) areas, we interviewed 514 and 1,016 pregnant women at midline and end line, respectively. The dietary diversity score (DDS) for each woman in the study was calculated by totaling the number of food groups (from nine groups) consumed in the 24 hours before the women were interviewed. In addition to pregnant women, ~1,500 mothers of children less than two years old were also randomly selected from the intervention area in the three (baseline, midline, and end line) surveys and interviewed about feeding practices for infants and young children.



## Results

### *Diets of pregnant women*

All of the pregnant women in the three (baseline, midline, and end line) surveys consumed starchy foods. Most of them consumed flesh foods (86%, 79%, and 81%), mostly fish, as measured during the three survey points. A relatively smaller proportion of pregnant women consumed dairy products and leafy vegetables (17% and 50%, respectively) at baseline, which has slightly increased or remained unchanged at end line (19% and 50%, respectively). Egg intake improved from 28% at baseline to 36% at end line. About two-thirds or more of the respondents at baseline knew that pregnant women should eat these foods —dairy products (66%), leafy vegetables (73%), and eggs (65%) — which increased significantly at the end line to 78%, 96%, and 90%, respectively).

The overall mean dietary diversity score of pregnant women in the baseline survey was  $4.28 \pm 1.08$ , which significantly increased to  $4.48 \pm 0.98$  at the midline, and reached  $4.76 \pm 1.16$  in the end line survey. The baseline score was consistent with the nonintervention-area score. The score was unchanged among adolescent pregnant women at midline (one year after the intervention began); however, this changed by the end line survey, after the project placed greater emphasis on counseling adolescent pregnant women in the presence of their family

### *Infant and young child feeding indicators*

Except for the exclusive breast-feeding rate, all of the indicators for infant and young child feeding (IYCF) improved by more than 12% between the baseline and end line surveys. About 62% of the respondents initiated breast-feeding within an hour of childbirth at baseline, which increased to 83% at end line. Less than a fifth (18%) of the children were eating a minimally acceptable diet at baseline, which more than doubled to 52% by endline

Among mothers who had children of 6-to-23 months old, only 12% had a hand-washing station at the child feeding area at baseline, but this rate more than doubled by midline (27%) and rose dramatically by endline (70%).

## Conclusion

The SHIKHA intervention achieved almost all its objectives for the dietary diversity of pregnant women (PW) and the practices for infant and young child feeding (IYCF). The lone exception was exclusive breast-feeding, which was already high at the baseline, most likely due to inclusion of predominantly breastfed women as exclusively breastfed.

The pregnant women's mean DDS was 4.28 at baseline, but it improved to 4.48 by midline, and 4.76 by end line. There was no change in the baseline and midline scores among adolescent pregnant women; but their scores eventually improved after special efforts including involving their family members in the counseling and demonstration sessions. The intake of dairy products, eggs, and leafy vegetables were low (17%, 28%, and 50%, respectively) at baseline, even though two-thirds or more of the respondents knew that pregnant women should eat these foods. By the end of the project, knowledge about the importance of eating a variety of foods improved, and the intake of eggs, vitamin-A-rich fruits, and vegetables substantially improved.

A significant improvement was also seen in all the IYCF indicators, despite the brevity of the intervention period. Except for the rate of exclusive breast-feeding, the improvements substantially exceeded the original target values of the SHIKHA project for all the IYCF indicators. Proportion of children fed a minimally diversified diet almost tripled from 21% at the baseline to 57% at the end line; this contributed to a substantial improvement in the proportion of children who had the minimum acceptable diet, from 18% to 52%. The presence of a hand-washing station at the child feeding area also improved substantially, from 12.2% to 69.9%.

Overall this large-scale SBCC project helped to improve the dietary diversity of pregnant women and the IYCF practices among children under two-years old in rural southwest Bangladesh. The scale-up of such projects to cover wider areas should be considered for the future.

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## 2 Background

It is well known that nutritional status is important to maternal and child health. Inadequate nutrition among women is a widespread problem in developing countries. Nevertheless, compared to other developing countries, Bangladesh consistently has a higher prevalence of under-nutrition among women in the population (Osmani *et al.*; 2003). The Bangladesh Demographic and Health Survey (BDHS) reports published in 2011 and 2014 showed that 24% and 19% of married women of reproductive age (15 to 49 years old), respectively, have a body mass index (BMI) less than 18.5 and are considered to be undernourished (NIPORT, 2011, 2014). It has also been found that there is a strong association between a low BMI (or underweight) and mortality among married women in Bangladesh (Pierce *et al.* 2010). As in other developing countries where pregnant women suffer from micronutrient deficiencies — including iron (Ronnenberg, A. G., 2000), iodine, zinc, vitamin A and B complex deficiencies (Huffman, S. L., 1999, Ramakrishnan, U., 2002, Seshadri, S., 2001) — pregnant women in rural parts of Bangladesh also have widespread deficiencies of iodine (Shamim, A. A., 2012), vitamin B 12, zinc (Shamim, A. A., 2013) and vitamin E (Shamim, A. A., 2015). Also, under-nutrition is the underlying cause of 3.5 million deaths and 35% of the burden of diseases among children less than five years old (under-five children) worldwide (Black *et al.*, 2008). Of the total global disability-adjusted life-years (DALYs), 11% are due to childhood malnutrition alone. About 80% of the undernourished children in the world live in just 20 countries within Africa, the Middle East, Asia, and the Western Pacific; Bangladesh is one of these countries (Bryce, J., 2008). The prevalence of malnutrition is very high in Bangladesh and is one of the leading causes of morbidity and mortality among children (Jesmin, A.; 2011).

Malnutrition among children less than two years old is a major public health concern in Bangladesh (NIPORT, 2011). Despite significant improvements in child health, the levels of malnutrition in Bangladesh are still among the highest in the world (NIPORT, 2011; UNICEF Bangladesh, n.d.).

The main reasons for the high rates of childhood malnutrition in Bangladesh are intrauterine growth retardation, a lack of exclusive breast-feeding, often delayed and inappropriate complementary feeding, repeated attacks of infectious illnesses, seasonal food insecurity (which occurs more commonly during autumn in the northern part of the country), and widespread micronutrient deficiencies (Ahmed & Ahmed, 2009).

Dietary intake and infectious diseases are causal factors for under-nutrition and both are closely inter-linked (Rahman & Chowdhury, 2007). Poverty is an important factor (Vella et al., 1992), but not always the most important. Inappropriate infant and young child feeding practices are among the most serious obstacles to maintaining adequate nutritional status, and contribute to levels of malnutrition in Bangladesh that are among the highest in the world (IPHN, 2007).

The etiology of childhood malnutrition is complex, involving interactions of biological, cultural, and socioeconomic factors. In most South Asian countries, poverty, high population density, low status of women, poor antenatal care, high rates of low birth weight, unfavorable child caring practices, and poor access to child healthcare are the underlying contributors to the development of malnutrition (Nahar, B.; 2010). These factors are further aggravated in Bangladesh because many families do not have the knowledge or skills to practice proper IYCF. These families often have little access to safe water, proper sanitation, hygiene, and adequate health facilities. Also, the women in Bangladesh often have little power to make decisions in the family.

In order to improve maternal diet and reduce under-nutrition among children less than two years old, the SHIKHA project has worked in the FTF zone of Bangladesh in 26 sub-districts of the Barisal and Khulna Divisions.

The major objectives of the SHIKHA intervention were to improve:

- Dietary diversity of pregnant woman
- Early initiation of breast-feeding
- Exclusive breast-feeding from birth through the first six months
- Quality and quantity of complementary feeding
- Hand-washing with soap before preparing food and feeding children who are less than 2 years old

SHIKHA was designed as a multi-faceted program, consisting of home visits, a health forum, social mobilization, a media campaign, and the engagement of trained community workers in every village, which was implemented by BRAC. Another media campaign was implemented by Asiatic in every media-dark and hard-to-reach village in 26 sub-districts of the Barisal and Khulna Divisions.

This study was designed to evaluate and monitor the effect of SHIKHA interventions to provide strategic direction and improve the quality of future programs.

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### 3 Objectives

- a. Assess the knowledge and practice of pregnant women on diet diversity during pregnancy
- b. Assess the knowledge and practices of mothers of children (less than 6 months old) on exclusive breast feeding (EBF)
- c. Assess the coverage of mothers of children (less than 6 months old) who were counseled during home visits

- d. Assess the coverage of mass-media messages on breast-feeding among mothers of children (less than 6 months old)
- e. Assess the knowledge and practices of mothers of children (6 to 24 months old) on their consumption of a “minimum acceptable diet”
- f. Assess the coverage of mothers of children (6 to 24 months old) were counseled during home visits
- g. Assess the coverage of mass-media messages on complementary feeding among mothers of children (6 to 24 months old).
- h. Assess the perceptions and practices of mothers of children (6 to 24 months old) with respect to washing hands with soap and water before feeding a child
- i. Assess the presence of a hand-washing station (water and soap or soapy water) near the food-preparation or child-feeding area
- j. Assess the coverage of mothers of children (6 to 24 months old) who were counseled during home visits on the installation of a hand-washing station
- k. Assess the coverage of mass-media messages on IYCF and hand-washing among the mothers of children (6 to 24 months old)
- l. Assess the effect of orientation training for father’s on the practice of proper IYCF

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## 4 Methods

### Study design

In order to evaluate the SHIKHA intervention, three cross-sectional surveys were conducted at three points in time: baseline (before the program was implemented), midline (starting more than a year after baseline), and endline (starting more than two years after baseline).

This report is prepared from the endline survey data of the SHIKHA intervention area, and these data are compared to baseline and midline survey data. Each cross-sectional survey was designed to assess maternal knowledge and practices of IYCF, and the nutritional knowledge and practices of pregnant women.

The baseline survey was conducted during November and December 2013; the midline survey was conducted from December 2014 to May 2015; and the endline survey was conducted from December 2015 to April 2016.

### Study location

The study was conducted in the intervention sub-districts in Barisal and Khulna division of Bangladesh. Four other sub-districts were included as non-intervention areas to serve as “controls” for the study of pregnant women and nutrition.

### Study population

The population for the assessment included:

- Mothers of children (0 to 23 months old)
- Pregnant women



## Sampling

A cluster randomization sampling technique was adopted in this endline study. Details of the sampling frame are described in Figure 1. Two sub-districts were selected from each of the 4 project districts in Barisal and 2 more from the single-project district in Khulna division, for a total of 10 sub-districts. A total 255 villages were selected; 25 to 26 villages were chosen randomly from each of the selected 10 sub-districts. Four additional sub-districts comparable to those of the intervention sub-districts were selected from a non-intervention area (for pregnant women) in the same or nearest region and 32 to 33 villages were selected randomly from each district, for a total of 130 villages.

A team of data collectors visited all the households of the selected villages, read a brief consent form, and recorded the presence of all mothers of children (0 to 23 months old) and pregnant women. The team generated a complete list from which participants were selected randomly. At the endline (but not midline or baseline), 5 pregnant women and 6 mothers of children under 2 years old were randomly chosen from each of the selected 255 villages, following a list prepared through visiting all households of the selected villages. At midline, 2 pregnant women and 6 mothers of children under 2 years old were randomly chosen, following a prepared list. A greater number of pregnant women were included in the endline survey (compared to baseline and midline) to accommodate a stratified analysis of adolescent pregnant women (to investigate some indicators showing that pregnant adolescents did not improve their dietary diversity at midline). Members of the village communities helped to identify the center of each village, and data collectors moved counter-clockwise through the village to find eligible respondents.

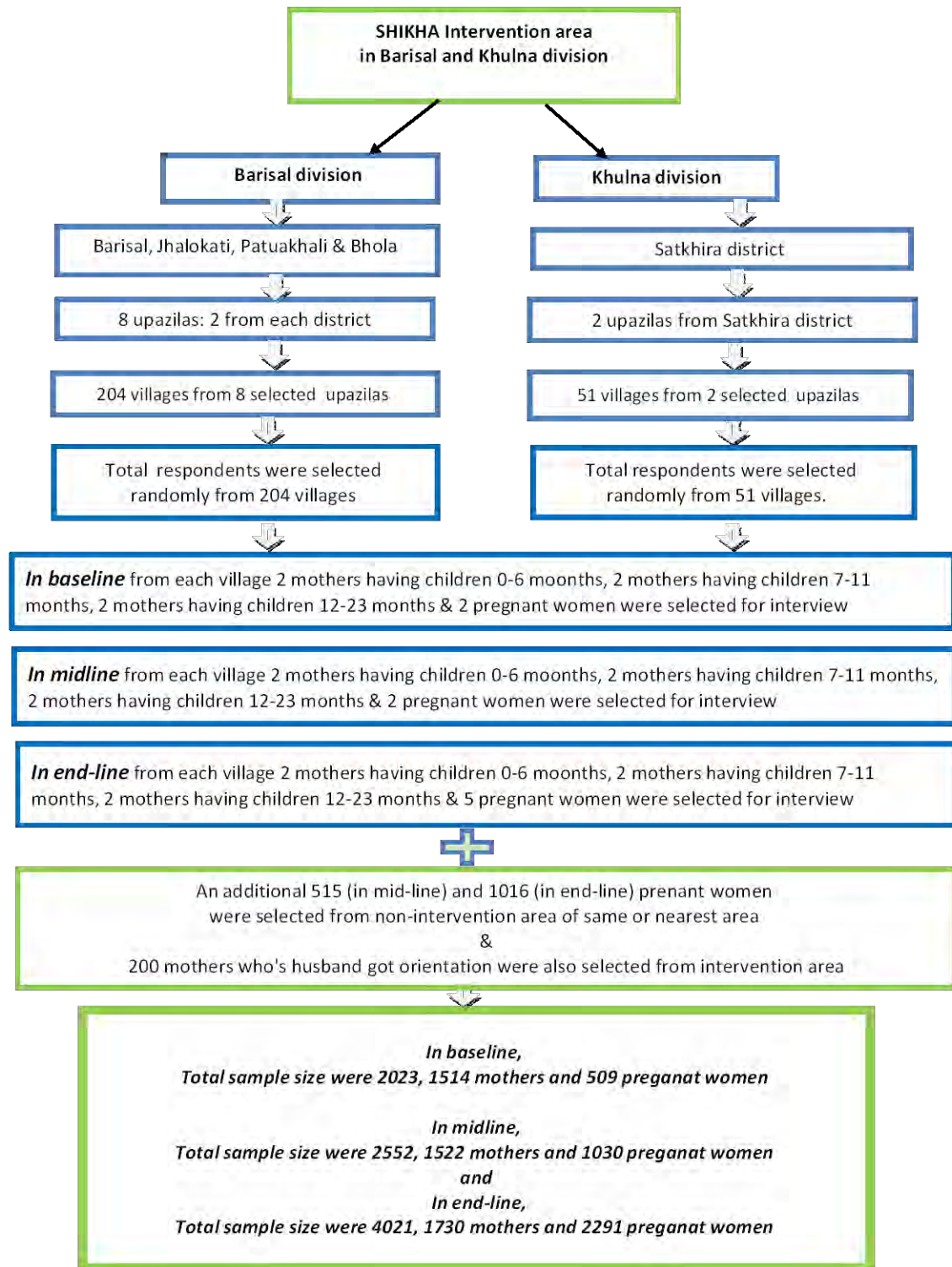


Figure 1. Sampling frame

## Sample size

The sample-size calculation was based on a one-sided hypothesis of effect with a level of confidence  $(1 - \alpha)$  of 95% and a power  $(1-\beta)$  of 80%. The sample sizes required for a minimal detectable difference for various indicators between the baseline and endline data are shown in Table 1A.

Sample size was calculated using the following formula:

$$n = n'/4 * [1 + \sqrt{1 + 2(c+1)/(n'c | p^2 - p^1 |)}] ^2$$

with

$$n' = \frac{[z(1-\alpha/2) \sqrt{(c+1)p(1-p)} + z(1-\beta) \sqrt{c^* p_1(1-p_1) + p_2(1-p_2)}]^2}{2}$$

$$c^* = \frac{(p_2 - p_1)^2}{(p_1 + cp_2)(1+c)}$$

$p^1$  = prevalence of various indicators (EBF rate) before intervention

$p^2$  = prevalence of various indicators (EBF rate) after intervention

$c$  = ratio of before and after intervention = 1

$z_{\alpha}$  = alpha risk = 95%

$z = (1-\beta)$ : described power = 80%

**Table 1A: Calculated sample size for different IYCF indicators**

Indicators	Baseline	Endline	Sample size	Final sample size (70% inflated to address the design effect)
Exclusive breast-feeding rate of < 6-month-old children	62	74	253	430
Proportion of mothers of 0-6 months-old children counseled and supported on EBF by health workers/volunteers	5	85	7	12
Proportion of mothers of < 6 months-old children counseled during home visits	5	85	7	12
Proportion of mothers who recall an EBF message in the mass media	30	60	49	83
Proportion of mothers of 6-23 months-old children who provide a minimum acceptable diet	20	32	225	383
Proportion of mothers of 6-23 months-old children who recall a complementary-food message in the mass media	20	70	19	32
Proportion of mothers of 6-23 months-old children who were counseled and supported on CF by health workers/volunteers in the past month	5	85	7	12

Proportion of mothers with children 6-23 months old who wash hands with soap before child feeding	15	25	270	459
Proportion of mothers who recall a hand-washing message in the mass media	10	60	17	29

**Table 1B: Calculated sample size required for maternal diet diversity (DD) score**

**Sample for comparing the intervention and non-intervention areas**

	<b>Nonintervention area (mean DD)</b>	<b>Intervention area (mean DD)</b>	<b>Sample size</b>	<b>Final sample size (70% Inflated to address design effect)</b>
Endline survey	4.28	4.53	302	513

**Sample for comparing baseline and midline/endline surveys**

	<b>Baseline (mean DD)</b>	<b>Midline and endline (mean DD)</b>	<b>Sample size</b>	<b>Final sample size (70% Inflated to address design effect)</b>
Endline survey	4.28	4.53	302	513

These calculations resulted in an estimated need for 253 mothers having a 0-6 months-old child, 215 mothers having 7-12 months-old children, and 215 mothers having 13-23 months-old children. This was adjusted upwards to 500 mothers having 0-6 months-old children, 500 mothers having 7-12 months-old children, and 500 mothers having 13-23 months-old children.

Therefore, to assess IYCF knowledge and practices, a total of 1530 mothers were interviewed in the intervention area. This included 500 mothers having children 0-6 months old and 1,022 mothers having children 7-23 months old. In addition, 200 mothers were interviewed from intervention areas in which the husbands were received orientation on IYCF knowledge and practices.

A total of 2,291 pregnant women were randomly selected for interviews — 1,275 from intervention areas and 1,016 from non-intervention areas. Pregnant women were selected separately in order to obtain information on knowledge and practices of diet during pregnancy. After upward adjustment the total sample size was 4,050 women. However, after cleaning and editing the final number of respondents was 4,021.

The final samples for different indicators and population groups are shown in Table 2.

**Table 2: Sample size by population groups (for endline)**

	<b>Intervention area</b>	<b>Nonintervention area</b>	<b>Total</b>
Pregnant women	1275	1016	2291
Mother having children less than 6 months old	510	-	510
Mother having children 6-23 months old (to ensure representation of younger infants, 50% will be selected from the 6-12 months age group)	1020	-	1020
Mothers whose husbands received orientation training on IYCF knowledge and practices	200	-	200
<b>Total</b>			<b>4021</b>

### **Data-collection procedure**

In the endline survey, data were collected by using a digital data-collecting tool (mobile tablet). Qualtrics Survey Software was used to design the questionnaires for the pregnant women and IYCF, and then installed on the mobile tablets. Nineteen experienced data collectors were recruited and trained to collect the information by using digital tools. These data collectors were divided into six teams, 5 for the intervention areas and 1 for the non-intervention areas. For the intervention areas, each team consisted of 3 data collectors and 1 supervisor; the team for the non-intervention areas consisted of 4 data collectors and 1 supervisor. One team was deployed in each sub-district. Each team in the intervention areas collected data on IYCF and maternal nutrition from 51 villages in each sub-district.

A village was considered as the cluster. Every day, each team in the intervention areas surveyed one village and interviewed 2 mothers having children 0-6 months old, 4 mothers having children 7-23 months old, and 5 pregnant women. By contrast, each team in the non-intervention areas surveyed 8 pregnant women every day. The supervisor selected respondents randomly from the complete list of women, and provided the list to the data collectors on the day of the interviews. Informed consent was administered by the data collector to each study participant before the questionnaire was started. Each day, 6 supervisors observed the data-collection activities of the data collectors.

### **Quality control**

To maintain the quality of the study, the following initiatives were performed:

- a. Draft questionnaires were pre-tested by the investigators; questions were adjusted as needed.
- b. The project recruited qualified data collectors and supervisors who had previous experience collecting similar kinds of data.

- c. Comprehensive hands-on training was provided to the data collectors and supervisors inside the classroom and in the field by the investigators. The supervisors were also trained on supervision and monitoring techniques.
- d. Supportive supervision was provided to the data collectors by the supervisors.

### **Data analysis**

Data were uploaded to the website by the supervisor each day after collection. The uploaded data were downloaded, transferred, and then analyzed in SPSS version 22. For monitoring purposes, the data were checked and analyzed on a weekly basis.

Descriptive analyses are shown and presented in proportions and frequencies.

### **Ethical considerations**

The ethical clearance for the study was obtained from the local competent authority by the CIPRB, (the research institution of the principle investigator) and also from the Office of the International Research Ethics (OIRE) of FHI 360.

**Human subject protection training:** All of the investigators involved in this study completed the National Institutes of Health (NIH) web-based training course on Protecting Human Research Participants. Researchers trained the field workers on ethical issues.

### **Operational definitions**

**Early initiation of breast-feeding:** Proportion of children born in the last 24 months who were put to the breast within one hour of birth (WHO indicators, 2008)

$$\frac{\text{Children born in the last 24 months who were put to the breast within one hour of birth}}{\text{Children born in last 24 months}}$$

**Exclusive breast-feeding under six months:** Proportion of infants 0-5 months of age who are fed exclusively with breast milk (WHO indicators, 2008)

$$\frac{\text{Infants 0-5 months of age who received only breast milk the previous day}}{\text{Infants 0-5 months of age}}$$

**Introduction of complementary foods:** Introduction of solid, semi-solid or soft foods: Proportion of infants 6-8 months of age who receive solid, semi-solid, or soft foods (WHO indicators, 2008)

$$\frac{\text{Infants 6-8 months of age who receive solid, semi-solid or soft foods}}{\text{Infants 6-8 months of age}}$$

**Correct Introduction of complementary foods:** Introduction of solid, semi-solid, or soft foods: Proportion of infants who initiated solid, semi-solid or soft foods at 6-7 months (181-210 days). (WHO indicators, 2008)

**Dietary diversity:** Minimum dietary diversity: Proportion of children 6-23 months of age who receive foods from 4 or more food groups (WHO indicators, 2008)

Children 6-23 months of age who received foods from  $\geq 4$  food groups during the previous day  
Children 6-23 months of age

**Minimum meal frequency:** Minimum meal frequency: Proportion of breastfed and non-breastfed children 6-23 months of age, who receive solid, semi-solid, or soft foods (but also including milk feeds for non-breastfed children) the minimum number of times or more. (WHO indicators, 2008)

The indicator is calculated from the following two fractions:

Breastfed children 6-23 months of age  
who received solid, semi-solid, or soft foods the minimum number of times or more during the previous day  
Breastfed children 6-23 months of age

and

Non-breastfed children 6-23 months of age  
who received solid, semi-solid, or soft foods the minimum number of times or more during the previous day  
Non-breastfed children 6-23 months of age

**Minimum acceptable diet:** Proportion of children 6-23 months of age who receive a minimum acceptable diet (other than breast milk). (WHO indicators, 2008)

This composite indicator will be calculated from the following two fractions:

Breastfed children 6-23 months of age who had at least  
the minimum dietary diversity and the minimum meal frequency during the previous day  
Breastfed children 6-23 months of age

and

Non-breastfed children 6-23 months of age who received at least 2 milk feedings and had at least  
the minimum dietary diversity not including milk feeds and the minimum meal frequency during the previous day  
Non-breastfed children 6-23 months of age

### **Correct quantity of age-specific complementary food in 24 hours**

- For children 7-8 months old — 250ml (one cup)
- For children 9-11 months old — 375 ml (one and a half cups)
- For children 12-23 months old — 750 ml (three cups)

### **Correct frequency of age-specific complementary foods in 24 hours**

- For children 7-8 months old — 2 times a day
- For children 9-11 months old — 3 times a day
- For children 12-23 months old — 3 times a day

### **Women Dietary Diversity scores (WDD)**

Dietary diversity scores are calculated by summing the number of food groups consumed in the household or by the individual respondent over the 24-hour recall period.

Values for the dietary diversity variable were calculated by summing all food groups included in the dietary diversity score (nine for women). (FAO guidelines)

### **Food groups for WDD**

1. Starchy staples
2. Dark green, leafy vegetables
3. Other vitamin A-rich fruits and vegetables
4. Other fruits and vegetables
5. Organ meats
6. Meat and fish
7. Eggs
8. Legumes, nuts, and seeds
9. Milk and milk products

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## **5 Results**

Section 1: Maternal nutrition knowledge and practices of pregnant mothers

Section 2: Maternal nutrition counseling during home visits

Section 3: IYCF knowledge and practices of mothers with children 0-23 months old

Section 4: IYCF counseling during home visits

Section 5: Media coverage



## Section 1: Maternal nutrition knowledge and practices of pregnant mothers

Table 1.1: Socio-demographic characteristics of the pregnant women at baseline, midline, and endline (n=509, 516, 1275)

Characteristic	Baseline n (%)	Midline intervention n (%)	Endline intervention n (%)
<b>N</b>	509	516	1275
<b>Age</b>			
≤ 19	116 (22.8)	118 (22.9)	292 (22.9)
20-25	174 (34.2)	184(35.7)	473 (37.1)
> 25	219 (43.0)	214 (41.5)	510 (40.0)
<b>P-value<sup>1</sup></b>		0.858	0.434
<b>Education</b>			
Functionally illiterate	87 (17.1)	104 (20.2)	194 (15.2)
Secondary incomplete	309 (60.7)	306 (59.3)	761 (59.7)
Secondary complete	113 (22.2)	106 (20.5)	320 (25.1)
<b>P-value<sup>1</sup></b>		0.427	0.344
<b>Husband's occupation</b>			
Agriculture	61 (11.9)	61 (11.8)	127 (9.9)
Daily wage earner	182 (35.8)	189 (36.6)	301 (23.6)
Service	85 (16.7)	100 (19.4)	227 (17.8)
Business	118 (23.2)	122 (23.6)	347 (27.2)
Other	63 (12.4)	44 (8.5)	273 (21.4)
<b>P-value<sup>1</sup></b>		0.315	0.000
<b>Number of household members</b>			
≤ 3	135 (26.5)	132 (25.6)	443 (34.8)
4 - 5	215 (42.2)	236 (45.7)	566 (44.4)
> 5	159 (31.2)	148 (28.7)	266 (20.9)
<b>P-value<sup>1</sup></b>		0.507	0.000
<b>Trimester of pregnancy</b>			

<b>1<sup>st</sup> trimester</b>	47 (9.2)	72 (13.9)	119 (9.3)
<b>2<sup>nd</sup> trimester</b>	193 (37.9)	193 (37.4)	519 (40.7)
<b>3<sup>rd</sup> trimester</b>	269 (52.9)	251 (48.6)	637 (50.0)
<b>P-value<sup>1</sup></b>		0.054	0.519
<b>Electricity connectivity</b>			
<b>Not connected</b>	178 (34.9)	155 (30.0)	266 (20.9)
<b>Connected</b>	331 (65.0)	361 (70.0)	1009 (79.1)
<b>P-value<sup>1</sup></b>		0.105	0.000
<b>TV ownership</b>			
<b>Not owned TV</b>	361 (70.9)	359 (69.6)	883 (69.2)
<b>Owned TV</b>	148 (29.1)	157 (30.4)	392 (30.8)
<b>P-value<sup>1</sup></b>		0.686	0.525
<b>Food security</b>			
<b>Secured</b>	415 (81.5)	466 (90.3)	946 (74.2)
<b>Unsecured</b>	94 (18.4)	50 (9.7)	329 (25.8)
<b>P-value<sup>1</sup></b>		0.000	0.001

The socio-demographic characteristics of the respondents at baseline, midline, and endline are shown in Table 1.1. Most of the the are above adolescent age (77.2%, 77.1%, 77.1%). Most of the respondents' households owned mobile phone (93%, 93%, 97%), electricity (65%, 70%, 79%) and a fan (49%, 50%, 58%).

**Table 1.2:** Mean dietary diversity score (DDS) by age of the pregnant women at baseline, midline, and endline (n=509, 516, 1275)

Age groups	Baseline		Midline		Endline		P value (baseline vs. endline)	Midline Control		Endline Control		P value (endline vs. intervention vs non-intervention)
	n (%)	DDS± SD	n (%)	DDS	n (%)	DDS		n (%)	DDS	n (%)	DDS	
Adolescent (≤ 19 years)	116 (22.8)	4.34± 1.038	118 (22.9)	4.34	292 (22.9)	4.65± 1.119	<0.05	160 (31.1)	4.28± 0.951	316 (31.1)	4.14± 1.055	>0.1
Young adult (20 –24 years)	174 (34.2)	4.27± 1.049	184 (35.7)	4.58	473 (37.1)	4.77± 1.140	<0.001	167 (33.2)	4.42± 0.901	326 (32.0)	4.14± 1.082	<0.05
Adult (≥ 25 years)	219 (43.0)	4.26± 1.131	214 (41.5)	4.47	510 (40.0)	4.82± 1.194	<0.001	187 (36.0)	4.28± 0.866	374 (36.9)	4.15± 1.066	>0.1
Total	509	4.28 ±1.08	516	4.48± .95	1275	4.76± 1.16	<0.001	514	4.32± .91	1016	4.14± 1.07	<0.01

The mean dietary diversity (DDS) score of pregnant women at baseline, midline, and endline are shown according to their age groups in Table 1.2. An improvement in DDS was found among the young-adult and adult groups at midline compared to baseline (4.58 and 4.47, respectively). However, there was no improvement in DDS for the adolescent group at midline compared to baseline (4.34 for baseline and midline). However, at endline, a significant increase of DDS (4.65, 4.77, 4.82, respectively) was found for all age groups.

**Table 1.3.** Percentage of pregnant women having knowledge and practice of food groups<sup>+</sup> (N=509, 516, 1275)

Food group	Knowledge (percent)					Practice (percent)				
	2014 Baseline (n=509)	2015 Midline intervention (n=516)	2016 Endline intervention (n=1275)	2015 Midline control (n=514)	2016 Endline control (n=101)	2014 Baseline (n=509)	2015 Midline intervention (n=516)	2016 Endline intervention (n=1275)	2015 Midline control (n=514)	2016 Endline control (n=1016)
Starchy staples	60.7	51.2	84.3*	36.2	59.6 <sup>¥</sup>	100.0	100	99.9*	100	100.0
Legume & Nuts	11.0	35.7	52.4*	14.8	28.1 <sup>¥</sup>	42.8	42.4	37.3	41.2	40.5
Dairy products	66.4	72.7	77.8*	71.0	75.4	16.9	24.2	19.1*	17.3	16.4
Organ meet (Liver)	0.0	32.6	36.2	17.1	17.8 <sup>¥</sup>	0.0	0.2	.9	0.2	.6
Eggs	65.2	84.5	90.0*	71.4	86.6 <sup>¥</sup>	28.3	32.9	38.5*	30.4	22.3 <sup>¥</sup>
Flesh foods (meat & fish)	86.4	86.6	85.6	80.0	90.4 <sup>¥</sup>	85.9	79.1	81.2*	77.0	81.7
Dark green, leafy vegetables	72.9	85.1	96.2*	74.1	91.1 <sup>¥</sup>	50.3	50.2	50.0*	50.6	37.2 <sup>¥</sup>
Other vitamin A-rich vegetables & fruits	6.5	70.2	61.8*	63.6	53.3 <sup>¥</sup>	5.7	20.3	49.5*	21.0	16.1 <sup>¥</sup>
Other fruits & vegetables	73.1	88.6	88.6*	80.5	85.1 <sup>¥</sup>	98.4	98.8	99.7*	94.6	99.5

<sup>+</sup>To assess their knowledge, pregnant women were asked about the kinds of food that women should eat during pregnancy. Their dietary practices were assessed by documenting the food groups that the pregnant women ate during the day and night preceding the survey.

\*Significantly different (between 2014 intervention and 2016 intervention) at <0.05

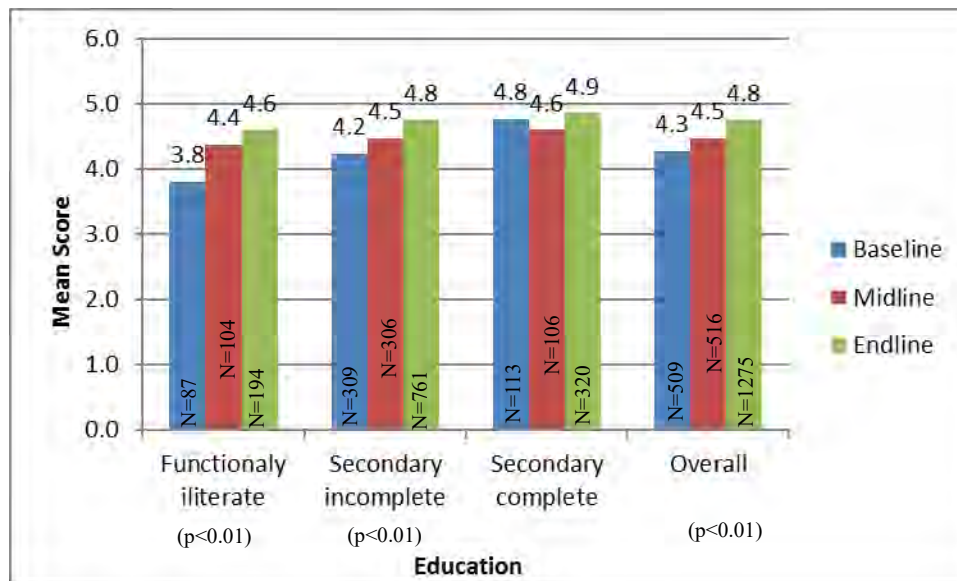
<sup>¥</sup>Significantly different (between 2016 intervention and 2016 control) at <0.05

All of the pregnant women consumed starchy foods in all three surveys. Most of them consumed flesh foods (86%, 80%, and 81%), mostly fish. A smaller proportion of pregnant women consumed dairy products, eggs, and leafy vegetables (17%, 28%, and 50%, respectively) at baseline, which slightly increased or remain unchanged at endline (19%, 39%, and 50%, respectively). About two-thirds or more of the respondents at baseline knew that pregnant women should eat these foods (66%, 65% and 73% respectively), which increased significantly by endline (79%, 90%, and 96%, respectively). We assume this change might be the effect of the intervention.

Knowledge about the consumption of legumes (pulses) and nuts, vitamin A-rich fruits and vegetables was very low (11% and 7%, respectively) at baseline, which significantly increased by endline (52% and 62%, respectively). A smaller proportion of pregnant women also ate these foods (43% and 6%, respectively) at baseline. Although the consumption of vitamin A-rich fruits and vegetables has increased significantly (50%), the intake of legumes and nuts remained unchanged or even decreased (43% and 37%) at midline and endline, respectively.

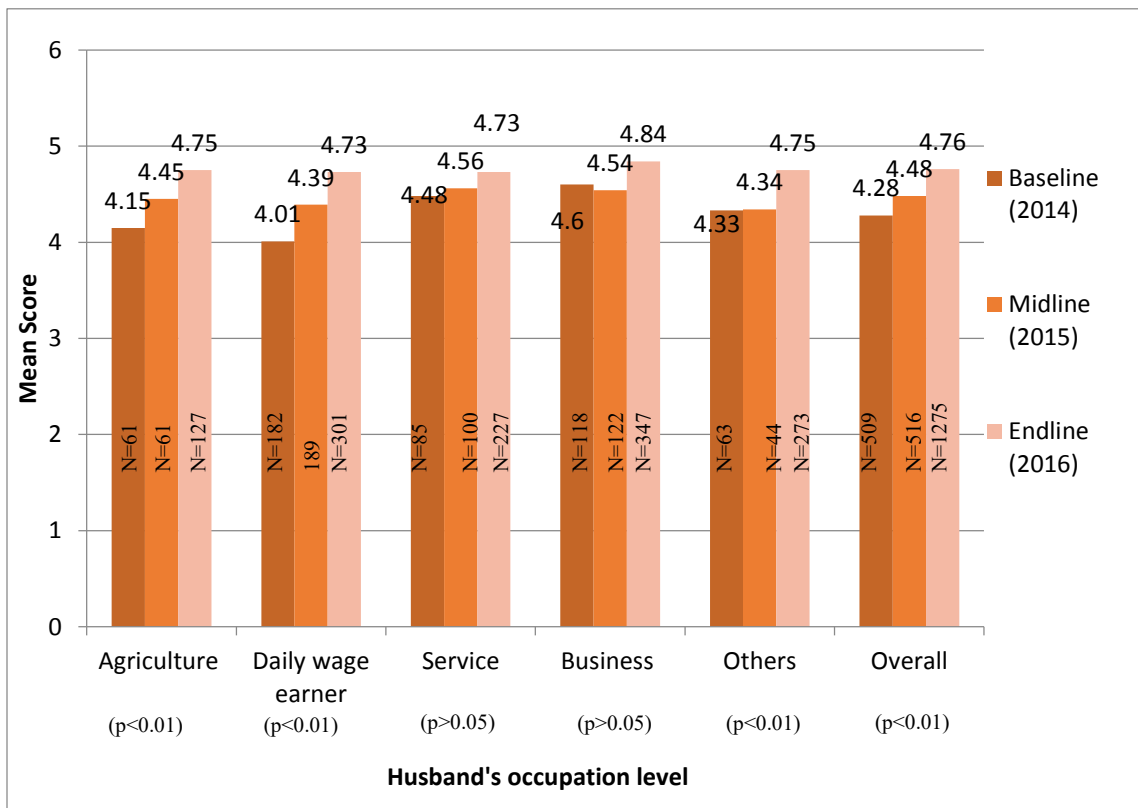
Nevertheless, by 2016, a significantly higher ( $p < 0.05$ ) proportion PW from the intervention areas had greater knowledge about the consumption of all food groups (except dairy products) compared to the non-intervention areas.

The overall mean dietary diversity score of pregnant women in the baseline survey was  $4.28 \pm 1.08$ , which significantly increased to  $4.48 \pm 0.98$  in the midline survey, and finally reached  $4.76 \pm 1.159$  in the endline survey. Moreover, the mean dietary diversity scores of the control areas were  $4.30 \pm 0.89$  and  $4.14 \pm 1.067$  at midline and endline, respectively.



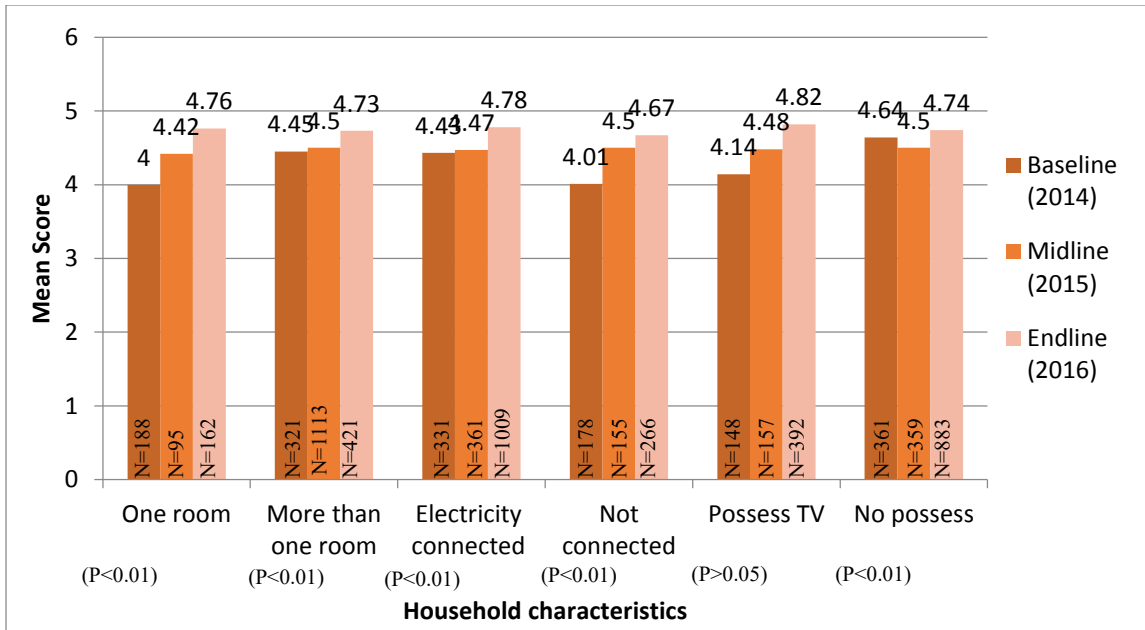
**Figure 1.1:** Mean dietary diversity score (DDS) according to the education of the pregnant women

A comparison of the baseline and endline data revealed that the mean dietary diversity improved significantly more among relatively less-educated women; no significant improvement was found among women with secondary or higher levels of education. This difference narrowed the gap in the DDS between women with different educational backgrounds. A similar trend was observed among women of lower SES. This also indicated that women with less education had practiced what they learned from the SHIKHA intervention.



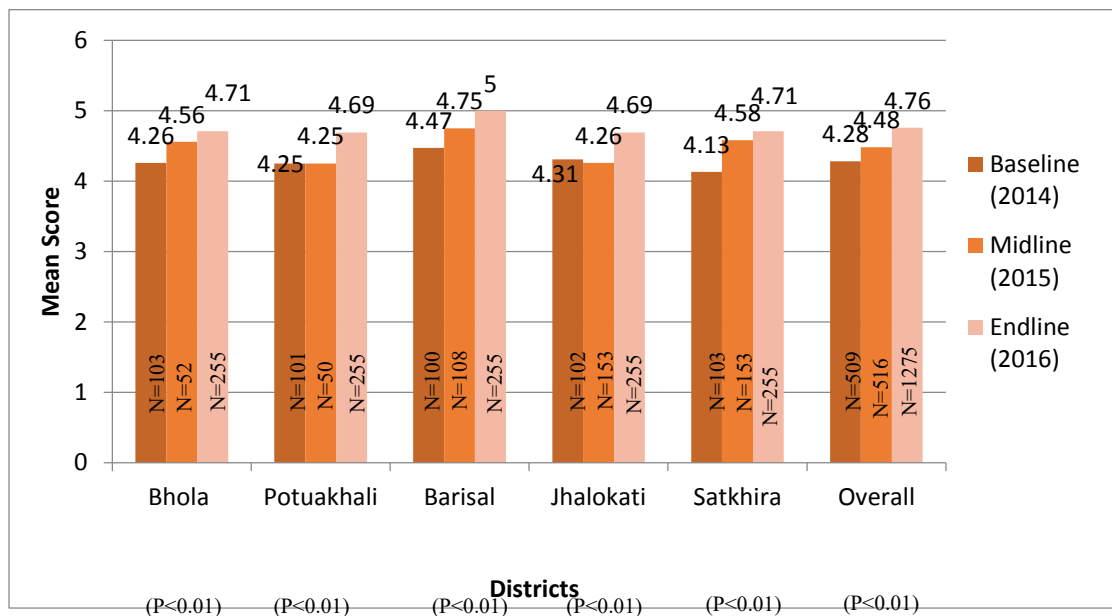
**Figure 1.2:** Mean dietary diversity Score (DDS) by occupation of husband of the pregnant women

The dietary diversity scores increased significantly (from baseline to endline) among the pregnant women whose husbands had daily wage earnings (DDS increased from 4.15 to 4.75) or agriculture-related activities (DDS increased from 4.01 to 4.73).



**Figure 1.3:** Mean dietary diversity Score (DDS) by household characteristics of the pregnant women

The dietary diversity of women with a lower socioeconomic standing, improved significantly during the course of the SHIKHA project (Figure 1.3).

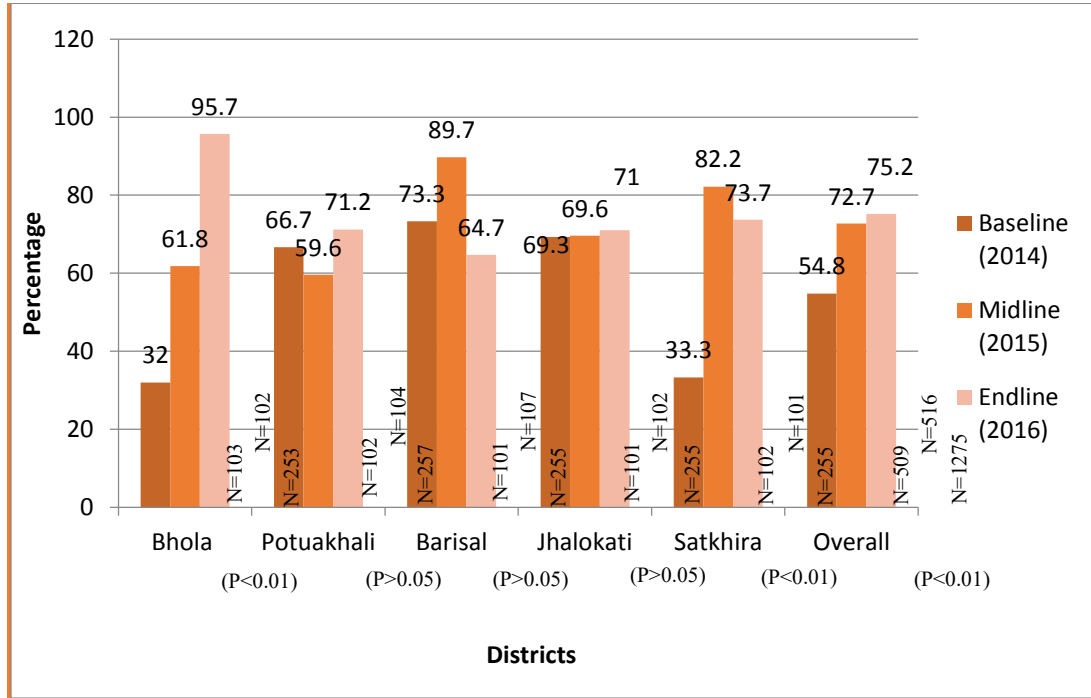


**Figure 1.4:** Mean dietary diversity Score (DDS) of the pregnant women across five districts

The dietary diversity score significantly improved in all 5 districts between the baseline and endline surveys. The DDS was unchanged in Patuakhali and Jhalokhati districts at midline compared to baseline.

## Section 2: Maternal nutrition counseling during home visits

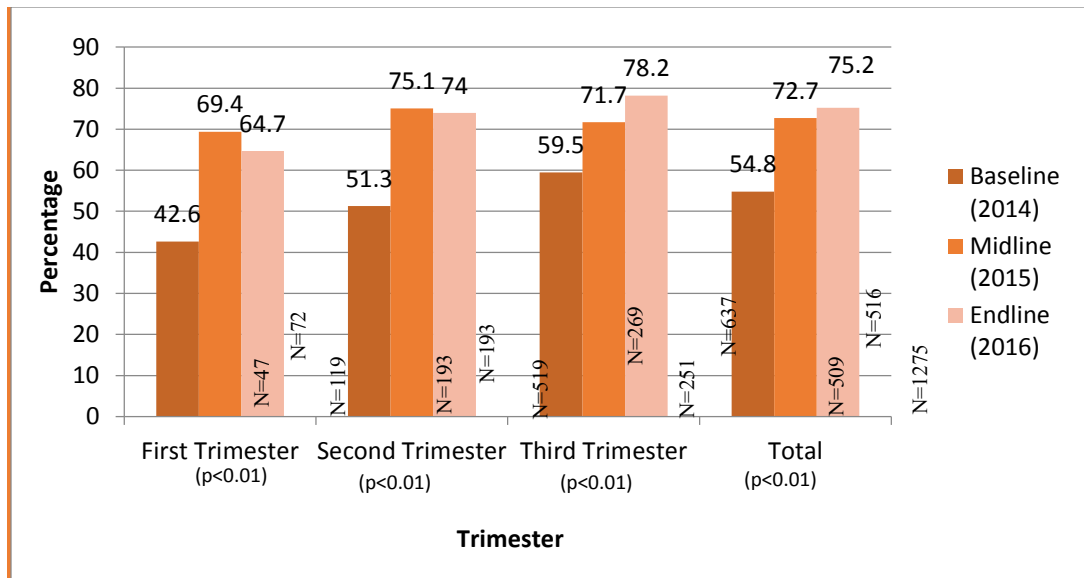
The occurrence of a home visit was determined by showing the pregnant women photographs of front-line workers — Shathya Shebika (SS or community volunteer), Shasthya Kormi (SK, supervisor of SS), and Pusti Kormi (PK, nutrition worker) — and asking them whether they recognize the workers, and whether the workers visited their homes.



**Figure 2.1:** Home visits by any front-line worker (SS/SK/PK) reported by pregnant woman in 5 districts

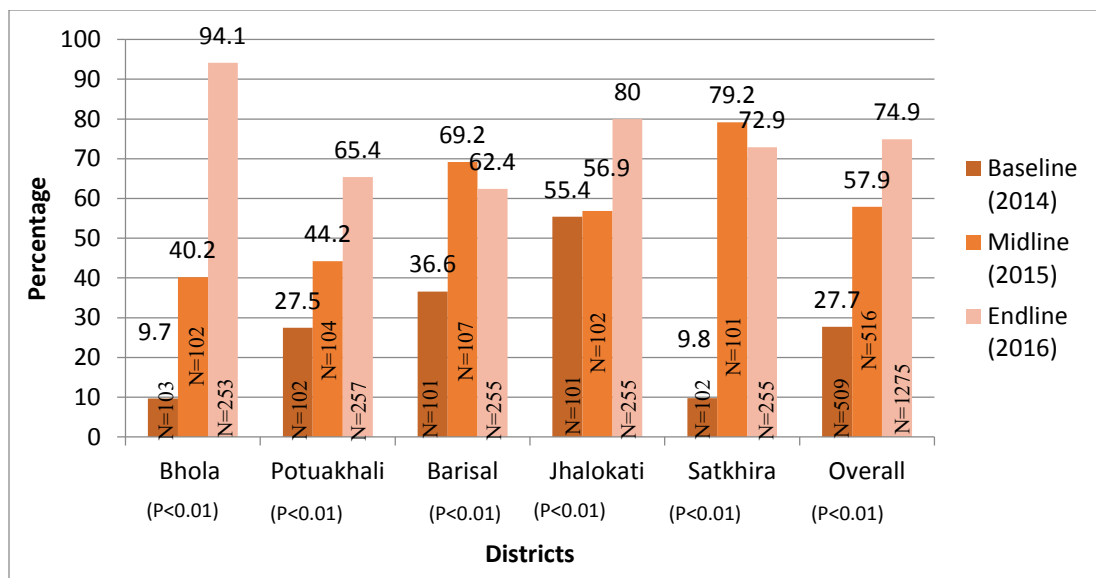
The proportion of documented home visits by front line workers improved significantly (from baseline to endline) in most of the intervention districts; decreases were found only in the Barisal and Satkhira districts (Figure 2.1).





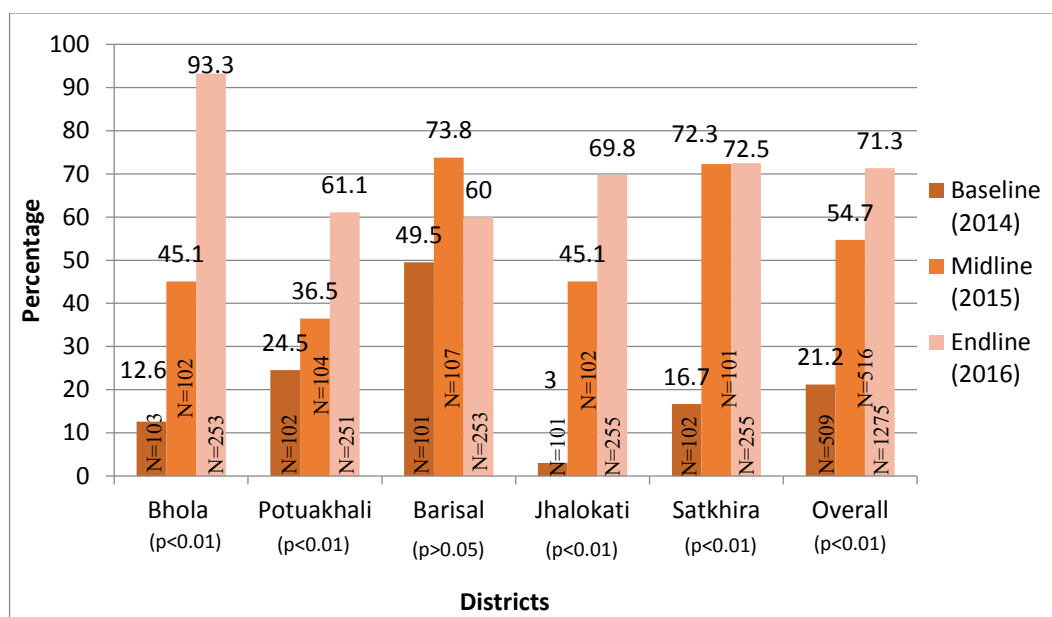
**Figure 2.2:** Home visit by any front-line worker (SS/SK/PK) according to the trimester of pregnancy

Around 75.2% of the pregnant women received at least one visit from a front-line worker at endline, which significantly increased compared to baseline (54.8%). However, this difference was less notable for women who were in the first trimester (64.7%).



**Figure 2.3:** Distribution of home visit by Pusti Kormi (PK) as reported by pregnant women in 5 districts

The percentage of home visits by Pusti Kormi improved significantly by the endline survey compared to the baseline survey in all districts. However, this improvement was less dramatic in the Jhalokathi district.



**Figure 2.4:** Distribution of home visits by Shasthya Shebika (SS) reported by pregnant women in 5 districts

The percentage of home visits by Sastho Sebika improved significantly by the endline survey compared to the baseline survey for all 5 districts. However, the improvement was less notable in the Barisal district.

**Table 2.1:** Mean number of days since last visit and the number of home visits by SS and PK at baseline, midline, and endline

Number of Days or Number of Visits	Mean & SD Baseline	Mean & SD Midline	Mean & SD Endline
Mean number of days since last home visit by SS	24.6+32.2	32.24+12.2*	13.54 ± 29.7
Mean number of days since last visit by PK	18.3+20.3	33.03+13.35*	16.39 ± 48.6
Mean number of visits after first visit by SS	2.2+1.6	2.60+1.8	3.48 ± 4.6
Mean number of visits after first visit by PK	1.3+.6	2.39+5.5	3.20 ± 2.6

**\*We used a different unit of measure for the analysis of the mean number of days since last visit of SS and PK for the midline report in 2015 (which incorrectly indicated a difference between the baseline and midline). This mistake has been amended for this endline report.**

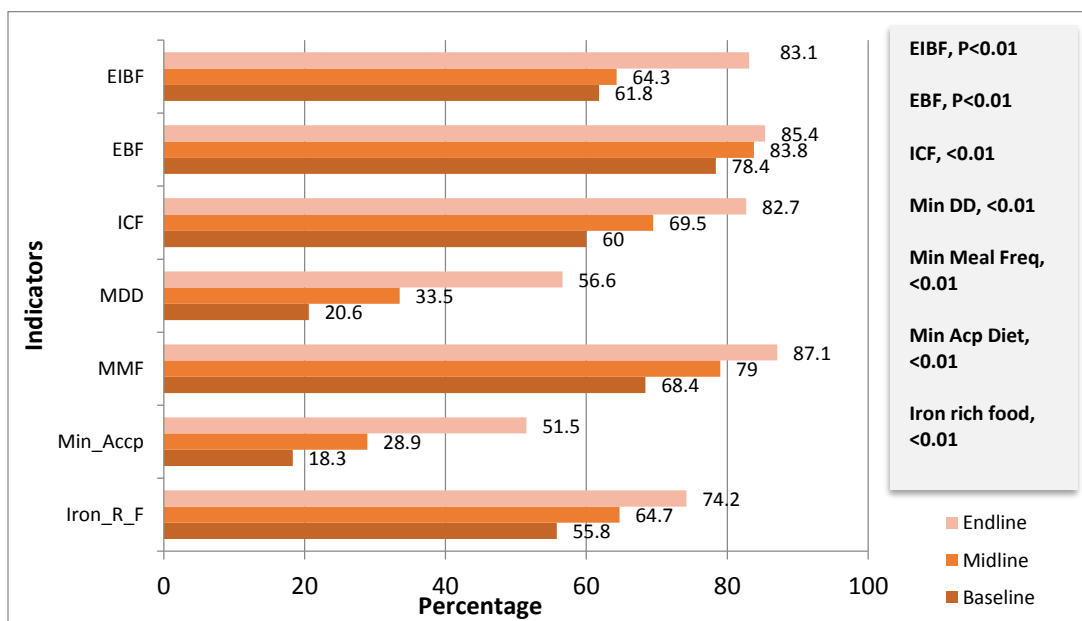
The mean number of visits after first visit slightly increased by endline for SS (3.48) and for PK (3.20). The mean number of days since the last home visit by a worker decreased significantly for SS (13.54) and PK (16.39) by endline, compared to baseline data.

### Section 3: IYCF knowledge and practices of mothers with children 0-23 months old

**Table 3.1:** Household characteristics of respondents (n=1514, 1522, 1530)

	Baseline n (%)	Midline n (%)	Endline n (%)	P Value (Baseline & Endline)
<b>Mother's education</b>				
No education	103(6.8)	140(9.2)	104(6.8)	>0.05
Primary incomplete	195(12.9)	176(11.6)	206 (13.5)	
Primary complete	287(19.0)	268(17.6)	286 (18.7)	
Secondary incomplete	605(40.0)	641(42.1)	605 (39.5)	
Secondary complete & higher	324(21.4)	297(19.5)	329 (21.5)	
<b>Father's education</b>				
No education	166(11.0)	167(11.0)	240 (15.7)	<0.01
Primary incomplete	330(21.8)	347(22.8)	194 (12.7)	
Primary complete	427(28.2)	467(30.7)	278 (18.2)	
Secondary incomplete	354(23.4)	308(20.2)	461(30.1)	
Secondary complete or higher	237(15.7)	233(15.3)	357(23.3)	
<b>Mother's occupation</b>				
Housewife	1472(97.2)	1377(90.5)	1504 (98.3)	<0.05
Other	42(2.8)	145(9.5)	26 (1.7)	
<b>Father's occupation</b>				
Daily-wage earner	523(34.4)	599(39.4)	603 (39.4)	<0.05
Other	991(65.5)	923(60.6)	927 (60.6)	
<b>Roof type</b>				
Concrete	96(6.3)	73(4.8)	97 (6.3)	<0.01
Tin	1187(78.4)	1146(75.3)	1326 (86.7)	
Other	231(15.3)	303(19.9)	107 (7)	
<b>Floor type</b>				
Concrete	181(12.0)	177(11.6)	177 (11.6)	<0.01
Wood/Bamboo	5(0.3)	9(0.6)	3 (0.2)	
Mud	1328(87.7)	1324(87.0)	1336 (87.3)	
Other	0	12(0.8)	14 (0.9)	
<b>Drinking water source</b>				
Tube well	1471(97.2)	1504(98.8)	1516 (99.1)	<0.01
Supply water	0	10(0.7)	1 (0.1)	
Other	43(2.8)	8(0.5)	13 (.8)	
<b>Household assets</b>				
Own household	1483(98.0)	1486(97.6)	1488 (97.3)	>0.05
Own cultivable land	830(54.8)	868(57.0)	917 (59.9)	<0.01
Electricity	888(58.7)	938(61.6)	937 (61.2)	>0.05
Refrigerator	117(7.7)	110(7.2)	168 (11)	<0.01
Fan	702(46.4)	690(45.3)	877 (57.3)	<0.01
Mobile phone	1357(89.6)	1407(92.4)	1479 (96.7)	<0.01

Own drinking water system	709(46.8)	530(34.8)	503 (32.9)	<0.01
Bicycle	339(22.4)	341(22.4)	351 (22.9)	>0.05
Domestic animal	1240(81.9)	1267(83.2)	1057 (69.1)	<0.01
TV	461(30.4)	400(26.3)	484 (31.6)	>0.05



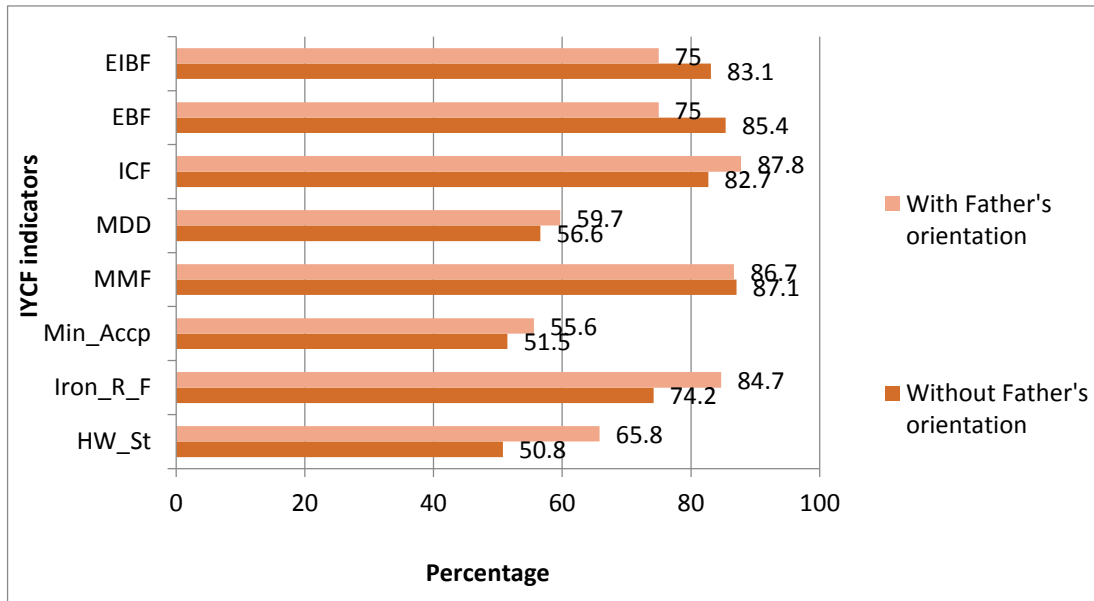
EIBF: Early initiation of breast-feeding  
 EBF: Exclusive breast-feeding  
 ICF: Initiation of complementary feeding  
 MDD: Minimum diet diversity  
 MMF: Minimum meal frequency  
 Min\_Accp: Minimum acceptable diet  
 Iron\_R\_F: Iron-rich food

**Figure 3.1.a:** Status of core IYCF indicators in baseline, midline and end-line (n=1514, 1522 & 1530)

The respondents were asked "How soon after birth did you put the child to the breast for the first time?" Respondents who put their children to the breast within an hour of birth were considered to be early initiators. At midline about 83% of the respondents said that they initiated breast-feeding within an hour of childbirth, which was a 21% increase over the baseline (62%) level.

The overall rate of exclusive breast-feeding was 85.4% among 0-5 month-old children at endline, which is an increase of 7% compared to baseline.

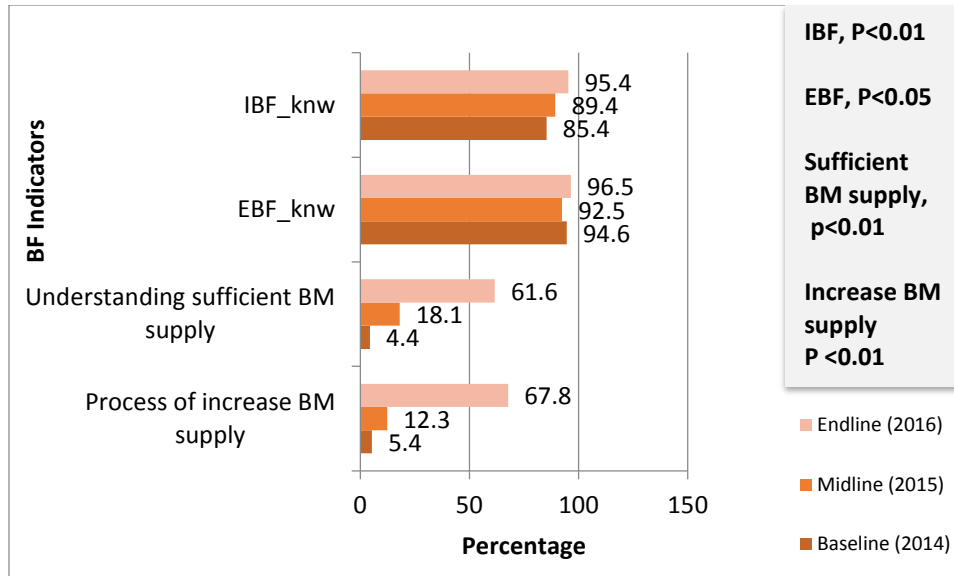
The endline survey showed that all indicators of IYCF met the annual target of 6% improvement. At midline, all indicators, except EIBF and EBF, also met this target.



EIBF: Early initiation of breast-feeding  
 EBF: Exclusive breast-feeding  
 ICF: Initiation of complementary feeding  
 MDD: Minimum diet diversity  
 MMF: Minimum meal frequency  
 Min\_Accp: Minimum acceptable diet  
 Iron\_R\_F: Iron-rich food

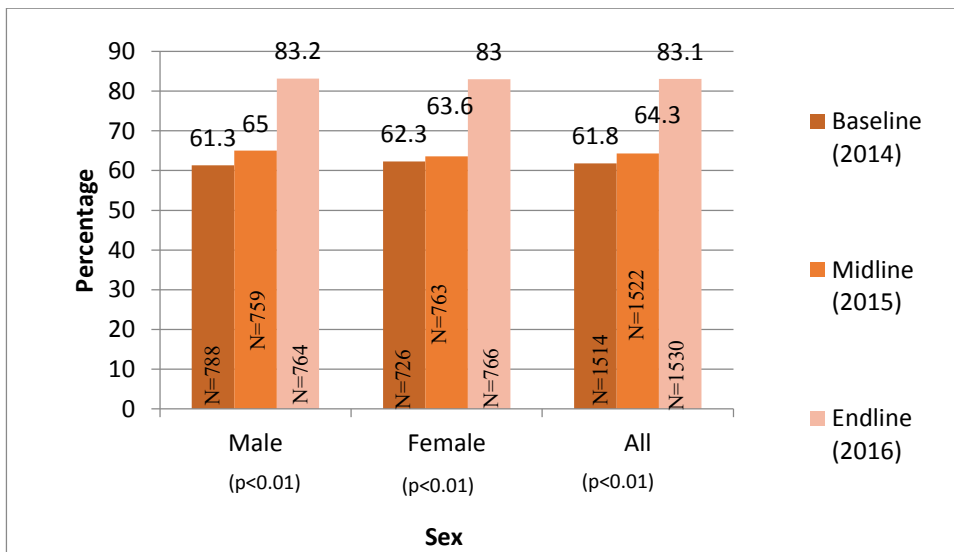
**Figure 3.1.b.** A comparison of core IYCF indicators among children whose fathers received an orientation training compared to children whose fathers did not receive orientation training (endline, 2016)

Most IYCF indicators were higher among children whose fathers received orientation training on nutrition compared to the children whose fathers did not receive any training. The only exceptions were the early initiation of breast-feeding, exclusive breast-feeding, and minimum meal frequency.



**Figure 3.2.** Indicators for a core knowledge of breast-feeding by mothers at baseline, midline, and endline (n=1514, 1522, 1530)

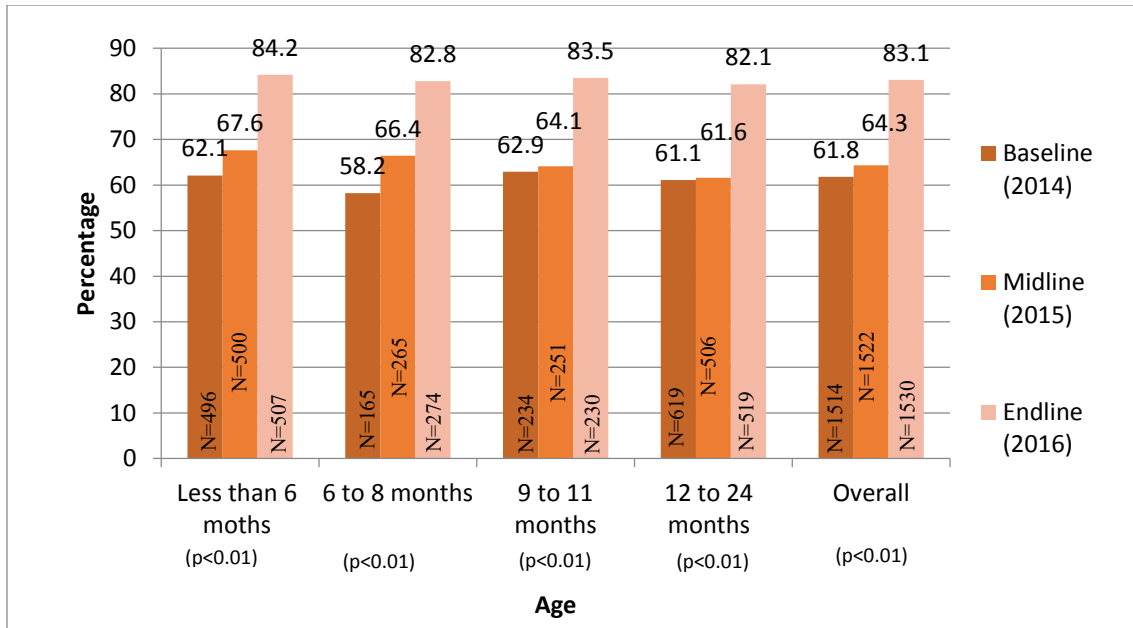
The mothers’ knowledge of breast-milk adequacy and how to increase breast-milk supply improved significantly by endline.



**Figure 3.3.** Early initiation of breastfeeding for 0-23 month-old children, according to sex

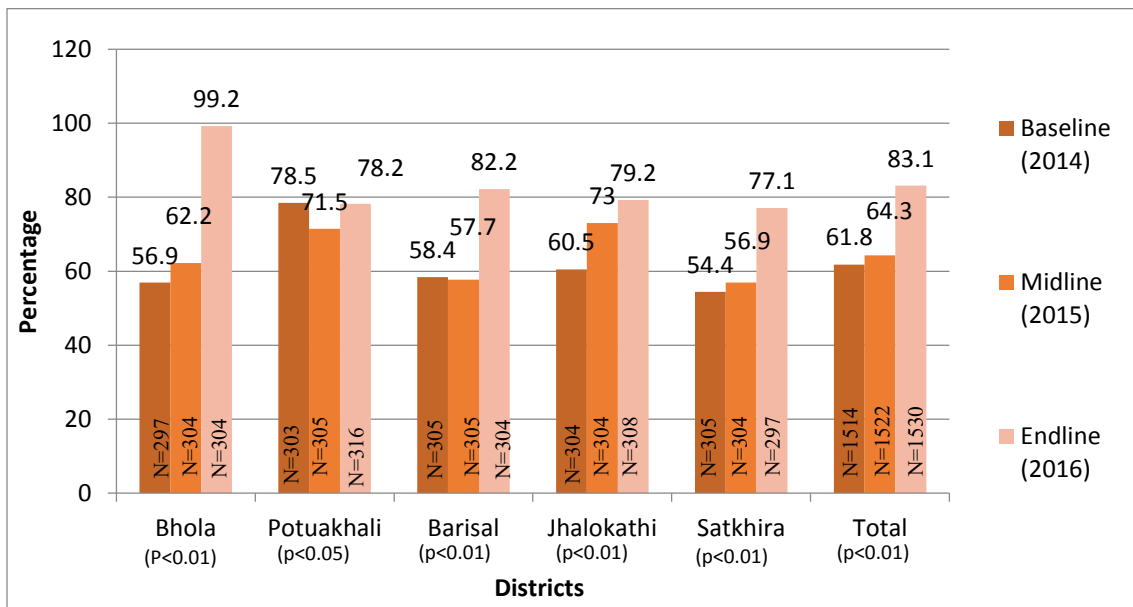
The early initiation of breast-feeding improved by about 21% by the endline survey.

Although the improvement of EIBF was slow (1.8%) and far behind the annual target (6%) at midline, the adoption of EIBF exceeded the annual target more than three-fold (21%) at endline. Male and female children did not differ; the rates of both groups improved significantly (83.2% and 83% respectively).



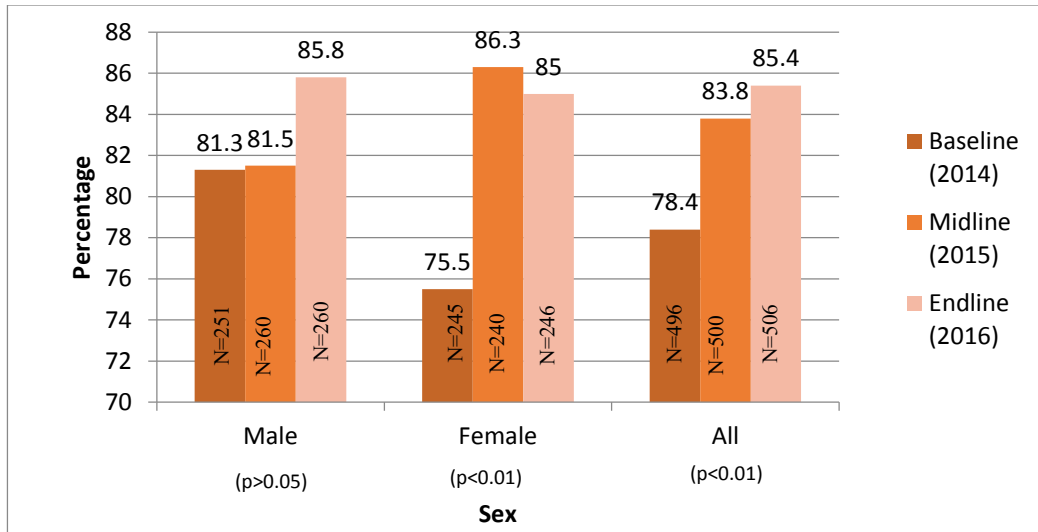
**Figure 3.4.** Early initiation of breastfeeding of 0-23 month-old children by age

The improvement of EIBF was significantly higher (22% and 24%) and almost 3 times higher than the annual target (6%) among children who were between 0 to 8 months old between baseline and endline.



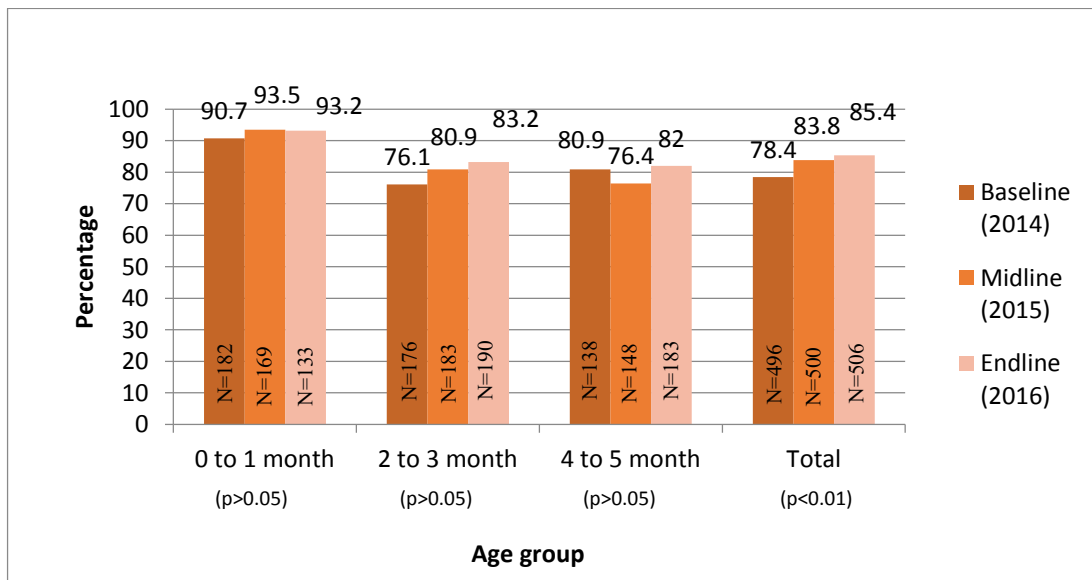
**Figure 3.5.** Early initiation of breastfeeding for 0-23 month-old children according to district

The improvements in EIBF were significantly higher in 4 or the 5 districts at endline (Potuakhali was the exception). The improvement in EIBF across all districts was significantly higher (21%).



**Figure 3.6.** Exclusive breast-feeding practices of 0-5 month-old children by sex (n=496, 500, 506)

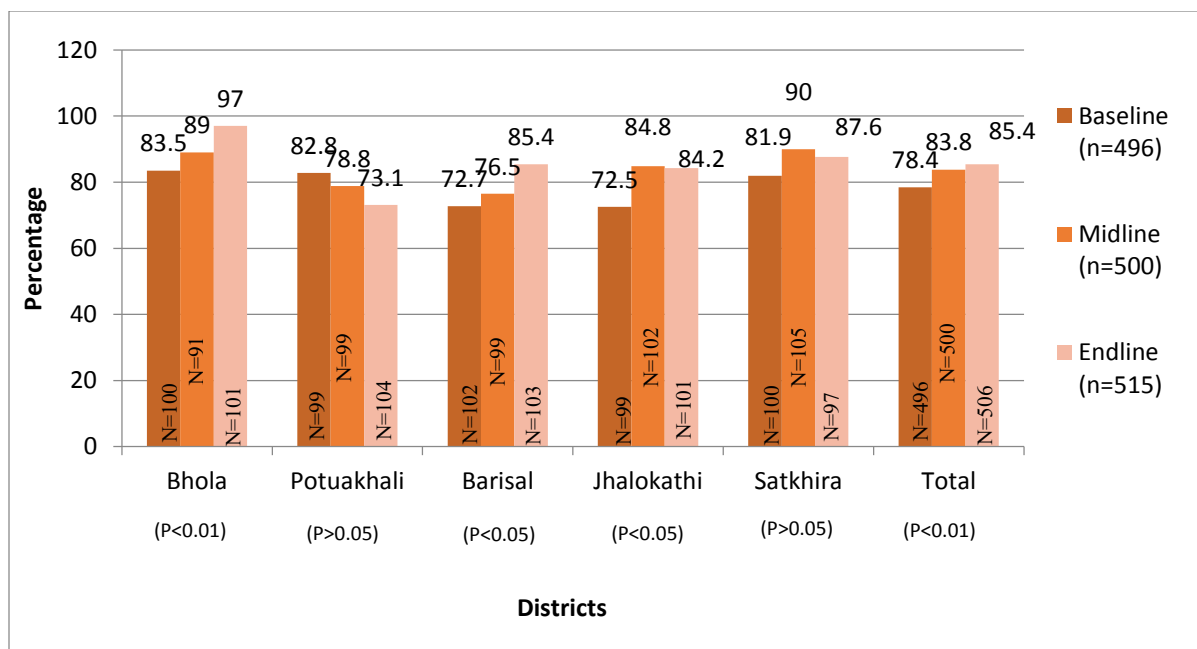
The improvements in the EBF rate (7%) exceeded the annual target (6%). The EBF rate among male children was unchanged (0.2%) at midline, but improved to 4.5% by endline. Female children showed improvements in EBF at midline (10.8%) and endline (9.5%).



**Figure 3.7.** Exclusive breast-feeding practices of 0-5 month-old children by age (n=496, 500, 506)

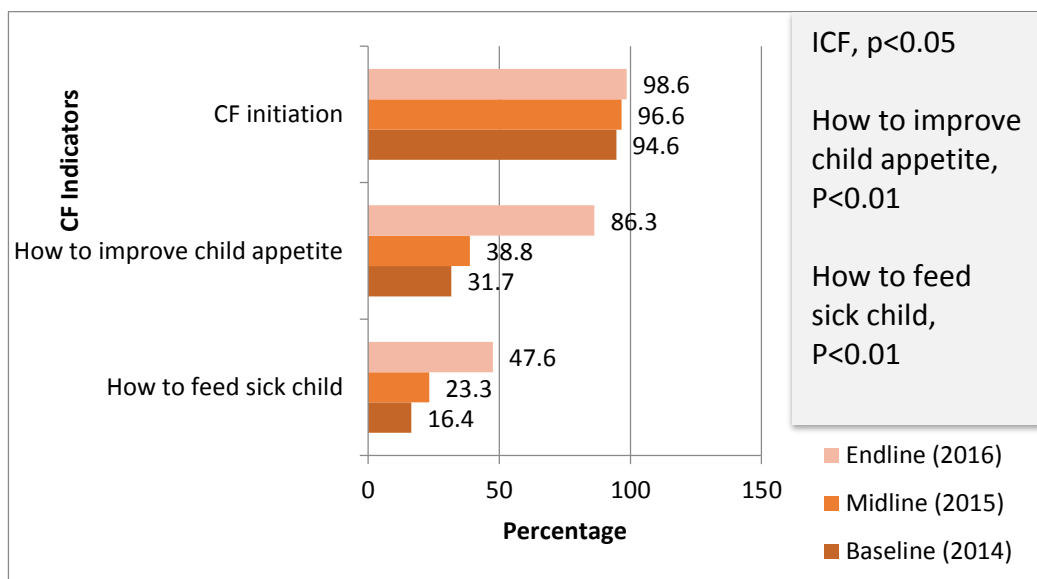
The EBF rate increased among all age groups from 0 to 5 months by endline. At midline, however, one fourth of the babies (less than 4-5 months old ) were not exclusively breastfed in 2015, but this improved by endline.





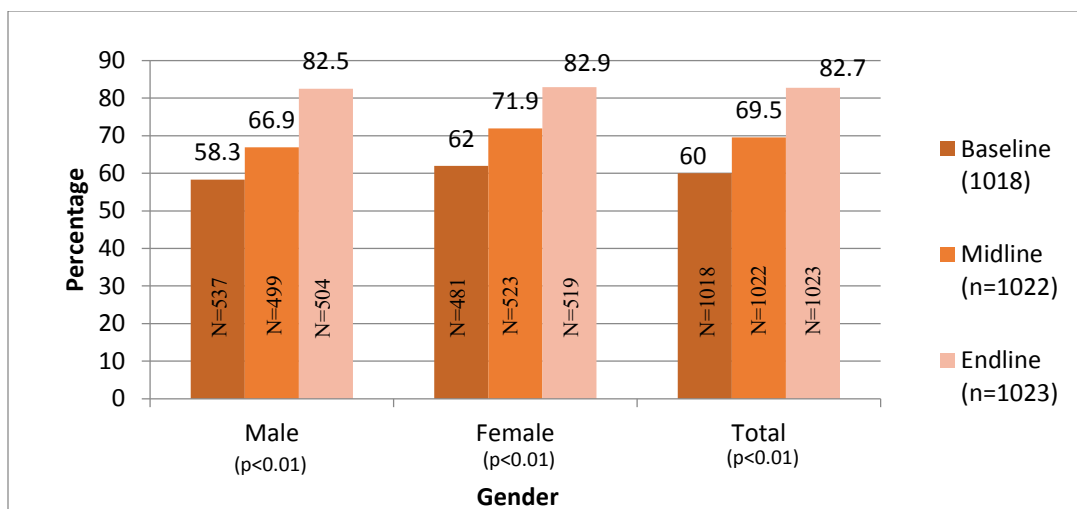
**Figure 3.8.** Exclusive breast-feeding practices of 0-5 month-old children by district (n=496, 500, 506)

At endline, the highest proportion of EBF children were found in the Bhola, Barisal, and Jhalokathi districts. The lowest rate of EBF was in Potuakhali.



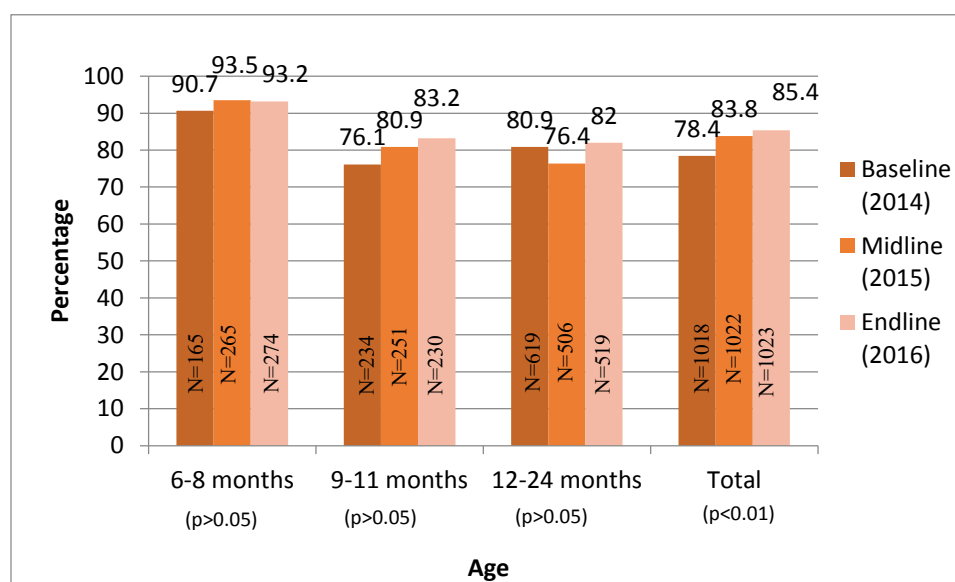
**Figure 3.9:** Knowledge of core complementary feeding (CF) by mothers at baseline, midline, and endline (n=1514, 1522, 1530)

The mothers' knowledge of feeding a sick child, improving child appetite, and the correct initiation of complementary feeding improved significantly by the endline survey.



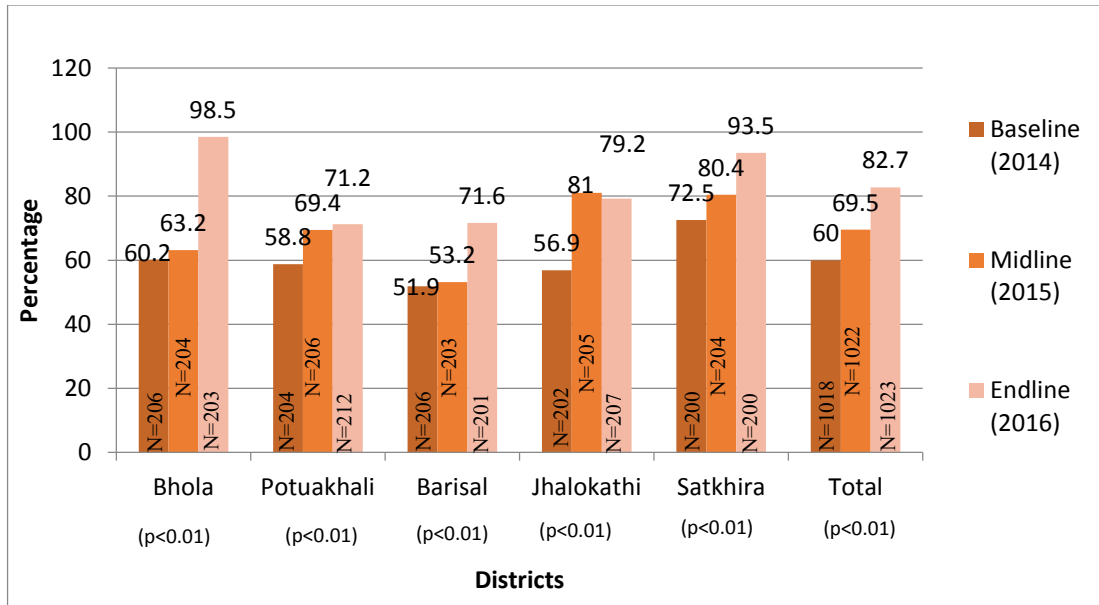
**Figure 3.10:** Introduction of solid, semi-solid, or soft foods according to sex (n=1018, 1022, 1275)

The rate of introduction of solid, semi-solid, or soft foods (22.7%) exceeded the annual target of (6%). The rate of improvement was similar for male and female children (18.2% and 20.9% respectively). The rate of improvement was significant for all age groups in all districts.



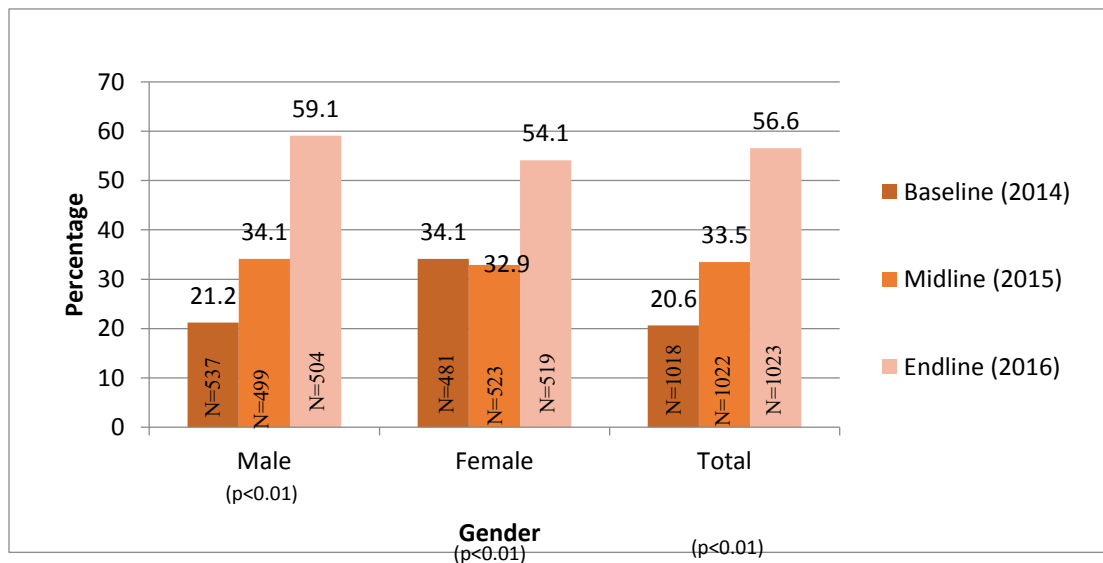
**Figure 3.11:** Introduction of complementary feeding by age group (n=1018, 1022, 1275)

The correct initiation of complementary feeding practices improved significantly by the endline survey relative to the baseline findings.



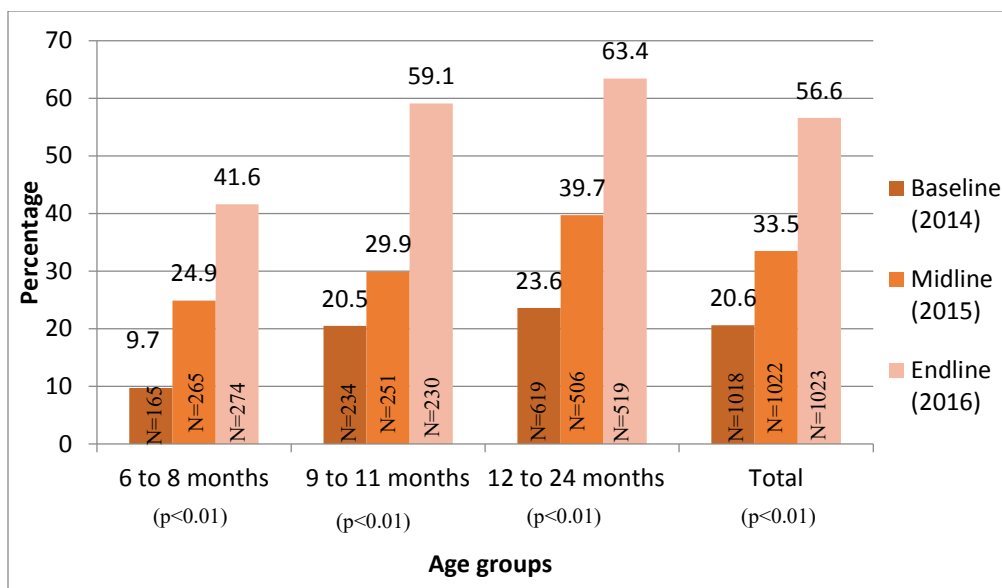
**Figure 3.12.** Introduction of complementary feeding according to district (n=1018, 1022, 1275)

The correct initiation of complementary feeding improved significantly by the endline survey relative to the baseline findings.



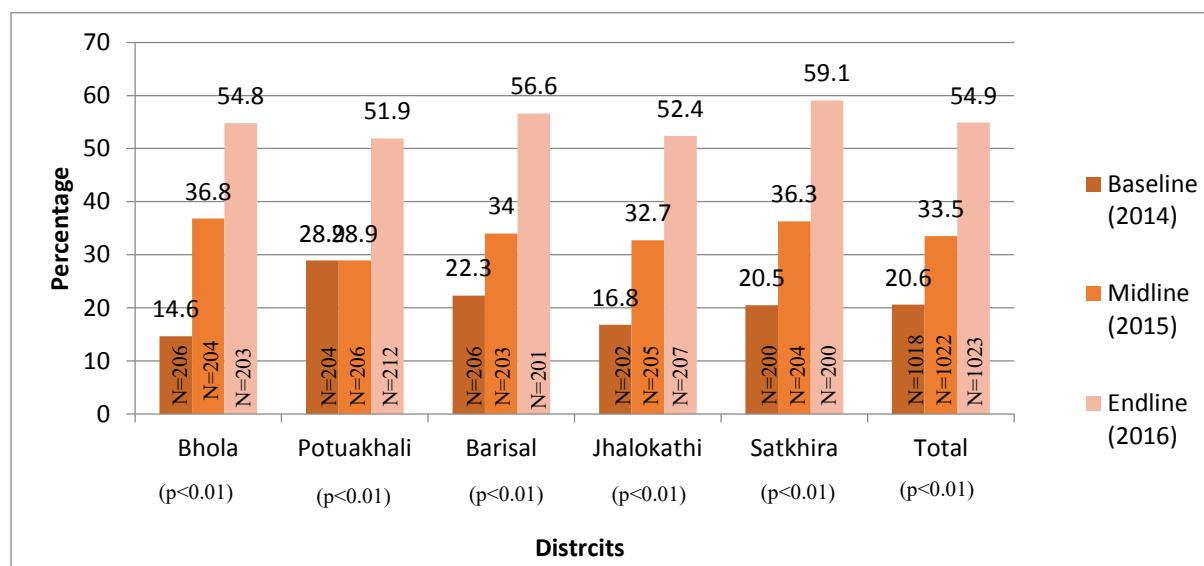
**Figure 3.13.** Minimum dietary diversity of 6-23 month-old children according to sex (n=1018, 1022, 1275)

Minimal dietary diversity (MDD) is defined as the proportion of children (6-23 months old) who receive foods from 4 or more food groups. The improvement in the children's minimum dietary diversity between baseline and endline far exceeded (36%) the annual target (6%). The improvement was similar for male and female children (37.9% and 20%, respectively). The MDD significantly improved for all age groups (between 6-23 months) in all districts.



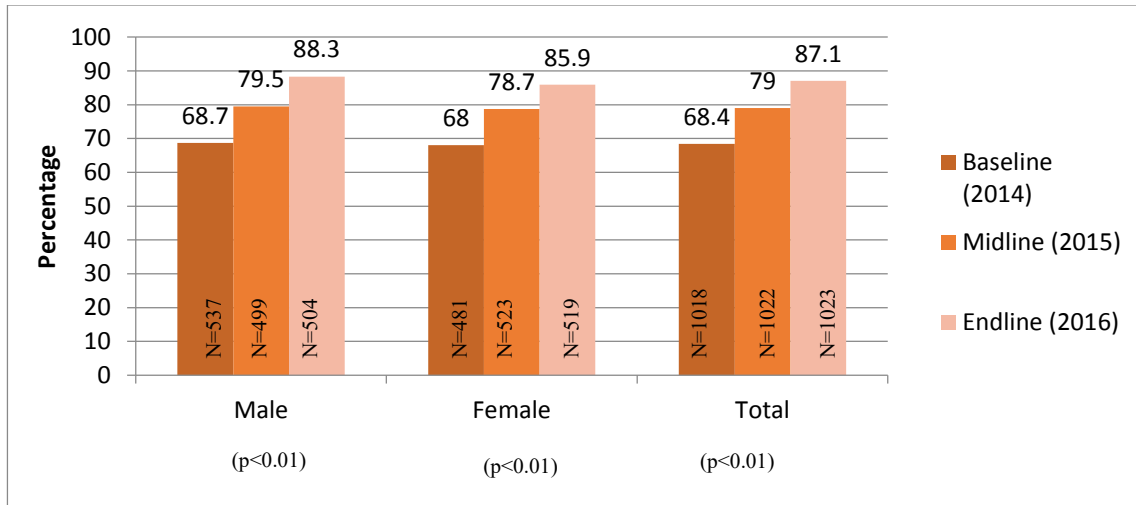
**Figure 3.14.** Minimum dietary diversity of 6-23 month-old children by age group (n=1018, 1022, 1275)

The proportion of children who achieved the minimum dietary diversity improved significantly across all age groups by endline compared to baseline.



**Figure 3.15.** Minimum dietary diversity of 6-23 month-old children according to district (n=1018, 1022 & 1275)

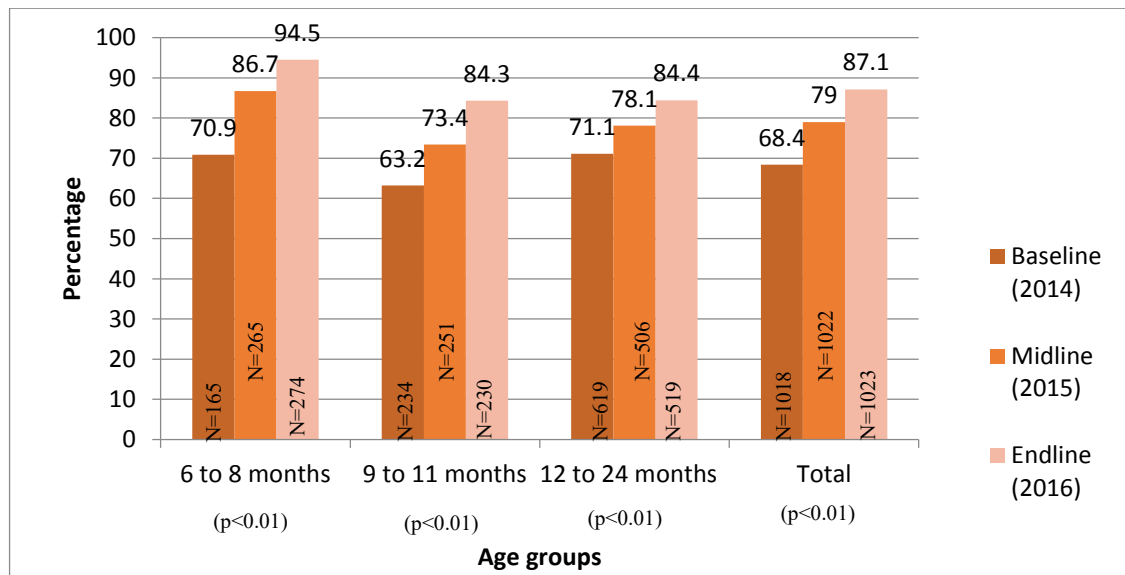
The minimum dietary diversity of the children improved significantly in all districts.



**Figure 3.16.** Percentage of children (6-23 months old) who achieve the minimum meal frequency, according to sex (n=1018, 1022, 1275)

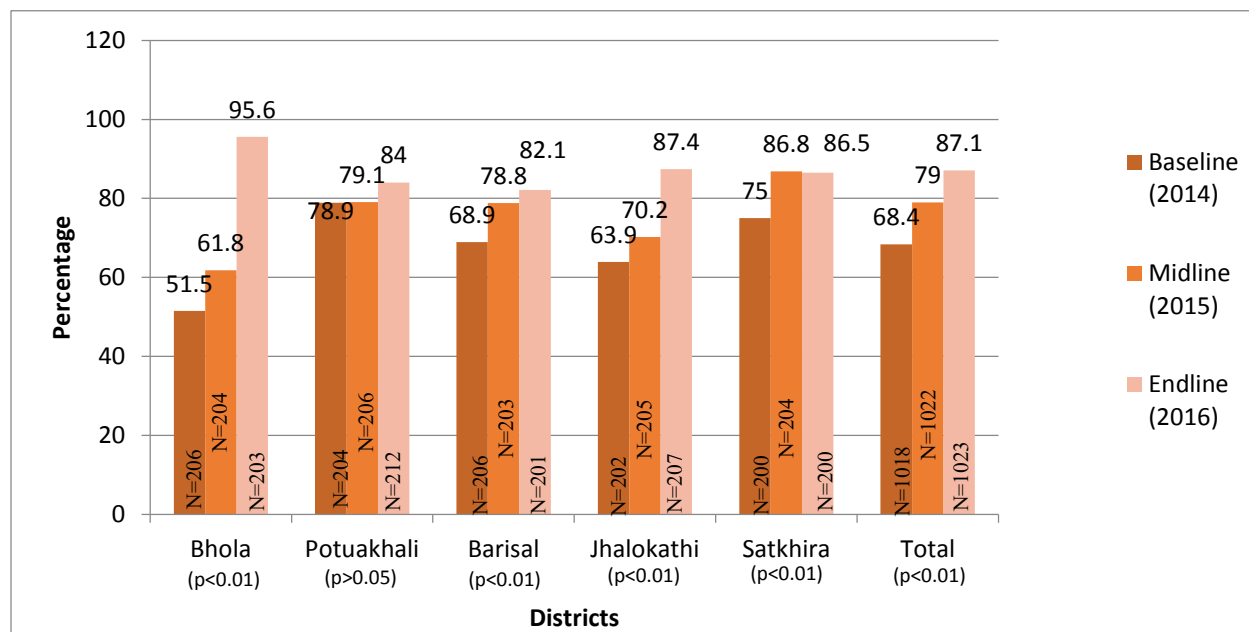
The minimum meal frequency requirement varies with the age of the child. Children who are 6-23 months old must receive complementary feeding (CF) to qualify for MMF. Children (6-8 months old) who are breastfed should have 2 CF meals a day; children (9-23 months old) who are breastfed should have 3 CF meals a day, and children (6-23 months old) who are not breastfed should have 4 CF meals a day.

The progress in the promotion of minimum meal frequency (18.7%) far exceeded the annual target of 6%. The improvement was similar for male and female children (19.6 and 17.9%, respectively).



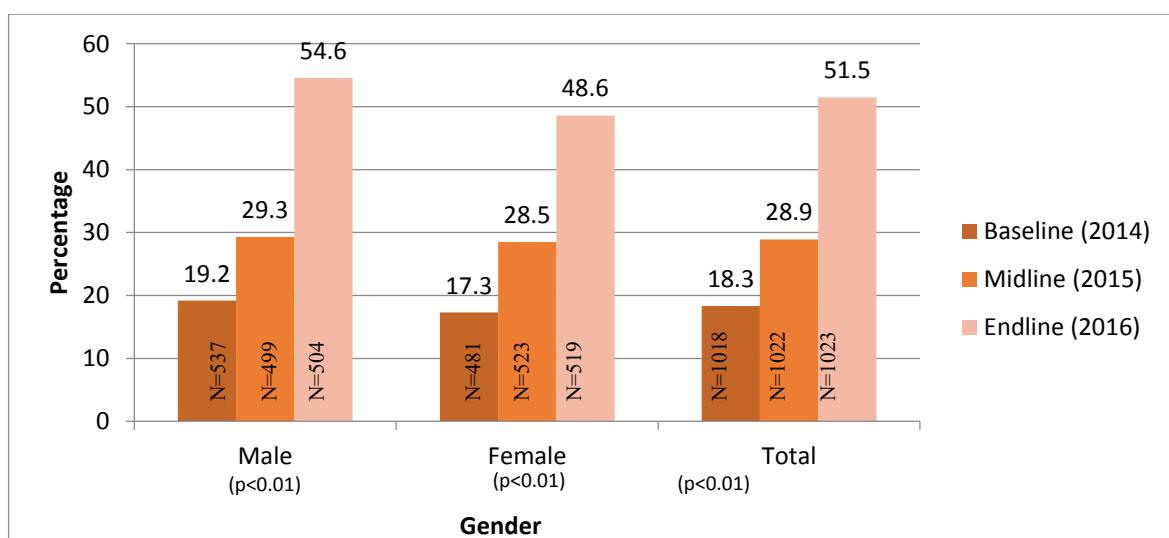
**Figure 3.17.** Minimum meal frequency of 6-23 months old children by age (n=1018, 1022, 1275)

The attainment of the minimum meal frequency significantly improved for all age groups for children 6-23 months old.



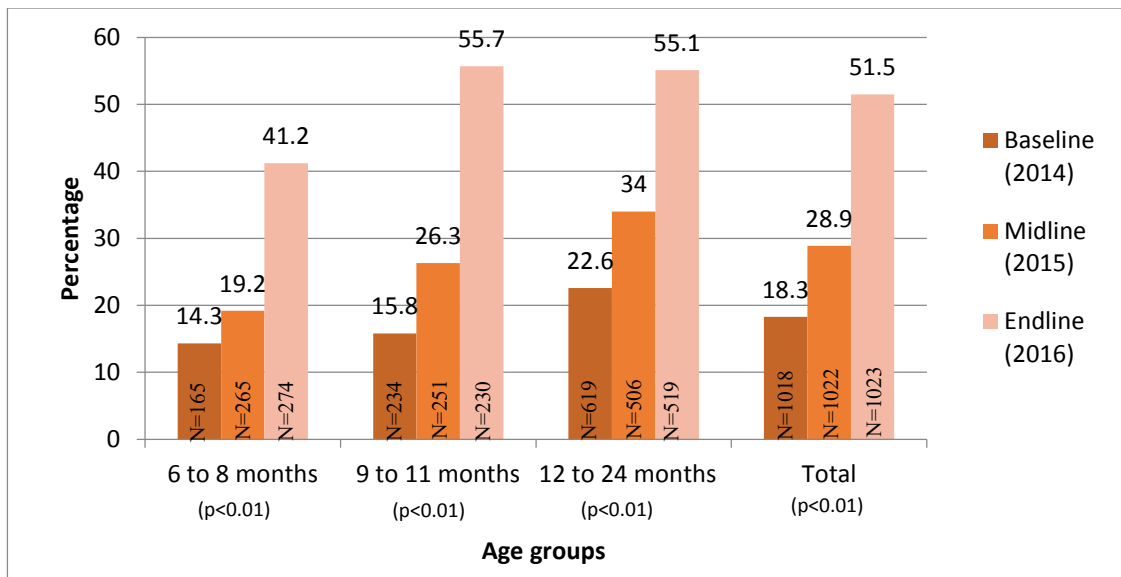
**Figure 3.18.** Minimum meal frequency of 6-23 month old children according to district (n=1018, 1022, 1275)

The percentage of children who met the requirement for minimum meal frequency significantly improved in all 5 districts by endline. Improvements were less notable at midline in Potuakhali and Jhalokathi.



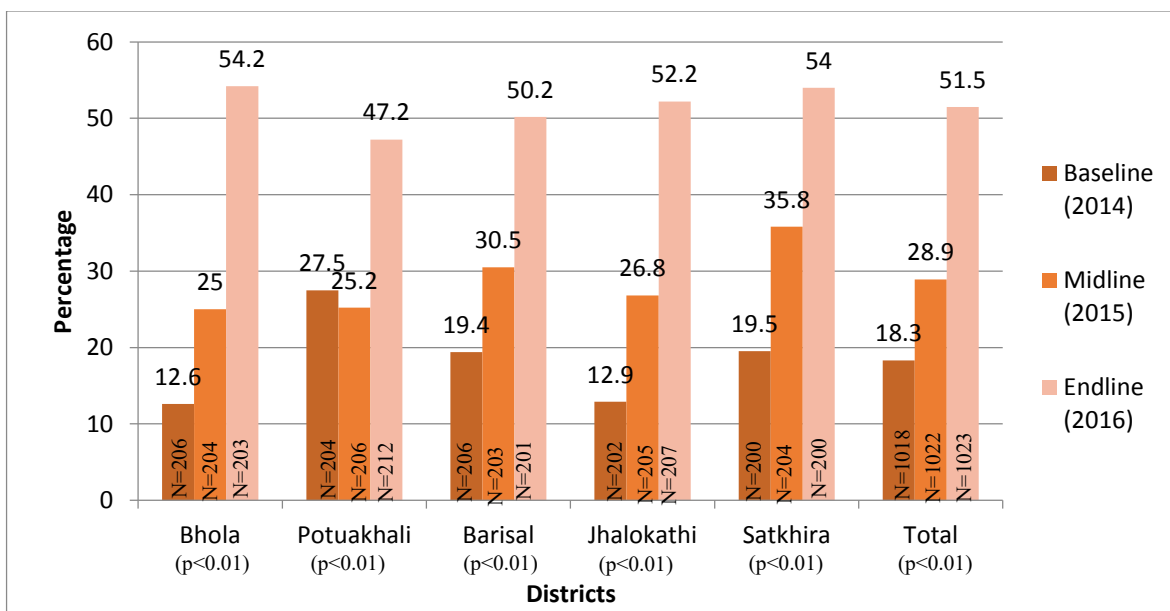
**Figure 3.19.** Attainment of minimum acceptable diet for children 6-23 months old by sex (n=1018, 1022, 1275)

The total improvement (33.2%) at endline for the minimum acceptable diet for children far exceeded the annual target of 6%. The improvement was similar for male and female children (31.3 and 35.4%, respectively).



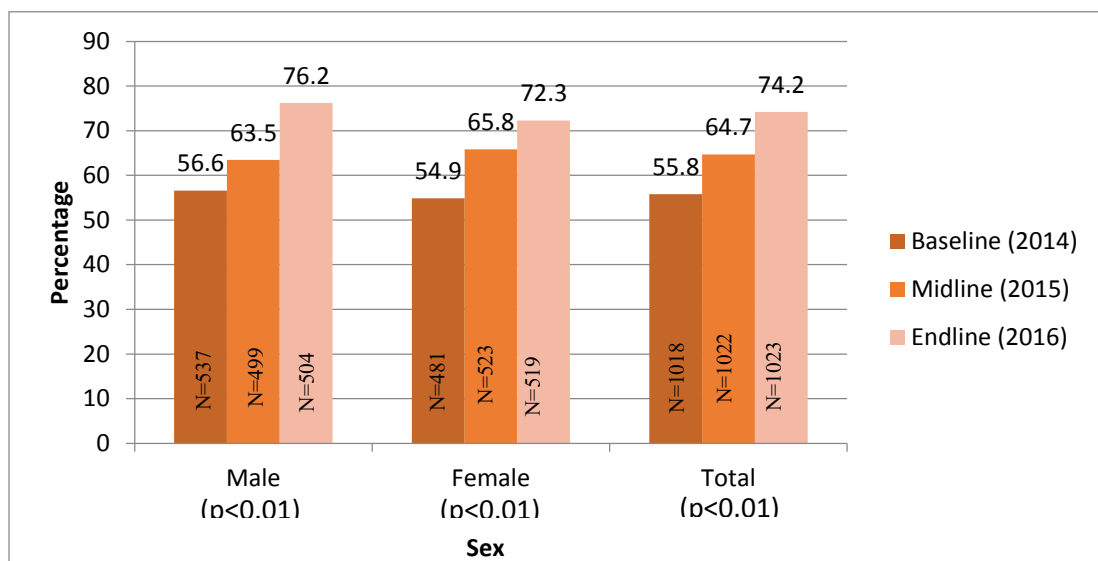
**Figure 3.20.** Achievement of minimum acceptable diet by children 6-23 months old according to age group (n=1018, 1022, 1275)

The percentage of children who received the minimum acceptable diet significantly improved across all age groups between 6-23 months. Although 6-8 months-old age group did not show significant improvement at midline, this age group improved dramatically by endline.



**Figure 3.21.** Achievement of minimum acceptable diet by children 6-23 months old according to district (n=1018, 1022, 1275)

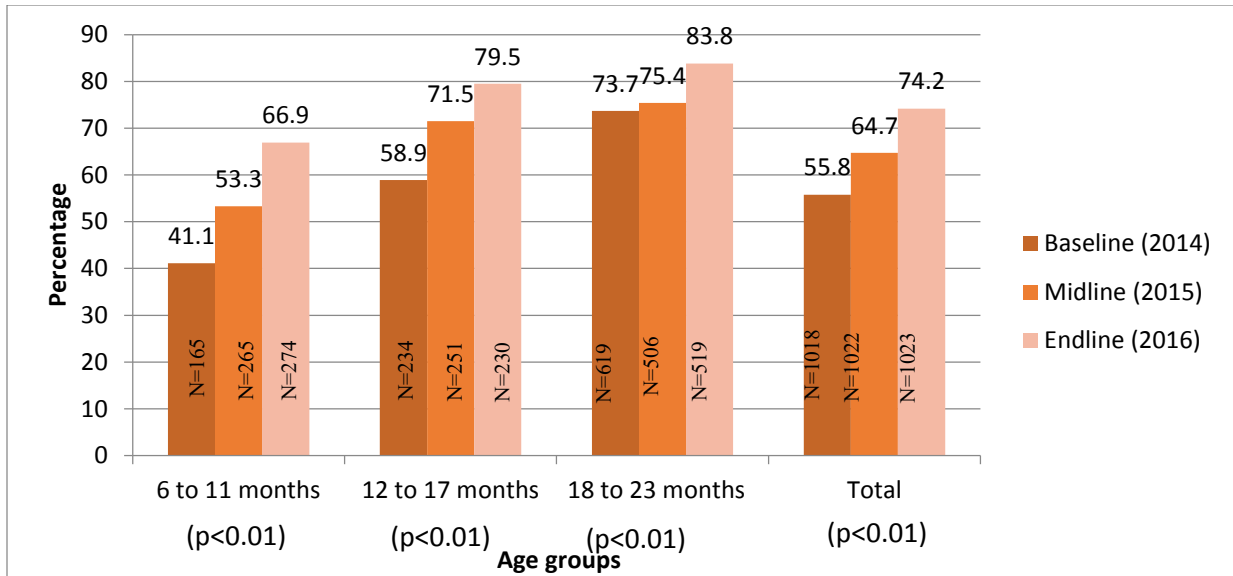
The percentage of children who received the minimum acceptable diet significantly improved in all districts by endline, even though Potuakhali showed a lower rate at midline.



**Figure 3.22.** Percentage of children (6-23 months old) who eat iron-rich foods (animal-source foods) according to sex (n=1018, 1022, 1275)

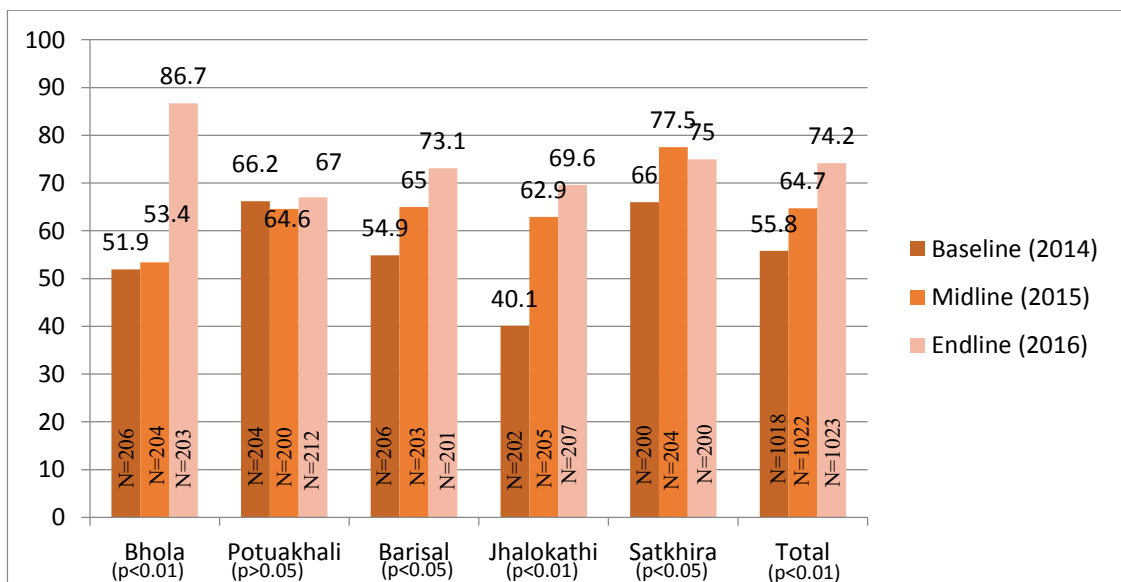
Animal source of foods are considered as iron rich foods. It was found that intake of such food has significantly increased (18.4%) in the midline; for both for male and female (17.4% & 19.6% respectively).





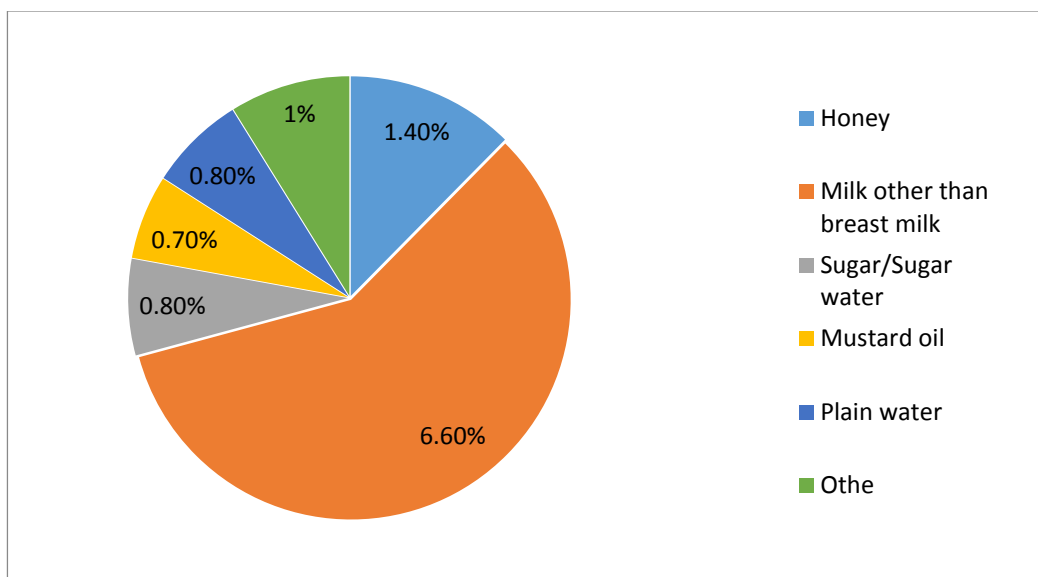
**Figure 3.23:** Percentage of children (6-23 months old) who eat iron-rich foods (animal-source foods) according to age group (n=1018, 1022, 1275)

The percentage of children (6-23 months old) who eat animal-source foods increased significantly among all age groups.



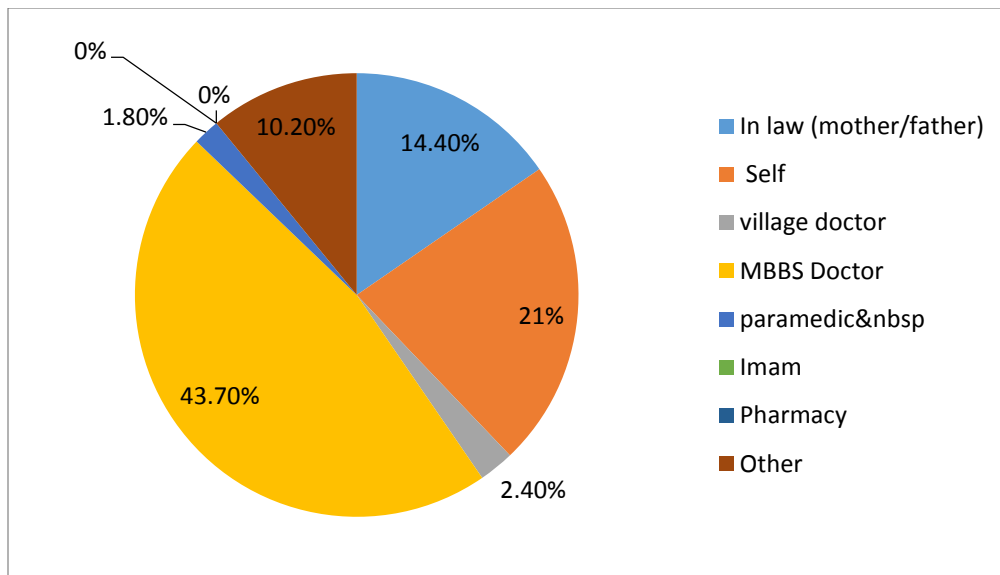
**Figure 3.24.** Percentage of children (6-23 months old) who eat iron-rich foods (animal-source foods) according to district (n=1018, 1022, 1275)

The intake of animal-source foods increased by midline and endline in almost every district, except Potua khali.

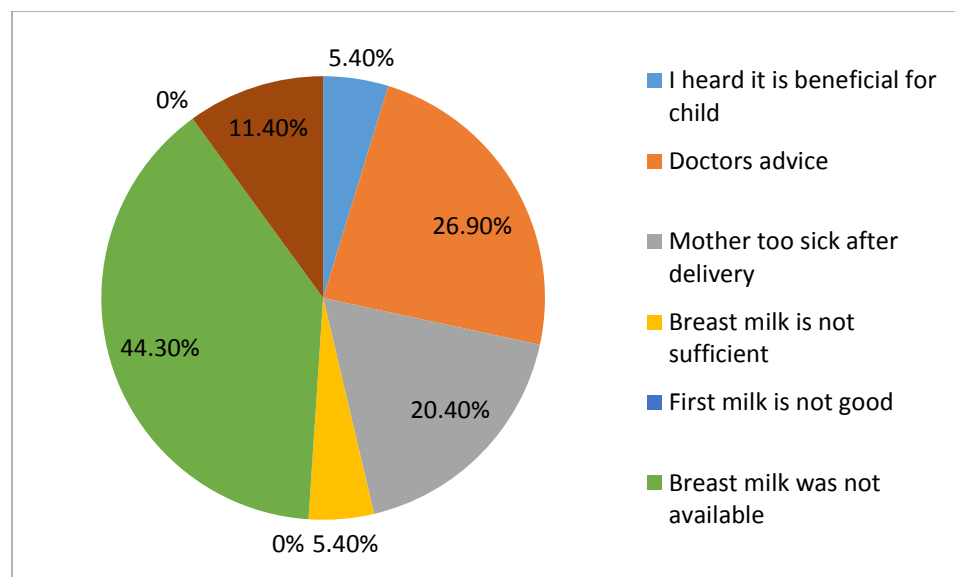


**Figure 3.25:** Percentage of children (1-23 months old) who ingested foods or liquids other than breast milk (colostrum) during the first 3 days of birth (n= 1530)

About 88.7% of the children received colostrum during the first 3 days after birth. Other than colostrum, children were given milk (other than breast milk) (6.6%), honey (1.4%), plain water (0.8%), sugar water (0.8%) or mustard oil (0.7%).



**Figure 3.26.** Individuals who advised the children's parents about foods and drinks within the first 3 days of birth (among 167 infants or children who were fed such foods or drinks)

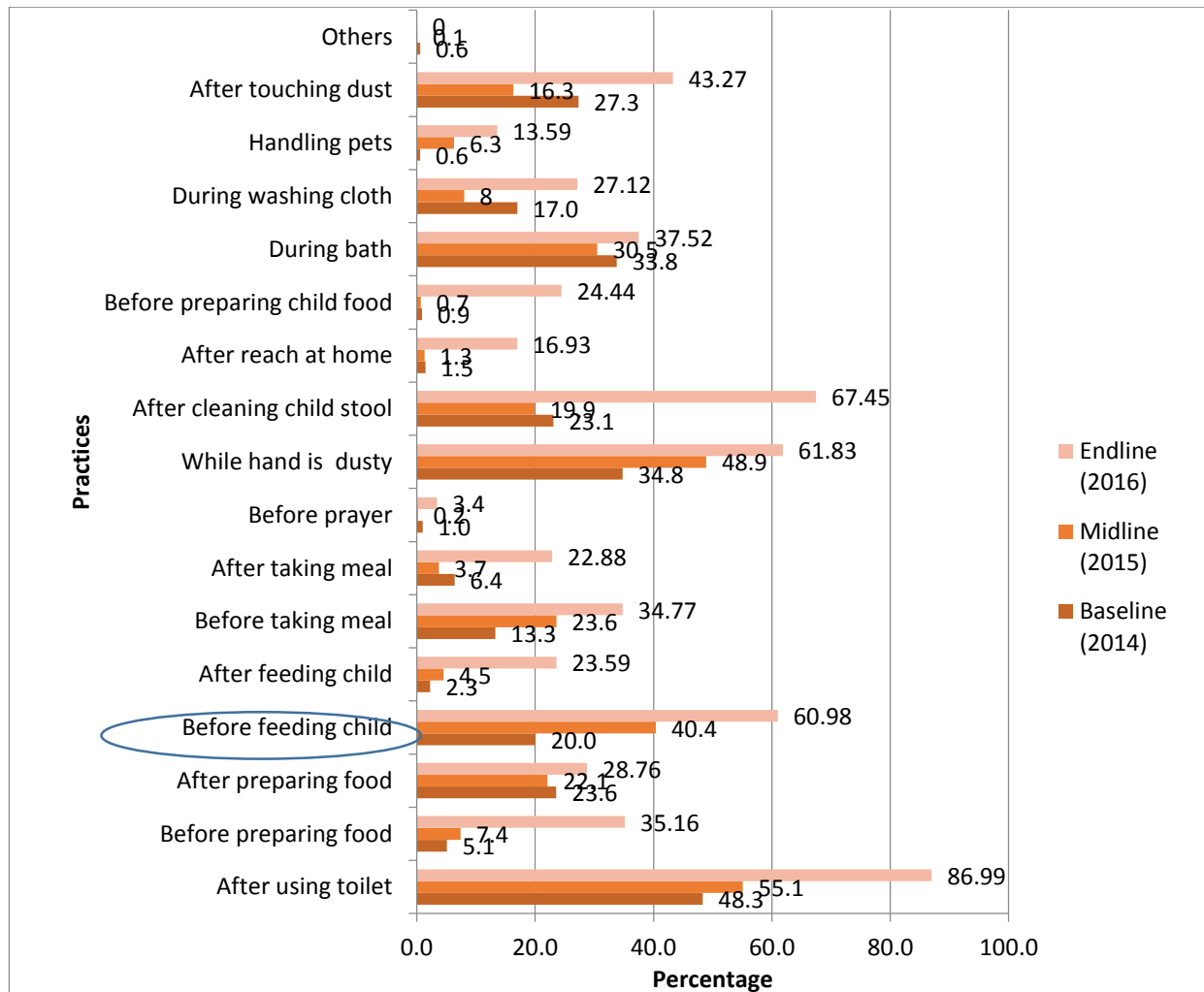


**Figure 3.27.** Self-reported reasons for feeding certain foods or drinks during the first 3 days after birth (n= 167)

**Table 3.3. Proportion of mothers who knew when complementary foods could be initiated (N=1530)**

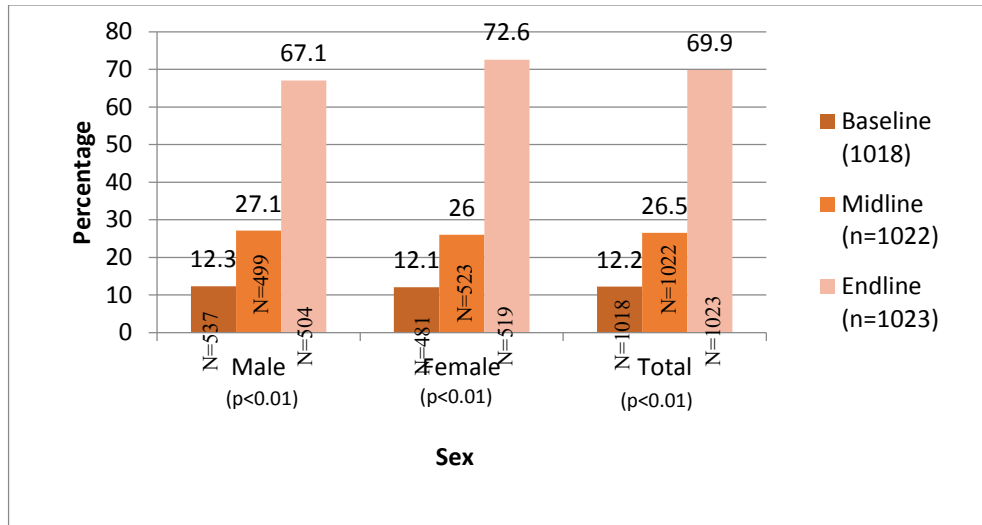
Child's age group	Knowledge of initiation of complementary feedings					
	Baseline		Midline		Endline	
	Frequency	%	Frequency	%	Frequency	%
Less than 5 months	51	3.4	16	1.1	7	0.5
On completion of 6 months	439	29.0	188	12.4	291	19
7 months	994	65.7	1278	84.0	1217	79.5
More than 8 months	19	1.3	9	0.6	15	1
Do not know	11	0.7	28	1.8	0	0

In the endline survey, 19% of the mothers mentioned that complementary feeding should be initiated when the child is six months old, which is less than the baseline rate (29%). However, about 80% of the mothers said that complementary foods should begin at seven months, which increased from the baseline rate of about 65%. If we consider both ages as correct, then 98.5% mothers had correct knowledge about the appropriate age to initiate complementary foods at endline, compared to 95% of the mothers with this knowledge at baseline.



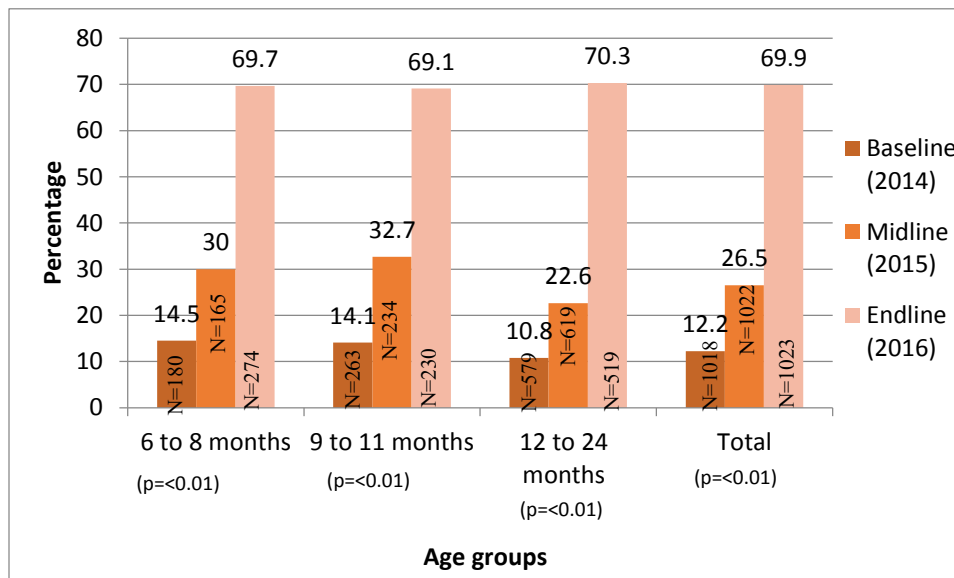
**Figure 3.28.** Self-reported hand-washing practices (24-hour recall) of mothers (with children 6-23 months old)

At baseline only 20% of the mothers (with children 6-23 months old) washed their own hands before feeding their children; this rate doubled at midline (40.4%) and tripled by endline (60.98%).



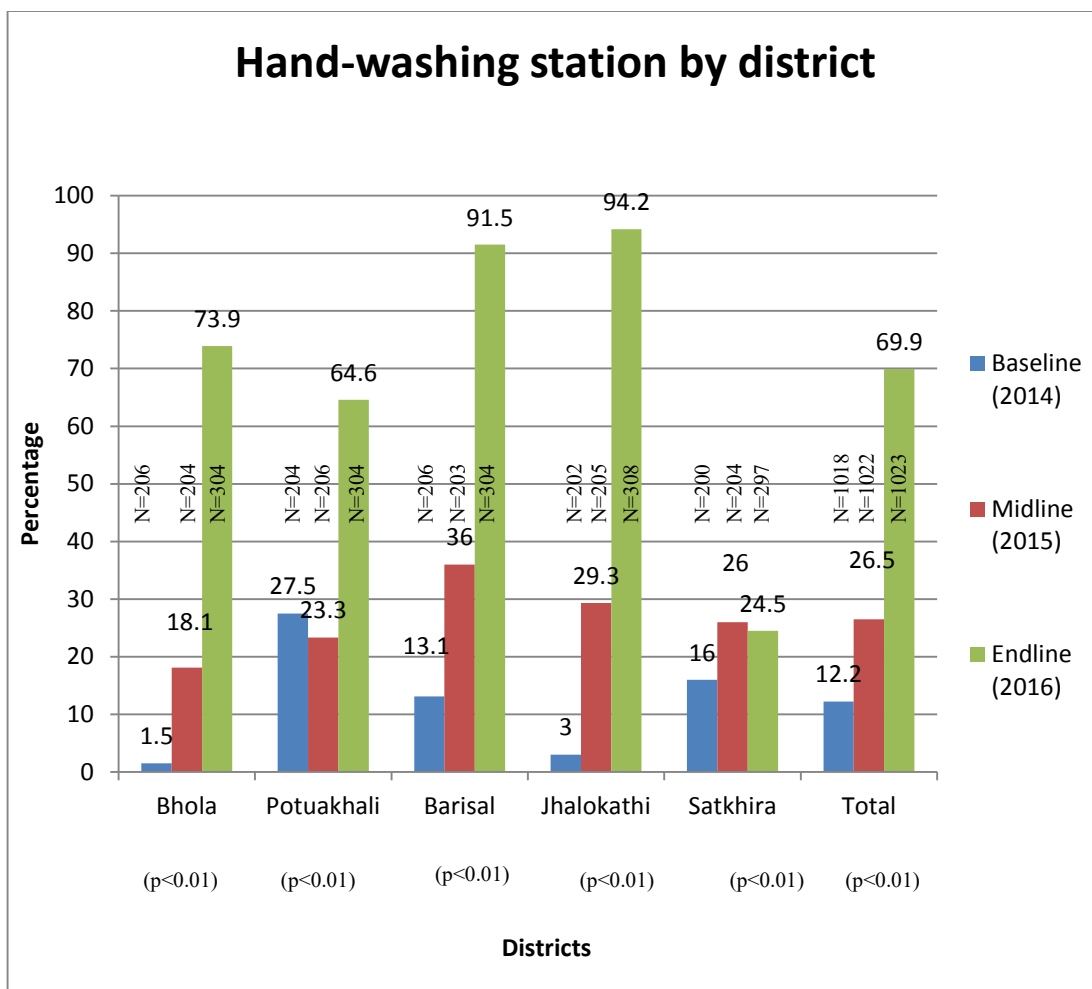
**Figure 3.29.** Percentage of households (observed) with hand-washing facilities near child-feeding areas for 6-23 month-old children according to sex

The percentage of households (having 6-23 month-old children) with hand-washing facilities near the child-feeding areas increased from 12.2% at baseline to 69.9% at endline. The percentage of households significantly increased for children of both sexes, male (54.8%) and female (60.5%) compared to the baseline.



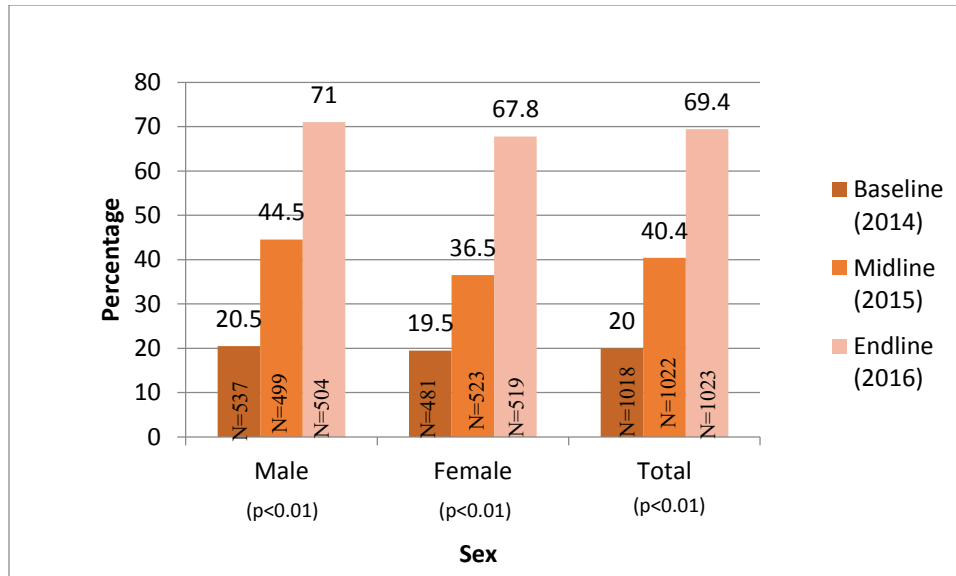
**Figure 3.30:** Percentage of households (observed) with hand-washing facilities at the child-feeding areas among families with 6-23 month-old children according to the age group

The percentage of households (having 6-23 month-old children) with hand-washing facilities near the child-feeding areas increased significantly across all age groups in the end-line survey compared to the baseline survey.



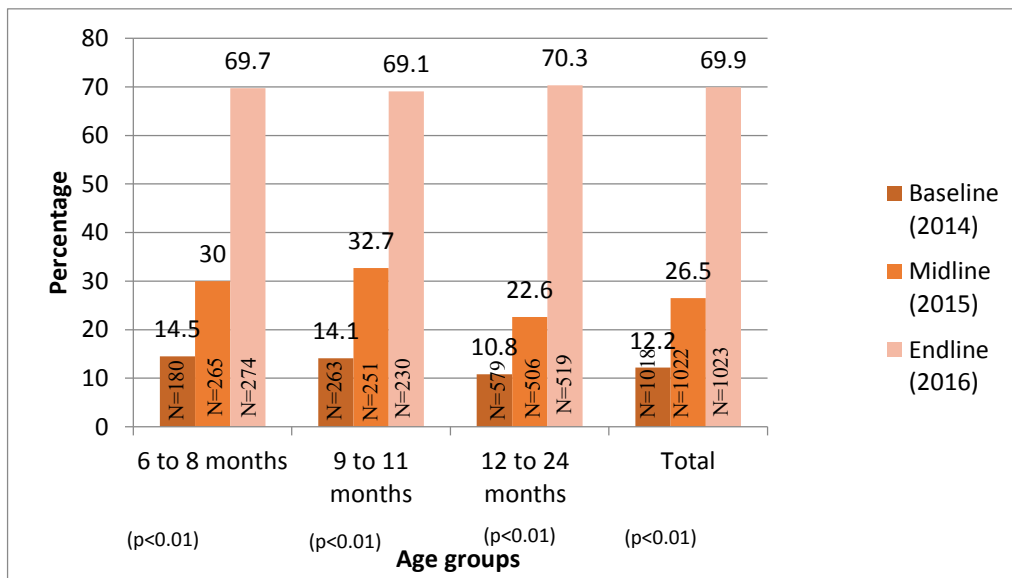
**Figure 3.31.** Percentage of households (observed) with hand-washing facilities at child-feeding areas among families with 6-23 month-old children according to district

The percentage of households (having 6-23 month-old children) with hand-washing facilities at the child-feeding areas increased significantly in all districts by endline, compared to baseline. The increases were also observed at midline in every district, except Potuakhali.



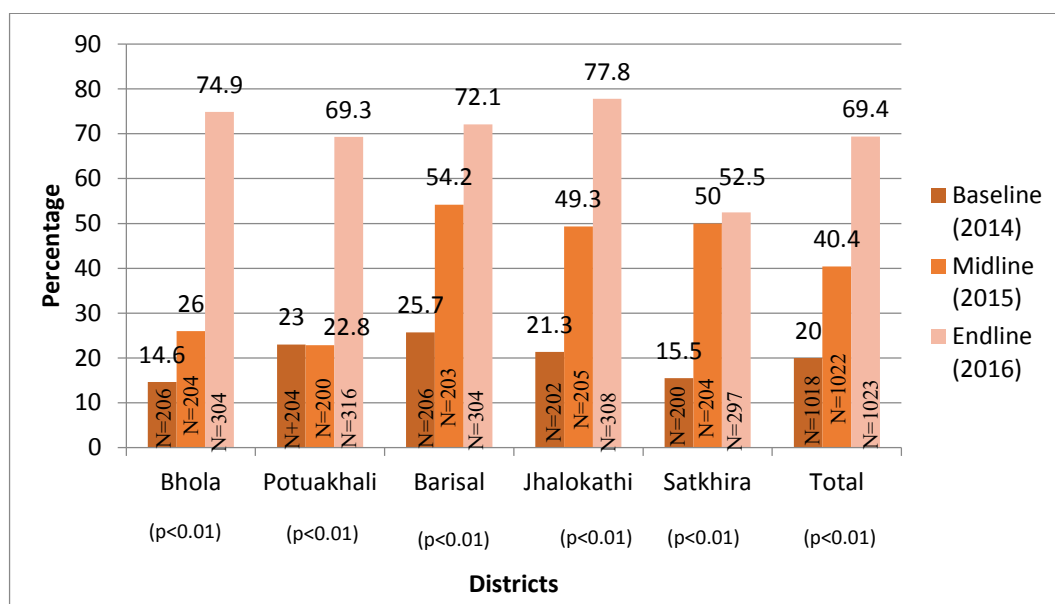
**Figure 3.32.** Hand-washing practices (24-hour recall) before feeding by mothers who have children (<2 years old) according to child’s sex

At endline, the percentage of mothers (with children less than 2 years old) who washed their hands before feeding their children, increased significantly for households with male and female children, across all age groups, and in every district. The highest rates were found for households with male children (71%), households with 12-24 month-old children (70.3%), and in the Jhalokathi district (77.8%).



**Figure 3.33.** Hand-washing practices before feeding (24-hour recall) by mothers having children (<2 years old) according to the child’s age

At endline, the hand-washing practices before feeding among mothers having children (<2 years old) significantly increased in households with male and female children, across all age groups, and in all districts. The highest rates were found among households with male children (71%), children who were 12-24 months old (70.3%), and in the Jhalokathi district (77.8%).



**Figure 3.34.** Hand-washing practices before feeding (24-hour recall) by mothers with children less than 2 years old, according to district

At endline, the hand-washing practices of mothers with children who were less than 2 years old significantly increased in most of the districts.

**Table 3.4.** Latrine type in households with a child less than 2 years old

Latrine type	Midline 2015 n (%)	Endline 2015 n (%)
Field, bush surrounded by plastic shelter	29 (1.9)	22 (1.4)
Pit latrine with concrete slab (without water sealing)	906 (59.5)	813 (53.1)
Separated pit, not connected by plastic pipe	11(0.7)	18 (1.2)
Pit latrine without concrete slab	29 (1.9)	57 (3.7)
Composting toilet	53(3.5)	15 (1.0)
Bucket toilet	0 (0.0)	1 (0.1)
Hanging toilet	23 (1.5)	9 (0.6)
Sanitary or water-sealed latrine with concrete slab	458 (30.1)	526 (34.4)



**Table 3.5.** Initiative taken to improve latrine in last 6 months by households with children less than 2 years old

<b>Initiative taken during last 6 months</b>	<b>Midline 2015 n (%)</b>	<b>Endline 2015 n (%)</b>
<b>Yes</b>	193 (12.7)	240 (15.7)
<b>No</b>	1329 (87.3)	1290 (84.3)

**Table 3.6.** Steps taken to improve latrine in last 6 months by households who with children less than 2 years old

<b>Type of steps taken to improve latrine</b>	<b>Midline 2015 n (%)</b>	<b>Endline 2015 n (%)</b>
Build a private latrine	56 (26.7)	62 (25.8)
Improve the current private latrine family	79(37.6)	39 (16.3)
Patching leaky rings	10(4.8)	17 (7.1)
Replacing or repairing the slab	14(6.7)	16 (6.7)
Replacing or improving the superstructure/housing	15(7.1)	10 (4.2)
Redirecting so doesn't empty into canal	41(19.5)	119 (49..6)
Installing a siphon or "sa-to-pan" to my existing toilet	3(1.4)	8 (3.3)
Raising the plinth level	7(3.3)	14 (5.8)
Request government/outside assistance to build latrine	4(1.9)	0 (0)
Improve situation and mentality	2(1.0)	2  (0.8)

At endline, most (87.5%) households (with children less than 2 years old) used either a pit latrine with a concrete slab (without water sealing) or a sanitary or water-sealed latrine with a concrete slab. Most of these households were also using such latrines at midline.

Only 16% of the households (with children less than 2 years old) took the initiative to improve their latrines during the past 6 months.

The midline and endline surveys found that those households that improved their latrines did so either by building a private latrine, or by improving the current family latrine by constructing or repairing pits or pipes to prevent feces from emptying into the canals.

**Table 3.7.** Disposal of child feces according to the child’s sex

<b>Disposal/ Management of feces</b>	<b>Male 2015</b>	<b>Mal 2016</b>	<b>Female 2015</b>	<b>Female 2016</b>	<b>Both 2015</b>	<b>Both 2016</b>
	<b>n (%)</b>	<b>n (%)</b>	<b>n (%)</b>	<b>n (%)</b>	<b>n (%)</b>	<b>n (%)</b>
Dropped into toilet facility /latrine	239(31.5)	372 (48.7)	249(32.6)	355 (46.3)	488(32.1)	727 (47.50)
Buried	13(1.7)	6 (0.8)	10(1.3)	5 (0.7)	23 (1.5)	11 (0.7)
Disposed in trash	191(25.2)	171 (22.4)	193(25.3)	183 (23.9)	384(25.2)	354 (23.1)
Nothing/ left in yard	0 (0.0)	1 (1.0)	1(0.1)	1 (0.1)	1(0.1)	2 (0.1)
Disposed in ditch	122(16.1)	65 (8.5)	124(16.3)	78 (10.2)	246 (16.2)	143 (9.3)
Cloth/disposable diaper/potty	194(25.6)	149 (19.5)	186 (24.4)	144 (18.8)	380 (25.0)	293 (19.2)

Half of the total child feces management by the households consisted of either “disposed in trash” or “potty management.” At midline and endline, there were no differences between households with male or female children for the management or disposal of feces.

**Table 3.8.** Disposal of child feces according to age group (0-23 months)

<b>Disposal/ management of feces</b>	<b>Less than 6 months</b>	<b>6-8 months</b>	<b>9-11 months</b>	<b>12-23 months</b>	<b>0-23 months</b>
<b>Dropped into toilet facility /latrine</b>	79 (15.6)	163 (59.5)	143 (62.2)	342 (65.9)	727 (47.5)
<b>Buried</b>	0 (0)	2 (0.7)	2 (0.9)	7 (1.3)	11 (0.7)
<b>Disposed in trash</b>	93 (18.3)	67 (24.5)	69 (30.0)	125 (24.1)	354 (23.1)
<b>Nothing/ left in yard</b>	1 (0.2)	1 (0.4)	0 (0)	0 (0)	2 (0.1)
<b>Disposed in ditch</b>	63 (12.4)	24 (8.8)	15 (6.5)	41 (7.9)	143 (9.3)
<b>Cloth/disposable diaper/potty</b>	271 (53.5)	17 (6.2)	1 (0.4)	4 (0.8)	293 (19.2)
<b>Total</b>	507 (100.0)	274 (100.0)	230 (100.0)	519 (100.0)	1530 (100.0)

By endline, about 50% of the households with children less than 6 months old managed feces by potty or cloth, whereas nearly 66% of the households with children 12-23 months old disposed of feces by latrine or other toilet facility. These were results were similar to the baseline findings.

**Table 3.9.** Disposal of child feces according to district

<b>Disposal/ management of feces</b>	<b>Bhola</b>	<b>Potuakhali</b>	<b>Barisal</b>	<b>Jhalokathi</b>	<b>Satkhira</b>	<b>Overall</b>
Dropped into toilet facility /latrine	145 (47.7)	102 (32.3)	132 (43.4)	145 (47.1)	203 (68.4)	727 (47.5)
Buried	0 (0)	2 (0.6)	7 (2.3)	2 (0.6)	0 (0)	11 (0.7)
Disposed in trash	87 (28.6)	92 (29.1)	55 (18.1)	80 (26.0)	40 (13.5)	354 (23.2)
Nothing/ left in yard	0 (0)	0 (0)	0 (0)	1 (0.3)	1 (0.3)	2 (0.1)
Disposed in ditch	32 (10.5)	24 (7.6)	28 (9.2)	46 (14.9)	13 (4.4)	143 (9.4)
Cloth/disposable diaper/potty	40 (13.2)	96 (30.4)	82 (27.0)	34 (11.0)	40 (13.5)	292 (19.1)

At endline, most districts relied on three methods to dispose of feces — by dropping into toilet facility, disposing in trash, and by using a potty with some variation in relative use among the districts.

**Table 3.10.** Disposal of child feces from cloths/diapers/potty by sex

<b>Disposal potty</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Cloths were washed in tube well</b>	48 (32.2)	47 (32.6)	95 (32.4)
<b>Thrown in the commode or pan</b>	0 (0)	3 (2.1)	3 (1.0)
<b>Thrown in river or ditch</b>	95 (63.8)	90 (62.5)	185 (63.1)
<b>Thrown in other place</b>	6 (4.0)	4 (2.8)	10 (3.4)
<b>Total</b>	149 (100)	144 (100)	293 (100)

At endline, more than 60% of the households disposed of child feces in a river or ditch. More than 30% of the households disposed of child feces by washing cloth diapers in the tube well.

**Table 3.11.** Disposal of child feces from cloths/diapers/potty by age group

<b>Disposal potty</b>	<b>Less than 6 months</b>	<b>6-8 months</b>	<b>9-11 months</b>	<b>11-23 months</b>	<b>0-23 months</b>
<b>Cloths were washed in tube well</b>	89 (32.8)	6 (35.3)	0(0)	0(0)	95 (32.4)
<b>Thrown in the commode or pan</b>	3 (1.1)	0(0)	0(0)	0(0)	3(1.0)
<b>Thrown in river or ditch</b>	169 (62.4)	11 (64.7)	1 (100)	4 (100)	185 (63.1)
<b>Thrown in other place</b>	10 (3.7)	0(0)	0(0)	0(0)	10(3.4)
<b>Total</b>	271 (100)	17 (100)	1 (100)	4 (100)	293 (100)

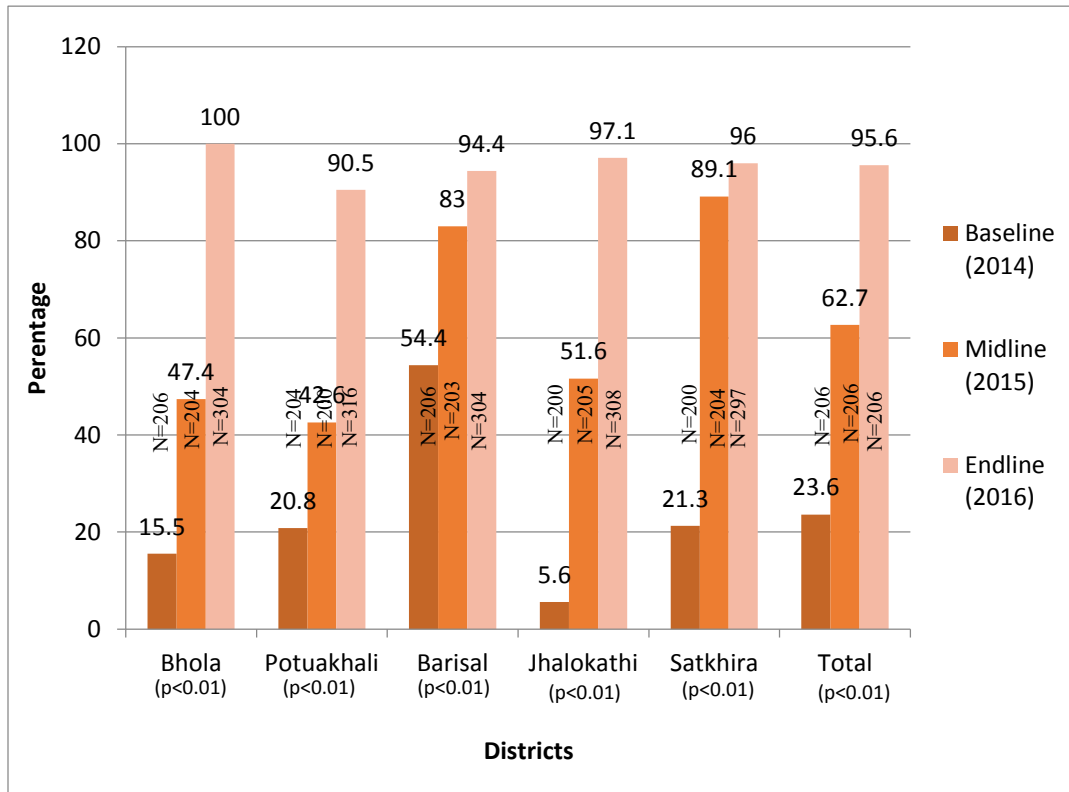
For all age groups, most households disposed of feces (from a potty) in rivers or ditches, or washed cloth diapers in the tube well.

**Table 3.12.** Disposal of child feces from cloths/diapers/potty by district

<b>Disposal management</b>	<b>Bhola</b>	<b>Potuakhali</b>	<b>Barisal</b>	<b>Jhalokathi</b>	<b>Satkhira</b>	<b>Overall</b>
<b>Cloths were washed in tube well</b>	4 (10.0)	15 (15.6)	30 (36.6)	7 (20.6)	38 (95)	94 (32.2)
<b>Thrown in the commode or pan</b>	0 (0)	3 (3.1)	0 (0)	0 (0)	0 (0)	3 (1.0)
<b>Thrown in river or ditch</b>	34 (85.0)	73 (76.0)	50 (61.0)	27 (79.4)	1 (2.5)	185 (63.4)
<b>Thrown in other place</b>	2 (5.0)	5 (5.2)	2 (2.4)	0 (0)	1 (2.5)	10 (3.4)
<b>Total</b>	40 (100)	96 (100)	82 (100)	34 (100)	40 (100)	292 (100)

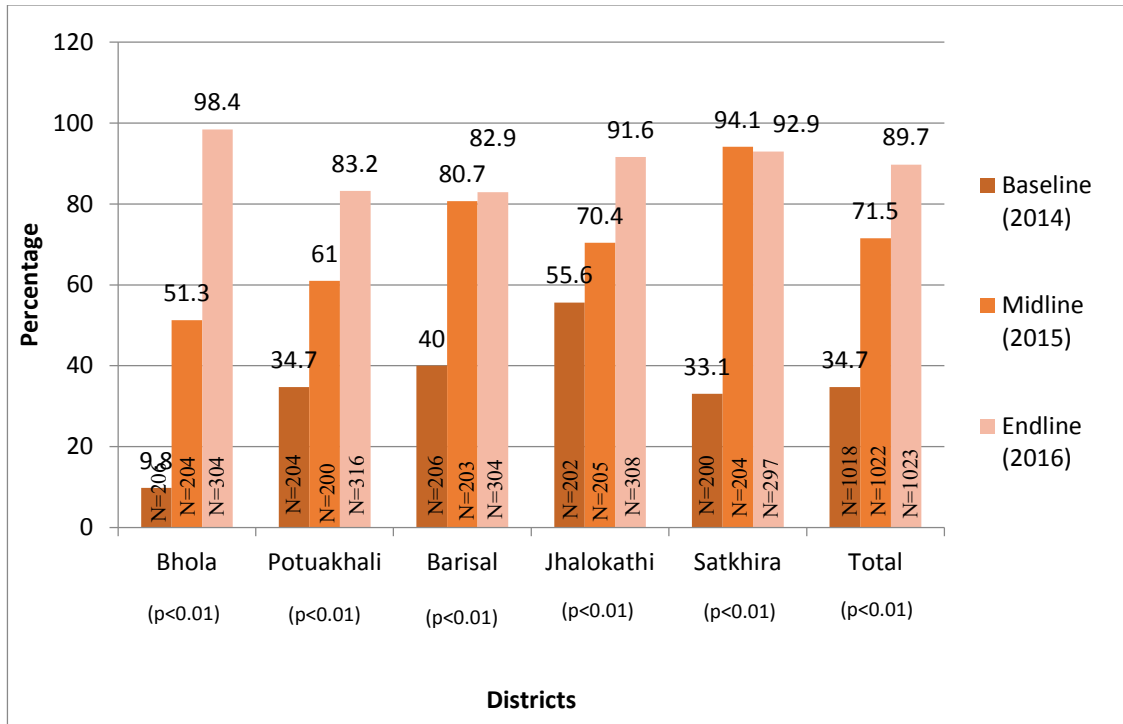
For all districts, most households disposed of child feces in a river or ditch, or washed cloth diapers in the tube well.

## Section 4: IYCF counseling during home visits



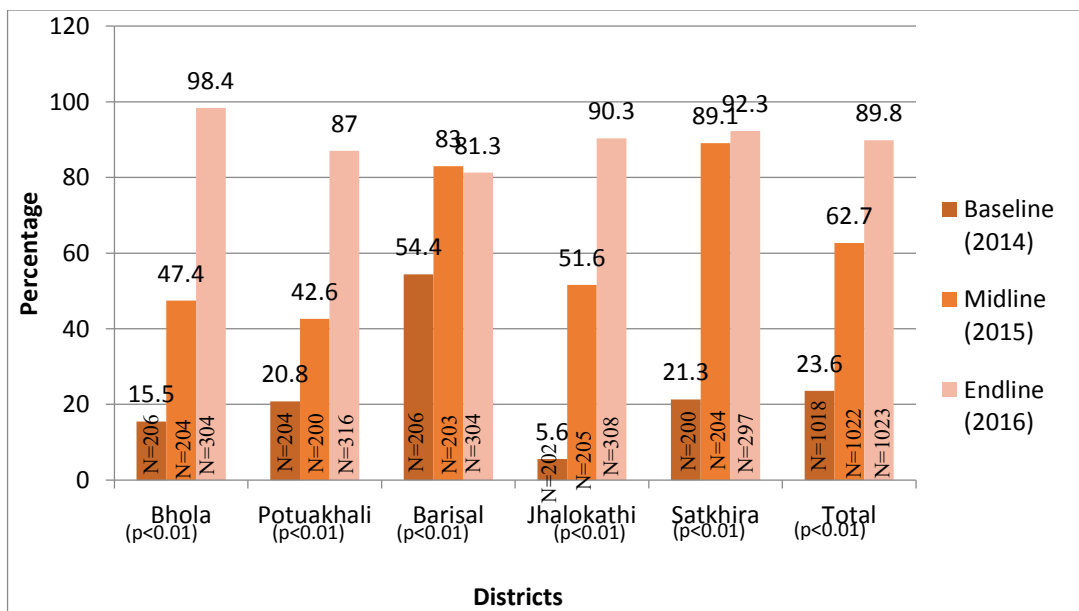
**Figure 4.1.** Home visits by FLW (SS/SK/PK) as reported by mothers of children less than 2 years old according to district

Overall, the home visits by SS, SK, and PK increased significantly to 21.1% at midline and 72% at endline compared to baseline. The increase was significant for every district.



**Figure 4.2.** Home visits by Pusti Kormi (PK) as reported by mothers of children less than 2 years old according to district

Home visits by PK increased to 71.5% at midline and 89.7% at endline, compared to 34.7% at baseline, as reported by mothers of children less than 2 years old. This increase was significant in every district, and most dramatic for Bhola.



**Figure 4.3** Home visits by Sasthy Sebika (SS) as reported by mothers of children less than 2 years old according to district

Home visits by SS increased to 62.7% at midline and 89.8% at endline across all districts, compared to only 23.6% at baseline, as reported by mothers of children less than 2 years old. The increases were significant for all districts, and most dramatic in Bhola.

**Table 4.1 Home visits by SS and PK at baseline and midline**

<b>Passage (number) of days since last visit</b>	<b>Midline 2015 Mean ± SD</b>	<b>End-line, 2016 Mean ± SD</b>
Mean interval since last visit by SS	50.9±88.6	37.9±103.4
Mean interval since last visit by PK	55.2±101.8	37.0±105.9
Mean number of visits after first visit by SS	2.60±1.8	8.02±15.2
Mean number of visits after first visit by PK	2.39±5.5	7.25±6.4

**\*For the 2015 midline analysis we used a different unit for the mean interval since the last visit by SS and PK; this has been amended for this endline report.**

Mean interval since last visit at endline significantly decrease from 50.9 days to 37.9 days for SS and 55.2 days to 37.0 days for PK. The mean number of visit after first visit was significantly increased in end-line for SS (8.02) and for PK (7.25).

## Section 5: Media coverage

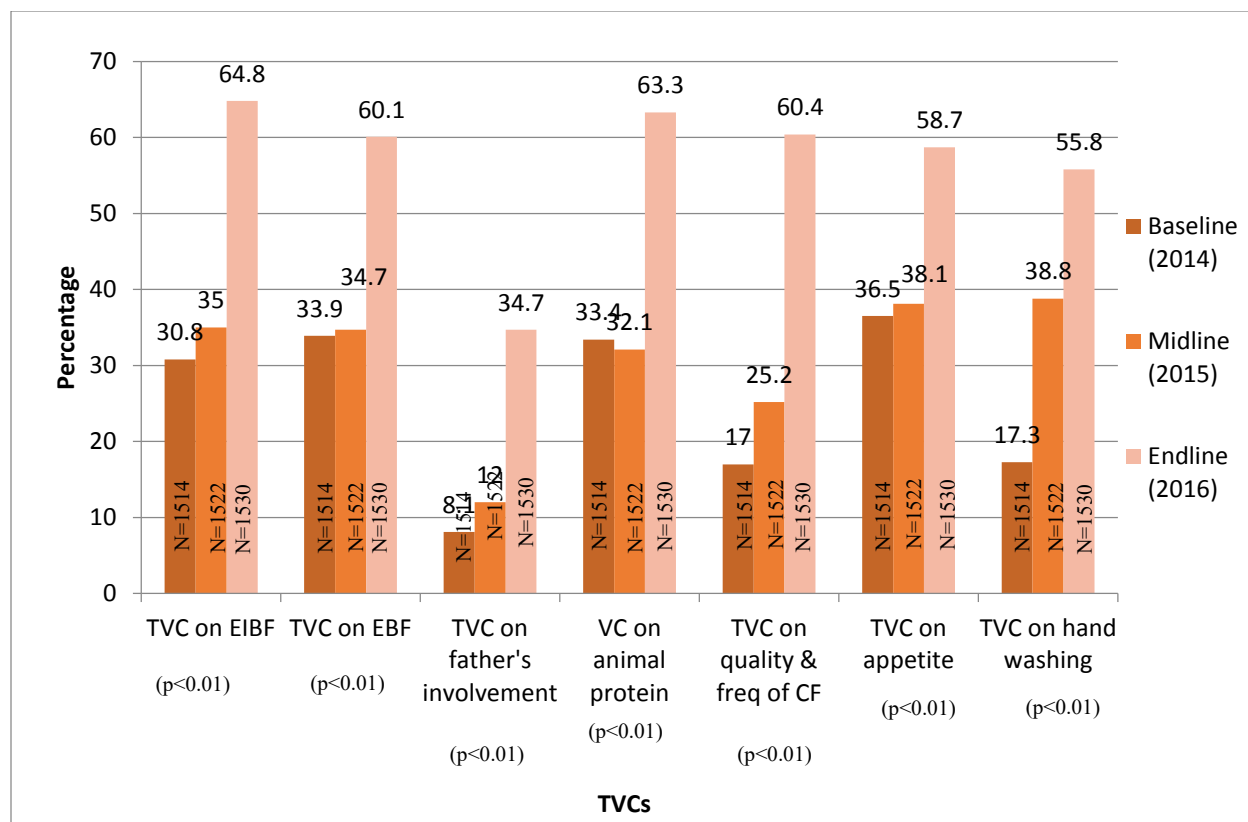
**Table 5.1** Proportion of mothers who watched Television Commercials (TVCs) by source (media) in the baseline midline and endline surveys

	Source/ Media	TVC on EIBF	TVC on EBF	Father's involveme nt	TVC on animal protein	TVC on quantity and freq of CF	TVC on appetite	TVC on hand washing
<b>Baseline 2014</b>	Watched	55.5	56.1	39.3	55.5	48.9	51.3	34.3
	In TV	52.6	55.5	38.7	55.0	48.3	50.6	33.9
	In Other source	47.4*	0.7	0.6	0.6	0.5	0.7	0.4
<b>Midline 2015</b>	Watched	59.7	58.1	46.0	60.1	55.5	55.3	55.0
	In TV	45.3	44.6	33.3	46.3	42.4	42	41.1
	In Other source	54.7	55.4	66.7	53.7	57.6	58	58.9
<b>Endline 2016</b>	Watched	76.9	73.4	58	73.5	72.9	66.7	67
	In TV	50.7	50.2	49.8	50.8	51.7	50.1	46.7
	In Other source	49.3	49.8	50.2	49.2	48.3	49.9	53.3

**\* A change was observed in the baseline report analysis for this variable, which we have fixed for the endline report.**

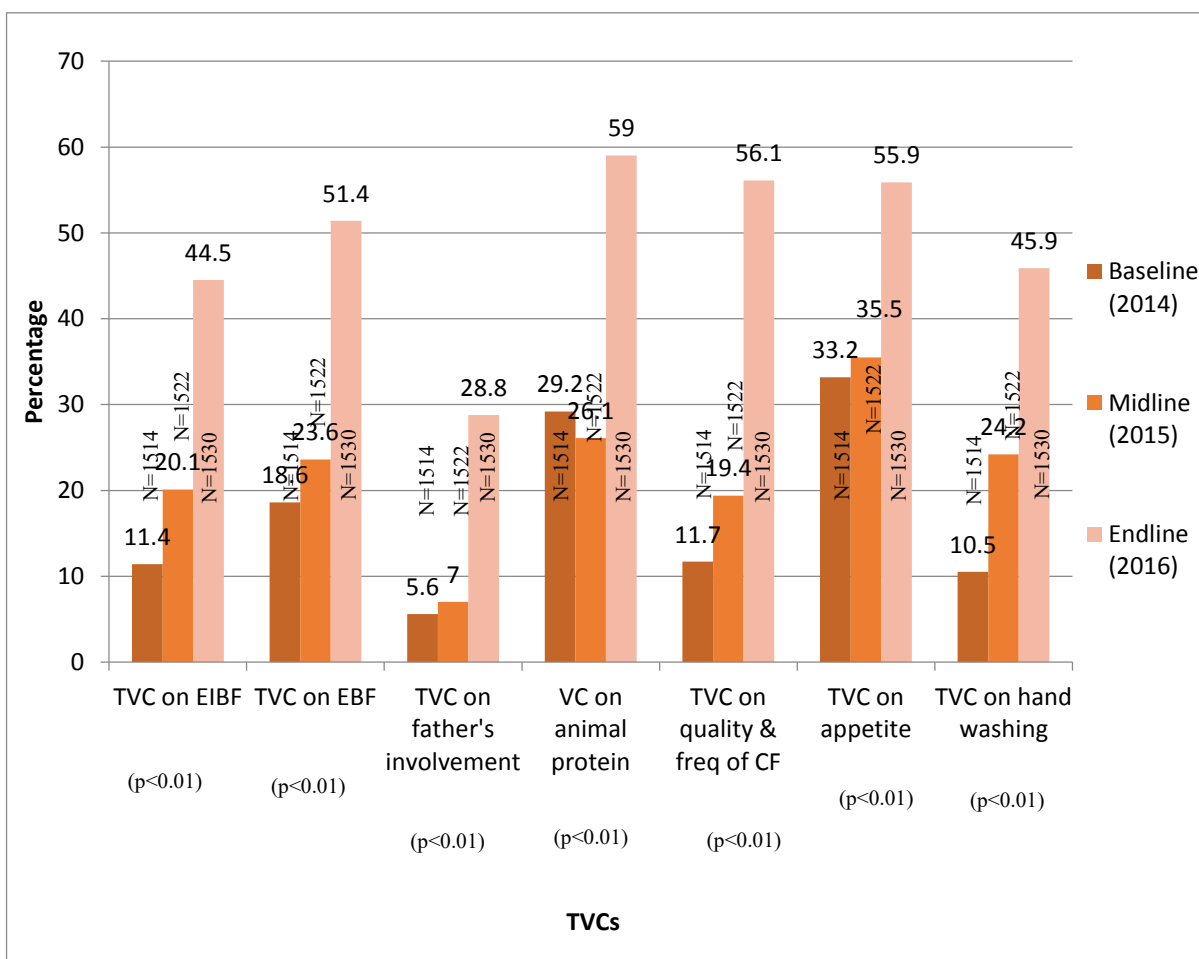
The proportion of mothers who watched TVCs increased for all TVCs at endline, and for most TVCs by midline. The sources (other than TV) for watching TVCs increased dramatically from baseline levels at midline and endline.





**Figure 5.1.** Percentage of mothers who recall at least one correct storyline from an IYCF TVC according to content (2014 & 2015) (n= 1514, n=1522)

A greater percentage of mothers who watched the TVCs on EIBF, EIBF, appetite, hand-washing and animal-source foods could recall at least one message. Recall was lowest for TVCs on the father's involvement. Even so, the recall for this TVC increased at midline and endline, compared to recall at baseline. The recall was highest for TVCs on EIBF at endline (64.8%) and on hand-washing at midline (38.8%).



**Figure 5.1.** Percentage of mothers who recall at least two correct storylines from IYCF TVCs (2014, 2015, and 2016) (n= 1514, 1522, and 1530)

At endline, a relative large percentage of mothers who watched TVCs on EIBF, EIBF, appetite, hand-washing, and animal-source foods could recall at least two messages. Recall was lowest for TVCs on the father’s involvement. However, the recall of all TVCs increased at midline and endline compared to baseline. The recall was highest for the TVC on appetite at midline (35.5%) and the TVC on animal protein at endline (59%).

**Table 5.2.** Percentage of mothers at endline (2016) who recalled at least one correct storyline from IYCF TVCs according to district

Discussion issues during visit by SS	Bhola	Potuakhali	Barisal	Jhalokathi	Satkhira	Total
TVC on EIBF	234 77.00%	156 49.40%	148 48.70%	234 76.00%	220 74.10%	992 64.90%
TVC on EBF	222 73.00%	152 48.10%	113 37.20%	240 77.90%	193 65.00%	920 60.20%
Father's involvement	127 41.80%	83 26.30%	55 18.10%	192 62.30%	73 24.60%	530 34.70%
TVC on animal protein	188 61.80%	179 56.60%	155 51.00%	251 81.50%	195 65.70%	968 63.30%
TVC on quantity and frequency of CF	231 76.00%	141 44.60%	100 32.90%	237 76.90%	215 72.40%	924 60.40%
TVC on appetite	199 65.50%	188 59.50%	116 38.20%	239 77.60%	155 52.20%	897 58.70%
TVC on hand washing	146 48.00%	209 66.10%	133 43.80%	211 68.50%	154 51.90%	853 55.80%

**Table 5.3.** Percentage of mothers at baseline (2014) and midline (2015) who correctly recall at least one storyline from IYCF TVCs according to district

	Bhola		Potuakhali		Barisal		Jhalokathi		Satkhira		Total	
	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015
TVC on EIBF	13 (2.8)	62 (11.6)	115 (24.6)	136 (25.5)	125 (26.8)	103 (19.3)	94 (20.1)	106 (19.9)	120 (25.7)	126 (23.6)	467 (178.2)	533 (90.2)
TVC on EBF	17 (3.3)	57 (10.8)	123 (23.9)	118 (22.3)	125 (24.3)	99 (18.8)	107 (20.8)	107 (20.3)	142 (27.6)	147 (27.8)	514 (196.2)	528 (89.3)
Father's involvement	3 (2.4)	18 (9.9)	55 (44.7)	42 (23.1)	34 (27.6)	37 (20.3)	9 (7.3)	25 (13.7)	22 (17.9)	60 (33.0)	123 (46.9)	182 (30.8)
TVC on animal protein	18 (3.6)	52 (10.6)	134 (26.5)	103 (21.1)	134 (26.5)	111 (22.7)	95 (18.8)	78 (16.0)	124 (24.6)	145 (29.7)	505 (192.7)	489 (82.7)
TVC on quantity and	13 (5.1)	29 (7.6)	81 (31.5)	91 (23.8)	51 (19.8)	60 (15.7)	42 (16.3)	78 (20.4)	70 (27.2)	125 (32.6)	257 (98.1)	383 (64.8)

frequency of CF												
TVC on appetite	23 (4.2)	68 (11.7)	136 (24.6)	141 (24.3)	142 (25.7)	126 (21.7)	109 (19.7)	110 (19.0)	143 (25.9)	135 (23.3)	553 (211.1)	580 (98.1)
TVC on hand washing	7 (2.7)	108 (18.3)	92 (35.1)	118 (20.0)	57 (21.8)	133 (22.5)	45 (17.2)	82 (13.9)	61 (23.3)	150 (25.4)	262 (100.0)	591 (100.0)

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## Discussion

We assessed the knowledge and practices associated with maternal and child nutrition among pregnant women and the mothers of 0-24 months-old children. This study compared baseline and endline data on IYCF and maternal nutrition and practices in the Barisal and Khulna divisions, where the SHIKHA intervention was implemented.

In the baseline survey, we found that the dietary diversity score for pregnant women was low,  $4.28 \pm 1.1$ . This finding was consistent with the DDS found in the FANTA project,  $4.1 \pm 0.9$ . At baseline we found that 100% of the surveyed mothers consumed starchy foods, 17% consumed dairy products, 28% consumed eggs, 50% consumed dark green leafy vegetable (DGLV), and none of them consumed organ meats. These findings were also consistent with FANTA study findings (Arimond et al., 2011). The consumption of these foods slightly increased or remain unchanged at midline and endline (100%, 25%, 33%, and 50% at midline, respectively; and 99.9%, 19.1%, 38.5%, and 50.6% at endline, respectively). After the SHIKHA intervention, the diet diversity score significantly increased,  $4.48 \pm 0.98$  at midline, and  $4.76 \pm 1.159$  at endline. The effectiveness of the intervention is evident through comparisons to the control areas, which showed little change from baseline scores ( $4.30 \pm 0.89$  and  $4.14 \pm 1.067$ , at midline and endline, respectively). The improvement of diet diversity was greater among women with lower socio-demographic characteristics at midline and endline, indicating that these women practiced what they learned from the SHIKHA intervention. All districts showed significant improvements by endline. And only 2 (Patuakhali and Jhalokhati) of the 5 districts, had significantly improved by midline.

Overall, the IYCF indicators showed improvements at midline and endline compared to the baseline. The annual target of 6% improvement was met for all indicators (except EIBF and EBF) at midline. By endline, however, all of the IYCF indicators far exceeded the annual target rate. In the baseline survey, the rate of EBF was higher (78.4%) than the findings of the national BDHS study in 2011 (64%). In fact, EBF declined after 2011 from 64% to 55% according to the 2014 BDHS study. The intensive mass-media campaigns for several years prior to the 2011 BDHS survey may be responsible for the higher prevalence of EBF in 2011. Likewise, the increased rate of EBF 85.4% by endline in our study may be due to socio-economic improvements, media campaigns between 2011 and 2013, and the SHIKHA project intervention from 2014 to 2016. After the SHIKHA intervention, the rate of EBF increased from 78.4% to 85.4%. The rate of exclusive breast feeding was higher only among female children at midline. However, the rate of increase was the same for males and females by endline. The highest rates of EBF were found in the Bhola district (97%) and the lowest rates in Patuakhali district (about 7.13%).

At baseline, the practice of complementary feeding was very poor — only a fifth of the mothers gave complementary foods (with the minimum diversity) to their children. Less than a fifth of the mothers were giving food with the minimum acceptable diet. About two-thirds of the mothers started complementary feeding before their children were 6 months old. However, after the intervention, the rate of improvement far exceeded the annual target of 6%, and was similar for males and females. The progress in the minimum dietary diversity (12.9% and 35.9%), minimum meal frequency (10.6% and 18.7%), minimum acceptable diet of children (10.6% and 33.2%), and the intake of iron-rich food (8.9% and 18.4%) far exceeded the annual target of 6%, at midline and endline, respectively.

At baseline, only 20% of the mothers of children (6-23 months old) washed their hands before feeding their children, but this rate doubled (40.4%) at midline and tripled (60.98%) by endline. By endline, the increase was significant across all age groups, among males and females, and in all districts. Half of the “total disposal management” consisted of either “disposed in trash” or “potty management” at midline and endline. There was no difference for male or female children for the disposal of feces. Disposal was managed by potty or cloth for about 50% of the children less than 6 months old, whereas more than 60% of the disposal for 12-23 month-old children was managed by latrine or other toilet facilities.

At midline, the mothers recalled the TVCs on hand-washing the most (38.8%), and the TVCs on the father’s involvement the least (12%). However, the recollection of both TVCs increased by endline. These results are consistent with observed (double and triple) increases in hand-washing practices by mothers at midline and endline, respectively.

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## Key findings and recommendations:

### Nutrition of pregnant women:

- Consumption of dairy products, eggs, and leafy vegetables slightly increased or remain unchanged at endline (19%, 39%, and 50%, respectively) among pregnant women. At baseline, at least two-thirds of the respondents (66%, 65%, and 73%, respectively) knew that pregnant women should eat these foods; and this increased significantly (79%, 90%, and 96%, respectively) by endline. This suggested that some barriers at baseline were slightly overcome through the intervention at midline and endline.
- Knowledge about the consumption of legumes (pulses) and nuts, and vitamin A-rich fruits and vegetables was very low (11% and 7%, respectively) at baseline, but significantly increased by endline (52.4% and 61.8%, respectively). A small percentage of pregnant women ate these foods (43% and 6%, respectively) at baseline. By endline, the consumption of vitamin A-rich fruits and vegetables increased significantly, but the consumption of legumes and nuts slightly decreased. This indicated a need to improve the knowledge of pregnant women about the importance of these foods.
- Compared to the control areas (2016), significantly more ( $p < 0.05$ ) pregnant women in the intervention areas knew about the importance of consuming legumes, organ meats, eggs, flesh foods, leafy vegetables, vitamin A-rich fruits and vegetables, and other fruits and vegetables.
- At baseline, the overall mean dietary diversity score (DDS) of pregnant women was  $4.28 \pm 1.08$ , which significantly increased to  $4.48 \pm 0.98$  by midline, and reached  $4.76 \pm 1.16$  in the end-line survey. The baseline score in the intervention areas was similar to the endline score in the control areas. The score was unchanged among adolescent pregnant women at midline, but improved by endline after an increased focus on this group of women.

## IYCF:

- About 80% of the respondents initiated breast feeding (IBF) within an hour of child birth, which had increased from 62% at baseline. There was no significant difference between male and female children ( $p>0.05$ ). The Bhola district had the highest rate for the early initiation of breastfeeding (99.2%), whereas the Satkhira district had the lowest rate (77.1%).
- The overall rate of exclusive breast feeding (EBF) was 85.4% for 0-5 month-old children, which increased by 7% compared to the baseline rate. The rate of EBF was more than 90% in the 0-1 month age group. This rate was highest in the Bhola district (97%) and lowest in Patuakhali (about 73%). Unlike the baseline rates, the exclusive breast feeding rates at endline were similar for male and female children. The rates were 85.8% for male and 85% female children among 0-5 month-old infants.
- The improvement in complementary food intake (22.7%), minimum dietary diversity (36%), minimum meal frequency (18.7%), minimum acceptable diet of children (33.2%), and the Intake of iron-rich foods (18.4%) exceeded the annual target (6%).
- Most indicators of the children's diet improved significantly in every district by endline.
- A baseline, only 20% of the mothers with children (6-23 months old) washed their hands before feeding their children; this rate doubled by midline (40.4%), and tripled by endline (60.98%).
- Most (87.5%) of the households with children less than 2 years old used either a pit latrine with a concrete slab (without water sealing) or a sanitary (or water-sealed) latrine with a concrete slab. Around 50% of the households with children less than 6 months old disposed of children's feces with potties or cloth diapers, whereas households with 12-23 month-old children used a latrine or other toilet facility.



## Mass media:

- The 7 IYCF TVCs on hand-washing were aired on national TV under the A&T project. At endline, the respondents exposure and recall had improved to satisfactory levels.
- Mothers who watched the TVCs on EIBF, EIBF, appetite, hand-washing, and animal sources of foods had the best recollection of at least one message.
- The recall was lowest for TVCs on the father's involvement. But the rate of recall for these TVCS increased at midline and endline. The recall of at least one correct storyline was highest for TVCs on hand-washing at midline (38.8%) and on EIBF at endline (64.8%). The recollection of at least two correct storylines was highest for TVCs on appetite (35.5%) at midline and for animal protein (59%) at endline.

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## Conclusion

The SHIKHA intervention achieved all of its objectives for the dietary diversity of pregnant women and for infant and young children's feeding (IYCF) practices — with the exception of exclusive breast feeding, which was already high at baseline.

The pregnant women's dietary diversity score (DDS) was low at baseline, but the mean DDS improved to 4.48 at midline and 4.76 at endline. The midline DDS of adolescent pregnant had not improved over baseline, but did improve by endline after special efforts. The baseline intake of dairy products, eggs, and leafy vegetables was low (17%, 28%, and 50%, respectively) even though at least two-thirds of the respondents knew that pregnant women should eat these foods. At the end of the project, the respondents' knowledge about the intake of different foods improved, while the intake of eggs, vitamin A-rich fruits and vegetables substantially improved. Significant improvements in the mean dietary diversity were seen among women with less education, which narrowed the gap in DDS to women with higher levels of education. A similar trend was observed for women with lower SES.

Despite the short duration of the intervention, all of the IYCF indicators improved significantly. Except for the rates of exclusive breastfeeding, all of the IYCF indicators improved substantially beyond the targets (>12%) of the SHIKHA project. The mean dietary diversity rate almost tripled from 20.6% at baseline to 56.6% at endline. This change helped to substantially improve the attainment of the minimum acceptable diet from 18.3% to 51.5%. The presence of a hand-washing station at the child-feeding area improved substantially from 12.2% to 50.8% among households.

A greater emphasis should place on ensuring that pregnant women and mothers received all scheduled visits.

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**Persons Involved in the Survey**

**Appendix: A**

<b>Designation</b>	<b>Baseline</b>	<b>Midline</b>	<b>Endline</b>	
<b>Principle Investigator (PI)</b>	Professor Dr. AKM Fazlur Rahman (CIPRB) Abu Ahmed Shamim (FHI360)			
<b>Co-PI</b>	Dr. Saidur Rahman Mashreky			
<b>Research Coordinator</b>	Md. Kabir Hossen			
<b>Statistician (Research Officer)</b>  a) <b>Data analysis</b> b) <b>Report writing</b>	Zakia Islam	Zakia Islam	Tarana Ferdous	
	a) Zakia Islam b) Zakia Islam	a) Zakia Islam b) Tarana Ferdous	a) Tarana Ferdous b) Tarana Ferdous	
<b>Data collection (supervisor)</b>	Md. Alamgir Hossain	Md. Alamgir Hossain	Md. Rasel Ahmen Masum	
	Md. Masud Rana	Md. Masud Rana	Md. Masud Rana	
	S.M Mohidul Islam	Md. Tarikul Islam	Md. Tarikul Islam	
	Md. Juel Molla	Md. Juel Molla	Md. Juel Molla	
	Md. Azmul Huda	Md. Azmul Huda	Mohammad Amirul Islam	
		Md. Juel Molla	Md. Juel Molla	
		Md. A. Hafiz	Md. Moklasur Rahman	
	<b>Data collection (interviewer)</b>	Runa Layla	Mst. Momtahina Khatun	Sopna khatun
		Ajijun Nahar	Ajijun Nahar	Akhladun Nahar
		Mst. Naznin Akhter	Mst. Naznin Akhter	Samsun Nahar
	Rabia Khatun	Rabia Khatun	Rabia Khatun	
	Laila Akhter	Laila Khatun	Most. Lovely Yesmin	
	Kukela Khatun	Kukela Khatun	Kukela Khatun	

	Yasmin Akhter	Julekha Khatun	Julekha Khatun
	Konika Akter	Konika Akter	Syeda Nasrin Sultana
	Shiuly Akter	Shiuly Akter	Josna Begum
	Julekha Akter	Pervin Akter Poly	Selina Akter
		Shiuli Khaton	Shiuli Khaton
		Mst. Swarupa Parvin	Sumaiya Sultana
			Jannatuz Johora Suchona
			Amena Khatun Rozina
			Shajada Khatun
			Mrs. Siddiqua Sultana
			Lucky Sultana
			Afroja Akther
			Mili Khatun

# Assessment of SHIKHA Project in Improving Knowledge and Practice in Relation to IYCF and Maternal Nutrition

Assessment of maternal nutrition knowledge and practice of pregnant women in SHIKHA project in Barisal & Khulna division

## Interview Questionnaire for Pregnant Woman

Date of Interview: \_\_\_\_\_  
time:

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Interview start time: \_\_\_\_\_

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Interview end

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(Respondant ID)

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(Name of Interviewer)

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(Signature)



## INDEX

Section 1: Identification
Section 2: Socio-demographic Information
Section 3: Health and nutritional practice of pregnant woman
Section 4: Knowledge about health and nutrition in pregnancy
Section 5: Source of Information on health, nutrition and diet in pregnancy
Section 6: Illness in pregnancy
Section 7: HH food security
Section 8: Household information

**Section 1: Identification:**

Information	Response	code	
1.1. Household Number	<input type="text"/> <input type="text"/> <input type="text"/>		
1.2. Age at marriage	<input type="text"/> <input type="text"/>		
1.3. Pregnancy number (excluding abortion)	<input type="text"/> <input type="text"/>		
1.4. Age of last child (Not applicable for 1 <sup>st</sup> pregnancy)	<input type="text"/> <input type="text"/>		
1.5. Number of total children. (Not applicable for 1 <sup>st</sup> pregnancy)	<input type="text"/>		
1.6. LMP	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Day Month Year		
1.7. Duration of Pregnancy	<input type="text"/> <input type="text"/> <input type="text"/> Month Day		
1.8. Expected Date of Delivery	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Day Month Year		
1.9. Religion	<input type="text"/>	1. Islam 2. Hindu 3. Christian 4. Buddhist 5. Others-----	
1.10. Does any health/nutrition worker visits your home or you participate in any health & nutrition program?	<input type="text"/>	1. Yes 2. No 3. Don't know	
1.11. Are you a member of any micro-credit organizations?	<input type="text"/> <input type="text"/> <input type="text"/>	1. No 2. Grameen Bank 3. BRAC 4. ASA 5. TMSS	6. BIRDB 7. Other (Specify....) 8. Don't know
1.12. Have you currently taken a loan from any of these organizations?	<input type="text"/>	1. Yes 2. No 3. Don't know	

1.13. How much is your current loan	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Amount of tk 999999=Don't know
1.14. Does any family member presently participate in a food distribution, food security or livelihoods program?	<input type="checkbox"/>	1. Yes 2. No Write 99 if the answer is 'do not know'
1.15. If yes, what programs?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Fisheries 2. Potato farming 3. Courtyard gardening 4. Poultry 5. Dairy 6. Others..... Write 99 if the answer is 'do not know'
1.16. If yes, for how long did the person participate?	<input type="text"/> <input type="text"/> <input type="text"/>	Write in month if N/A 88 Write 99 if the answer is 'do not know'
1.17. Name of village		
1.18. Village Code	<input type="text"/> <input type="text"/>	
1.19. Union code and Name	<input type="text"/> <input type="text"/>	
1.20. Upazila	<input type="text"/>	
1.21. Zila	<input type="text"/>	

### Result of data collection

Date	Result	Code	
		1.Data collection completed	3.Incomplete Data collection
		2.No one at home	

Name of Supervisor: \_\_\_\_\_

\_\_\_\_\_  
Signature of Supervisor

**Section 2a: Socio-demographic Information**

s l	Name of HH member	Relation with PW 00= Self 01= Husband 02= Father in law 03= Mother in law 04= Brother/sist er in law 05= Parent 06= Brother 07= Sister 08= Other relative	Sex  1= Mal e 2=F ema le	Date of birth  99=Do not know	Marit al status  0=No t marri ed 1=Ma rried 2=Wi dow 3=Di vorce d 4=Se parate	Signature capacity  Capable to write or read in Bengali 0=NO 1=Yes 9=Do not know	Educational status Last year of passing 00= No education 1-9th class 10=SSC/Dhakil 11/ class 11 12= HSC/Alim=12 13= class 13 14= Honours/Fazil or higher=14 15=Preschool(pla y group,nursery,K G) Do not know	Occupation 0= No occupation 1=cultivate at own land 2=Daily wage earner(own area/other area) 3=Home servant/fisherman 4=Skilled labour/contractual 5=Own Business 6=Non govt employee 7=Govt employee 8=Other 9=Do not know	Monthly average income of HH					
									0000-	9997=	Tk/month			
1														
2														
3														
4														
5														
6														
7														
8														

**Section 2b.HH income from outside**

2.b.1.How many members of your HH is stay outside and work at outside

0 = No one  
1-7=No. of HH member

8=More than 8  
9=do not know

2. b.2.If yes how many members are in.....

1.Bangladesh  
2.Out of country

2.b.3.What is the average amount of money per month from outside of country

0000-9997= per month  
9998=9998  
More than

9999= Do not know

**Section3: Health and nutritional practice of pregnant woman.**

**3. a Diet diversity of a PW**

Sl no.	Question	Response	Code																
3.a.1	<p>Yesterday during the day and night (24 hrs) what foods and liquids did you consume?</p> <p><b>(Unprompted)</b></p> <p><b>Circle the mentioned food item</b></p>	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>																	<p>01. Rice/ Bread/ Pressed rice/ Muri /noodles etc</p> <p>02. Potatoes,white sweet potato</p> <p>03. Beans,peas,lentils, others pulses</p> <p>04.Soyabeans and soa products</p> <p>05.Nuts and seeds</p> <p>06. Milk (cow/ goat or powdered), Curd/ semai/kheer/ payesh</p> <p>07. Paner</p> <p>08. Organ meat</p> <p>09. Eggs of different birdsChicken,duck,turkeyegg with yolk, without yolk</p> <p>10. Small fish eaten whole with bones</p> <p>11.Large whole fish/dried fish/ Shellfish (prawn, crab)</p> <p>12. Beef,goat,lamb</p> <p>13.Cchicken,duck, or other birds</p> <p>14. Dark green leafy vegetable, puishak, laushak, kumrashak, kolmishak, mustard leaves, kolaishak (pea leaves), methishak (amaranth leaves) dhekishak.</p> <p>15. Pumpkin/ Carrot ripe tomato/ chilis</p> <p>16. Cauliflower, radish, green tomato</p> <p>17. Green papaya, cabbage, other vegetables (eg; eggplant, onion, sheem/ borboti(bean)</p> <p>18. Ripe mangoes, ripe papaya/pawpaw, jack fruit</p> <p>19. Apple/guava/orange/ other citrus fruits/pine apple/olives/grape/jambura (grape fruits)</p> <p>20. Other fruits like plum, sofeda, ata, nona, shorifa, panifol, kul/boroi</p> <p>21. Tea/coffee/cold drinks</p> <p>22. Honey sugar, molasses,misti, , chocolates, biscuits</p> <p>23.Spices(cumin,coriander,salt)condiments (pickles,chutney) etc</p> <p>24. Oil/ Ghee/ Charbi/ Butter</p> <p>25.Nothing</p>

**3b. 24 hour recalls**

First ask if yesterday was a special day, like a celebration or feast day or a fast day where anyone in the HH ate special foods or where they ate more or less than usual or did not eat because they were fasting?

If yesterday was **not** a special day, then ask the respondent about the types of foods that they or anyone else in their household ate yesterday during the day and at night.

If yesterday **was** a special day, then ask the respondent to describe the foods (meals and snacks) consumed the **day before yesterday (or the last normal day)** during the day and night, whether at home or outside the home.

Sl. No	A.	B.	C.	D.																																																																																
Meal	Name of food	Food code	HH measure	Amount that PW consumed																																																																																
			01=1 tea spoon 02=2 tea spoon 03=1 tbl spoon 04=2 tbl spoon 05= 1 bowl 06= cup (tea) 07= 1 glass 08= small pieces 09= Medium pieces 10= Large pieces	Number of units 00-98= units 01.00-98.00= full 0.50= half 0.25= one fourth 0.75= ¾ 0.33= one third 0.67= 2/3 99= don't know																																																																																
Breakfast	----- - ----- - ----- - ----- - ----- - ----- -	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>																					<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>																					<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table> <table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>																																								

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<p>Between lunch &amp; dinner</p> <p>-----</p> <p>-</p> <p>-----</p> <p>-</p> <p>-----</p> <p>-</p> <p>-----</p> <p>-</p>		<table border="1" data-bbox="638 212 737 426"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>											<table border="1" data-bbox="833 212 932 426"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>											<table border="1" data-bbox="1024 212 1195 426"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table>																																																		
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**3b1. HH Oil intake**

3b1.1. Daily how much oil is consumed in your HH yesterday?

3b1.2. Number of HH members ate during yesterday      Adult       Children (5-12 year)      Child (2-5year)

**3b2. HH salt intake**

3b2.1. Daily how much salt is consumed in your HH yesterday?

3b2.2. Number of HH members ate during yesterday      Adult       Children (5-12 year)      Child (2-5year)

**3b3. HH onion intake**

3b3.1. Daily how much onion is consumed in your HH yesterday?

3b3.2. Number of HH members ate during yesterday      Adult       Children (5-12 year)      Child (2-5year)

### 3c. 7day food frequency

In the last 7 days, did you consumed following food items?

(Please read the name of the foods)

Sl no.	Question	Anymember of the HH	Respondent	Number of times	Compare to the standard spoon	Main source
		1. Yes 2. No	1. Yes 2. No			
3c1	Goat, lamb, beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c2	Chicken, duck, goose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c3	Any kind of organ meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c4	Small fish with bones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c5	Any other fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c6	Shrimp, fresh or dried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c7	Egg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c8	Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c9	Yogurt (Doi / Ghol)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c10	Potato (white)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c11	Other tubers (sweet potato, yam)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c12	DGLV (Fresh)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>

3c13	Cabbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c14	Bittergourd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c15	Cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c16	Okra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c17	Radish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c18	Pointed gourd (Potol)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c19	Bottle Gourd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c20	Carrot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c21	Ripe pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c22	Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c23	Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c24	Tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c25	Egg-plant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c26	Ripe mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c27	Ripe papaya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c28	Ripe banana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c29	Guava	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c30	Jujubi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c31	Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c32	Orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c33	Grape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c34	Lemon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c35	Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3c36	Pulses (any liquid dhal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c37	Other foods prepared with pulses (piyaju, khichuri),	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c38	Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c39	Muri, chira	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c40	Chapatti/ruti	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c41	Loaf, biscuit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c42	Onion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c43	Chilli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c44	Roasted seeds (gram, peas & beans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c45	Teel, Tishi, kalijira	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c46	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c47	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c48	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c49	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3c50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 3d Weekly HH food expenditure

How much of these following food items are consumed in your HH during past week?

	Amount Consumed (kg/Piece)		How much did it cost weekly for your HH	
3d1. Meat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d2. Poultry	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d3. Fish(small)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d4. Fish(other)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d5. Dry Fish	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d6. Egg	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d7. Milk	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d8. Milk Product	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d9. Potato	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d10. DGLV	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d11. Other vegetables	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d12. Fruits	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d13. Pulses	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d14. Onion	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d15. Spices	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d16. Rice	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d17. Wheat products	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d18. Betel leaf	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d19. Areca nut	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d20. Zorda (Tobacco product)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d21. Tea	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d22. Roasted seeds (gram, peas & beans)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3d23. Teel, Tishi, kalijira	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### 3e Food restriction and supplementation intakes

3.1	At this time during pregnancy is there any restriction on consuming any type of foods and liquids?	<input type="checkbox"/>	1. Yes 2. No <b>[Please skip to 3.3 if the answer is 'no']</b>	
		Food group	Name of food	Reasons



	01. Rice/ Bread/ Pressed rice/ Muri /noodles etc. 02. Potatoes, white sweet potato 03. Beans, peas, lentils, others pulses 04.Soyabeans and soa products 05.Nuts and seeds 06. Milk (cow/ goat or powdered), Curd/ semai/kheer/ payesh 07. Paner 08. Organ meat 09. Eggs of different birdsChicken,duck,turkeyegg with yolk, without yolk 10. Small fish eaten whole with bones 11.Large whole fish/dried fish/ Shellfish (prawn, crab) 12. Beef,goat,lamb 13.Cchicken,duck, or other birds 14.Dark green leafy vegetable, puishak, laushak, kumrashak, kolmishak, mustard leaves, kolaishak (pea leaves), methishak (amaranth leaves) dhekishak. 15. Pumpkin/ Carrot ripe tomato/ chilis 16. Cauliflower, radish, green tomato 17. Green papaya, cabbage, other vegetables (eg; eggplant, onion, sheem/ borboti(bears) 18. Ripe mangoes, ripe papaya/pawpaw, jack fruit 19. Apple/guava/orange/ other citrus fruits/pine apple/olives/grape/jambura (grape fruits) 20. Other fruits like plum, sofeda, ata, nona, shorifa, panifol, kul/boroi 21. Tea/coffee/cold drinks 22. Honey sugar, molasses,misti, , chocolates, biscuits 23.Spices(cumin,coriander,salt)condiments(pickles,chutney) etc 24. Oil/ Ghee/ Charbi/ Butter 25.Nothing		
3.3	Currently are you consuming any iron/folic acid tablets?	<input type="checkbox"/>	1. Yes 2.No [If No, then go to 3.8]
3.4	Reasons for not taking	<input type="checkbox"/> <input type="checkbox"/>	1.Not available 2. Constipation 3. Black stool 4. Heart burn 5. Vomiting 6. Feel not necessary 7. Others
3.5	If yes, then in last 7 days how many tablets did you consume?	<input type="text"/> <input type="text"/> <input type="text"/>	Write 99 if the answer is 'do not know'
3.6	Observation: Ask respondent to show IFA tablet or strip (If they can show write 1 otherwise 2)	<input type="checkbox"/>	1. Yes 2.No



3.7	Source of IFA tablet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01.Satellite clinic 02.Community clinic 03.FWC 04.UHC 05.DH 06.Medical college 07.Medicine shop	08. FWA 09. FWV 10. BRAC worker 11. Other NGO worker 12. Village doctor 13. MBBS 14. HA
3.8	Currently are you consuming any calcium tablets?	<input type="checkbox"/>	1. Yes 2. No [If No, then go to 3.11]	
3.9	If yes, then in last 7 days how many tablets did you consume?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Write 99 if the answer is 'do not know'	
3.10	Observation: Ask respondent to show calcium tablet or strip (If they can show write 1 otherwise 2)		1. Yes 2. No	
3.11	Did you receive any ANC?	<input type="checkbox"/> <input type="checkbox"/>	1. Yes 2.No [If No, then go to Section 4]	
3.12	If yes, then how many times did you received ANC?	<input type="checkbox"/> <input type="checkbox"/>	No. of times Write 99 if the answer is 'do not know'	
3.13	If yes, from where did you received the ANC	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01.District Hospital/Medical college/ MCWC 02. Upazial Health complex 03. Union Centre 04.Private clinic 05. NGO Clinic	06. Community clinic 07. Satellite clinic/EPI session 08.BRAC SK 09. Home 10 Traditional doctor 11. Pharmacy 12.Other.....

3.14	Please tell us in details what did they discussed/advice with you during ANC?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>															01. Diet in pregnancy 02. Quantity of food in pregnancy 03. Type of food during pregnancy 04. Iron/Folic acid tablet 05. Calcium tablet 06. Leisure 07. Avoid hard work 08. Preparation for delivery 09. Referral services 10. ANC 11. PNC 12. Vaccination 13. Mother's weight	14. Family planning 15 Early initiation of BF 16.No pre-lacteal feeds for the newborn after delivery; give only colostrum 17. EBF 18.CF 19. Drink 8 glass of water daily 20.Take one fist extra food in each of the 3 meal in a day 21. Other----- 99. Do not know

**Section 4: Knowledge about health and nutrition practice in pregnancy:**

1	2	3		4	5	6	7	8
Sl no.	What types of foods should be consumed by a pregnant woman in a day?	Response		Why pregnant women should/should not eat these foods daily	Main source of knowledge	Do you eat these foods?	If NO, reason for not practicing	Compare to pregnancy do you eat more/less of these foods?
		Unprompted	Prompted					

		0. No 1. Yes	0. No 1. Yes	1. To keep PW healthy 2. To deliver healthy baby 3. To keep PW & baby healthy 4. Other, specify .....	1. Mother/mother in law & elderly 2. Husband and children or other HH-members 3. School health workers 4. Brac health workers 5. Other health workers 6. Govt health worker 7. Other, specify 8. Media dark campaign	1. Regularly (at least three times a week) 2. Don't regular practice (less than three times a week) 3. Never practice	1. Not affordable to produce by HH 2. HH do not have purchasing capacity 3. Food is not available in local market 4. HH is not willing to buy 5. Respondent do not feel it is necessary 6. She don't like it 8. Poor appetite during pregnancy 8. Other, specify	1. More 2. Less 3. Same as before 4. Other 9. Don't know
4.1.1	Rice/ Bread/ Pressed rice/ Muri /noodles etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.2	Beans, peas, lentils, others pulse,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.3	Soya beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4.1.4	Nuts and seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.5	Pumpkin/ Carrot / ripe tomato/ chilies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.6	Potatoes, white sweet potato, yam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.7	DGLV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.8	Cauliflower, radish, green tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.9	Green papaya, cabbage, eggplant, onion, sheem/borbo ti (beans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.10	Ripe mangoes, ripe papaya/ ripe banana, ripe jackfruit/wat ermelon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.11	apple/guava/ orange/ other citrus fruits/pineap ple/olives/gr ape/jambura	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.12	Other fruits like plum, sofeda, ata, nona, shorifa, panifol,kul/b oroi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1.13	Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4.1. 14	Beef,goat, lamb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 15	Poultry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 16	Organ meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 17	Small fish with bones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 18	Large fish/ Other fish /Dried fish/prawn/c rab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4.1. 19	Milk & milk products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 20	Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 21	Oil/Ghee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 22	Sugar, honey and confectionar y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 23	Spices and condiments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 24	Tea, coffee , cold drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 25	Roasted seeds (gram, peas & beans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1. 26	Teel, Tishi, kalijira	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sl no.	Question	Answer	Code
4.2	How many meals and snacks should a pregnant woman consume in a day?	-No. meals... <input type="checkbox"/>	-No of snacks.... <input type="checkbox"/>
4.3	How much extra rest should a pregnant take each day in pregnancy?	No. of hours.... <input type="text"/> <input type="text"/>	
4.3 a	Why pregnant women need to take extra rest?	<input type="checkbox"/>	1. To keep PW healthy 2. To deliver healthy baby 3. To keep PW& baby healthy 4. Other (specify.....)
4.3 b	Main source of knowledge	<input type="checkbox"/>	1. Mother/mother in law & elderly 2. Husband and children or other HH-members 3. School 4. Brac health workers 5. Other health workers 6. Govt health worker 7. Other, specify 8. Media dark campaign
4.3 c	Do you take extra rest?	<input type="checkbox"/>	1. Yes 2.No
4.3 d	If No, then why?	<input type="checkbox"/>	1. Work load 2. HH member do not cooperate 3. Not necessary
4.3 e	Compare to pregnancy do you take more/less extra rest?	<input type="checkbox"/>	1. More 2. Less 3. Same as before 4. Other 9. Don't know
4.4	What is the number of ANC visits a pregnant woman should make?	<input type="text"/> <input type="text"/>	Write 99 if the answer is 'do not know'
4.5	Since you are pregnant now, what is the gap between two children you will prefer?	<input type="text"/> <input type="text"/>	write in months Write 99 if the answer is 'do not know'
4.6	Have you ever heard about IFA tablets?	<input type="checkbox"/>	1. Yes 2.No (If No SKIP to Section 4.9)

4.7	If yes, then what is the importance of taking iron/folic acid tablets in pregnancy?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. To address anemia 2. For mother's good health 3. To have natural growth of fetus	4. For the proper brain development of the fetus 5. Give strength to PW 6. Increase blood in PW 7. Other Write 99 if the answer is 'do not know'
4.8	How many IFA tablets should a pregnant woman consume during her pregnancy?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Write 99 if the answer is 'do not know'	
4.9	Have you ever heard about calcium tablets?	<input type="checkbox"/>	1. Yes 2.No (If No SKIP to Section 5)	
4.10	If yes, then what is the importance of taking calcium tablets in pregnancy?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. to address anemia 2. for mother's good health 3. to have natural growth of fetus	4. for the proper brain development of the fetus 5. Give strength to PW 6. Increase blood in PW 7. Other Write 99 if the answer is 'do not know'
4.11	How many calcium tablets should a pregnant woman consume during her pregnancy?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Write 99 if the answer is 'do not know'	



**Section5: Source of Information on health, nutrition and diet in pregnancy:**

**5.1 Home visit:**

Module I: Alive & Thrive and BRAC health service related question

First ask question for SS/PS then SK, then for PK

Sl no.	Question	SS/PS	SK	PK	Code
5.1.1	Did any Health worker.....ever visited your home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes ....1 No .....2 Write 99 if the answer is 'do not know'
5.1.2	Did anyone from BRAC visit your home for maternal diet counseling or selling medicine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes ....1 No .....2 Write 99 if the answer is 'do not know'
5.1.3	Did anyone form BRAC visited your home for ANC and Health forum?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes ....1 No .....2 Write 99 if the answer is 'do not know'
5.1.4	Did anyone from BRAC visited your home for IYCF counseling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes ....1 No .....2 Write 99 if the answer is 'do not know'
5.1.5	Do you know who in BRAC----- in your area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1 No .....2
5.1.6	What is her name? (check it in your list)	----	-----	-----	Name of SS/PS ..... Name of PK ..... Don't know.....99
5.1.7	Do you know the lady (Show her the photo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1 No >>SK/PK. if all photo no>> <b>Next column</b>
5.1.8	What work this lady does?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ANC.....1 Child health check up...2 Health advice.....3 <input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	IYCF advice...4 Maternal diet advice.....5 Selling Pustikona.....6 Health Forum.....7 Medicine Sell.....8 Other.....77 Don't know99
5.1.9	Where did you see her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	During Home visit..... 1 In my village.....2

Sl no.	Question	SS/PS	SK	PK	Code
					Other .....77
5.1.10	Did this lady visit your home ever?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1 No .....2>>
					<b>Next column</b>
5.1.11	How long ago she visited your home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Days
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Months
5.1.12	How many times she visited your home since your pregnancy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Number
5.1.13	How long ago did she visited your home last time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Number Not applicable= 88
5.1.14	How much time she spent in her visit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	write in minutes
5.1.15	Did you receive any advice regarding maternal diet during her last visit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes.....1 No.....2>> <b>Next column</b>
5.1.16	Please tell us in details what they have discussed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	01. Diet in pregnancy 02. Quantity of food in pregnancy 03. Types of food during pregnancy 04. Iron/Folic acid tablet 05. Calcium tablet 06. Leisure 07. Avoid hard work 08. Preparation for delivery 09. Referral services 10. ANC 11. PNC 12. Vaccination 13. Mother's weight 14. family planning 15. Early initiation of BF 16. No pre-lacteal feeds for the newborn after delivery; give only colostrum 17. EBF 18. CF 19. Other----- Write 99 if the answer is 'do not know'
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5.1.17	How much time did she spend on maternal diet discussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	write in minutes



## 5.2 Health forum/Courtyard meeting:

5.2.1	Did you participate in any group meeting or courtyard meeting in last two months?	<input type="checkbox"/>	1 Yes 2. No (If No, go to section 6)	Write 99 if the answer is 'do not know'														
5.2.2	If yes, who organized the group meeting or courtyard meeting?	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 50%;"></td><td style="width: 50%; height: 50%;"></td></tr> <tr><td style="width: 50%; height: 50%;"></td><td style="width: 50%; height: 50%;"></td></tr> </table>					01. FWA 02. FWV 03. Village Doctor 04. TBA 05. NGO worker 06. BRAC Swastha Sebika	07. BRAC Swasthya Karmi 08. pusti kormi 09. Other----- 99. Write 99 if the answer is 'do not know'										
5.2.3	If yes, Please tell us in details what they told you?	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> <tr><td style="width: 50%; height: 20%;"></td><td style="width: 50%; height: 20%;"></td></tr> </table>															01. Diet in pregnancy 02. Quantity of food in pregnancy 03. Type of food during pregnancy 04. Iron/Folic acid tablet 05. Calcium tablet 06. Leisure 07. Avoid hard work 08. Preparation for delivery 09. Referral services 10. ANC	11. PNC 12. Vaccination 13. Mother's weight 14. family planning 15 Early initiation of BF 16. No pre-lacteal feeds for the newborn after delivery; give only colostrum 17. EBF 18. CF 19. Other----- Write 99 if the answer is 'do not know'

**Section 6: (Illness)**

Sl No	Question	Response	Code									
6.1	Have you any disease in last 7 days? (If No, go to section 7)	<input type="checkbox"/>	01. Yes 02. No									
6.2	How many days were you sick?											
6.3	What was the disease?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>									01. Diarrhea 02. High grade fever 03. Low grade fever 04. Loss of appetite 05. Vomiting 06. Headache	07. Vertigo 08. Convulsion 09. Oedema 10. Cough 11. Abdominal pain 12. Other

**Section 7: (HH food security)**

**For each of the following questions, consider what happened *in the past 30 days*. For the questions “how often” the answer “Rarely” means 1-2 times, “Sometimes” means 3-10 times and “Often” more than 10 times**

Sl. No	Questions	Response	Code
7.1	How often did you eat three ‘squire meals (full stomach meals) a day in the past 12 months (not a festival day)?	1. Mostly (3 meals each day) 2.Sometimes (3 meals per day) 3.Rarely (3 meals per day )1-6 times this year 4. Never	<input type="checkbox"/>
7.2	In the last 12 months how often did you yourself skip entire meals because there was not enough food?	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)	<input type="checkbox"/>
7.3	In the last 12 months how often did you personally eat less food in a meal because there was not enough food?	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)	<input type="checkbox"/>
7.4	In the last 12 months how often did you or any of your family have to eat wheat (or another grain) although you wanted to eat rice (not including when you were sick)	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)	<input type="checkbox"/>
7.5	In the last 12 months how often did your family have to ask food from relatives or neighbors to make a meal?	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)	<input type="checkbox"/>

**Section 8: Household inforamtion:**

**8.1** How much-----land your HH own and cultivated during past one year?

Sl no.		Land size	Cultivated size
8.1.1	Cultivable land	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
8.1.2	Vegetable yard	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
8.1.3	Fruit	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
8.1.4	Fish cultivating pond	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
8.1.5	House	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
8.1.6	Other land	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

## 8.2 Domestic Animal

Sl no.		How many following animals in your HH own	How many of these give milk/egg
8.2.1	Cow	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
8.2.2	Goat	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
8.2.3	Chicken	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
8.2.4	Duck	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>

### **8.3 Physical activity of Pregnant women**



Sl no.	Question	Response		Code
8.3.1.a	Who does the household chores such as house moping?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.b	Who does the household chores such as house /front yard cleaning?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.c	Who does the household chores such as washing your own cloths?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.d	Who does the household chores such as washing cloths of other family members?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.e	Who does the household chores such as cooking?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.f	Who does the household chores such as looking after hen or duck?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.1.g	Who does the chores such as taking care of baby?	Before Pregnancy	During Pregnancy	1. I do almost all the works 2. Half done by me and half by other family members 3. Other members does most of the works
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.2.a		Before Pregnancy	During Pregnancy	1. Never

	Are you regularly involved with extra work loads such as carrying heavy objects?	<input type="checkbox"/>	<input type="checkbox"/>	2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)  5. One or more times per week
8.3.2.b	Are you regularly involved with extra work loads such as ground or pounded grain?	Before Pregnancy	During Pregnancy	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)  5. One or more times per week
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.2.c	Are you regularly involved with extra work loads such as gather or cut fodder or collect firewood?	Before Pregnancy	During Pregnancy	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)  5. One or more times per week
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.2.d	Are you regularly involved with extra work loads such as taking the cow/goat to the field?	Before Pregnancy	During Pregnancy	1. Never 2.Rarely (1-6 times this year) 3.Sometimes (7-12 times this year) 4. Often (few times each months)  5. One or more times per week
		<input type="checkbox"/>	<input type="checkbox"/>	
8.3.2.e		Before Pregnancy	During Pregnancy	1. Never

	<p>Are you regularly involved with extra work loads such as digging the soil?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>2. Rarely (1-6 times this year)  3. Sometimes (7-12 times this year)  4. Often (few times each months)  5. One or more times per week</p>
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**8.4 HH information through [Observation]**

Sl no.	Question	Response	Code
8. 4.1	Own residence	<input type="checkbox"/>	1. Yes 2. No
8. 4.2	Numbers of room	<input type="checkbox"/>	1. One room dwelling 2. More than one room dwelling
8. 4.3	Own cultivable land	<input type="checkbox"/>	1. Yes 2. No
8. 4.4	Type roof of the house	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1.concreet 2.Tin 3.Wood/Bambbo 4.Leaf /Grass 5. Others -----
8. 4.5	Type of floor of the house	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. concreet 2.Wood/Bambbo 3.Mud 4. Others -----
8. 4.6	Type of wall	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	0 = No wall (less than 2/ fence) 1 = Straw 2 = Bamboo/Mud 3 = Tin/Wood 4 = Concrete 5. Others -----
8. 4.7	Cooking Fuel	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Electric 2.Gas 3.kerocine 4. Coal 5.Wood 6., Dung 7.Grass 8.Others
8. 4.8	Source of drinking water at home	<input type="checkbox"/> <input type="checkbox"/>	1.Tubewell water 2. Supply water 3. Well 4. Pond 5. River 6. Others -----
8. 4.9	What type of toilet you use at home	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1.Sanitary 2.Pit 3. Others ----- 4.NO Latrine
8. 4.10	Do you have the following items?	<input type="checkbox"/>	1. Yes 2. No

8. 4.11	Domestic Animal	<input type="checkbox"/>	1. Yes 2. No
8. 4.12	Electricity	<input type="checkbox"/>	1. Yes 2. No
		Number of items	
8. 4.13	Freeze	<input type="checkbox"/>	
8. 4.14	Fan	<input type="checkbox"/>	
8. 4.15	Television	<input type="checkbox"/>	
8. 4.16	Mobile Phone	<input type="checkbox"/>	
8. 4.17	Pump	<input type="checkbox"/>	
8. 4.18	Almira/Showcase	<input type="checkbox"/>	
8. 4.19	Dressing table	<input type="checkbox"/>	
8. 4.20	Bed	<input type="checkbox"/>	
8. 4.21	Watch(wall/table/wrist)	<input type="checkbox"/>	
8. 4.22	Sewing machine	<input type="checkbox"/>	
8. 4.23	Own water source	<input type="checkbox"/>	
8. 4.24	Rickshaw /Van	<input type="checkbox"/>	
8. 4.25	Bicycle	<input type="checkbox"/>	
8. 4.26	Motor Cycle	<input type="checkbox"/>	
8. 4.27	CNG	<input type="checkbox"/>	

Respondent's arm circumference (**cm**)

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Respondent's Weight (**kg**) Respondents height (**cm**)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**Thank you**

**Assessment of IYCF knowledge, practice and attitude of mothers having 0-23 months children in SHIKHA Project in Barisal and Khulna division**

Center for Injury Prevention & Research, Bangladesh  
House no: 162, Road no-23, New DOHS, Mohakhali and Dhaka-1206

**Interview Questionnaire for Mothers (0-23 m children)**

**Date of Interview:** \_\_\_\_\_  
**time:** \_\_\_\_\_

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**Interview start time:** \_\_\_\_\_

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**Interview end**

--	--	--	--	--

**(Questionnaire ID)**

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**(Name of Interviewer)**

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**(Signature)**

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Section 2: Practice on Child birth, Breast feeding& complementary feeding
Section 3: Practice on Hand washing linked to child feeding
Section 4: Knowledge about Breast Feeding
Section 5: Knowledge about child Complementary Feeding
Section 6: Knowledge on child illness and hand washing linked to child feeding
Section 7: Source of Information on Breast Feeding, Complementary Feeding and Hand Washing <ul style="list-style-type: none"><li>7.1 Home visit and frequency of visit</li><li>7.2 Health forum/ Court yard meeting</li><li>7.3 Video Show/ Media dark campaign</li><li>7.4 Doctor's visit</li><li>7.5 Social mobilisation</li><li>7.6 Mobile phone</li></ul>
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Section 9: HH food security
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### Section 1: Identification

Information	Response code	code
Household Numbers	<input type="text"/> <input type="text"/> <input type="text"/>	
Total no of Household members	<input type="text"/> <input type="text"/>	
No. of 0-24 months children	<input type="text"/>	
Total no. of children	<input type="text"/> <input type="text"/>	
Name of child		
Child Birth Order	<input type="text"/> <input type="text"/>	
Date of Birth of the INDEX Child	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Age of the immediate elder child (in years/ months)	Year <input type="text"/>	Month <input type="text"/>
Sex of Child	<input type="text"/>	1. Son 2. Doughter
Age of the immediate elder child (in years/ months)	Year <input type="text"/>	Month <input type="text"/>
Sex of Child	<input type="text"/>	1. Son 2. Doughter
Age of the immediate elder child (in years/ months)	Year <input type="text"/>	Month <input type="text"/>
Sex of Child	<input type="text"/>	1. Son 2. Doughter
Religion	<input type="text"/>	1. Islam 2.Hindu 3. Christian 4. Buddhist 5. Others-----
Name of the Household Head		
Mother Age (Respondent)	<input type="text"/> <input type="text"/>	
Mother's Education (Respondent)	<input type="text"/> <input type="text"/>	How many years you read

Mother's occupation	<input type="text"/> <input type="text"/>	01. Housewife 02. Service 03. Teacher 04. Doctor 05. Lawyer 06. Business 07. Farmer	08. Garments worker 09. Driver 10. construction labour 11. Day labour 12. Living abroad 13. ----Others
Father's education	<input type="text"/> <input type="text"/>	How many years you read	
Father's occupation	<input type="text"/> <input type="text"/>	01. Service 02. Teacher 03. Doctor 04. Lawyer 05. Business 06. Farmer 07. Rickshaw pullar	08. Driver 09. Construction labour 10. Day labour 11. Living abroad 12. ----Others
Does any family member presently participate in a food distribution, food security or livelihoods program?	<input type="checkbox"/>	1. Yes 2. No 3. Don't know	
If yes, what programs?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Fisheries 2. Potato farming 3. Courtyard gardening	4. Poultry 5. Dairy 6. ----Others 7. Don't know
If yes, for how long did the person participate?	<input type="text"/> <input type="text"/>	Write in month 88 if N/A 88	Don't know 99
Village			
Village Number	<input type="text"/> <input type="text"/>		
Name of Union and code	<input type="text"/> <input type="text"/>		
Upazila	<input type="text"/>		
District:	<input type="text"/>		
Interviewer			
Supervisor			

### Result of collection of information

Project, Midterm-Assessment of SHIKHA Project, Version 1.0, August 17, 2014.

Date	Result	Code
	<input type="checkbox"/>	1. Interview completed
	<input type="checkbox"/>	2. NO one was at home 3. Incomplete Interview

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Signature of Supervisor

## Section 2. Practice on Child Birth, Breast Feeding & Complementary Feeding

Sl no.	Question	Response	Code	
2.1	Where was the child delivered?	<input type="checkbox"/>	1. Sadar Hospital/Medical college/ MCWC 2. Upazial Health complex 3. Union Health and Family Welfare Centre	4. Private clinic 5. Home 6. Parent's Home 7. NGO Clinic 8. Brac delivery centre 9. Other----
2.2	Did anyone helped you put the baby to the breast immediately after the baby was born?(If answer is No' ask question 2.4)	<input type="checkbox"/>	1. Yes 2. No 3. Don't know	
2.3	If yes Who helped you put the baby to the breast after the baby was born	<input type="checkbox"/> <input type="checkbox"/>	01. Doctor 02. Midwife/nurse 03. Govt. Health Worker (FWA/HA) 04. NGO Worker 05. IYCF Promoter 06. TTBA	07 TBA 08. Village Doctor 09. Mother/Mother in law 10. Other Family members 11. Neighbors/ Friends 12. Other----
2.4	How soon after birth did you put the child to the breast for the first time?	<input type="checkbox"/> <input type="checkbox"/> Hours <input type="checkbox"/> <input type="checkbox"/> Days	# IMMEDIATELY within an hour write 0 # If less than 24 hour, write 'hour in hours box.	# If more than 24 hours, note in days.

2.5	<p>Did anyone put anything inside the child's mouth IMMEDIATELY after the birth apart from breastmilk?</p> <p>(If the answer is NO or Don't know, then go to 2.7)</p>	<input type="checkbox"/>	<p>1.Yes 2.No 3. Don't know</p>	
2.6	<p>If yes, then what was put in the baby's mouth IMMEDIATELY after birth apart from breast milk?</p>	<input type="checkbox"/>	<p>1. Honey 2. Mustard oil 3. Cow milk/powdwer milk. 4. Plain water 5. Sugar water 6. Other---- 7. Don't know</p>	
2.7.1	<p>During the first 3 days after the baby was born, what was given to the Index child by you or anyone else?</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>1. Honey 2. Mustard oil 3. Colostram / Beast milk 4. Cow milk 5. Powder milk/ infant formula. 6. Plain water 7. Sugar / Sugar water 8. Other---- 9. Don't know</p>	
2.7.2	<p>If the answer of 2.7.1 is anything but 3 (Colostram/Breast milk), please specify the following information</p>			
	<p>What was the item?</p>	<p>Who had advised to feed this item?</p>	<p>Reason for feeding this item?</p>	<p>For how many days have you fed this?</p>

	1. Honey 2. Mustard oil 3. Colostram / Beast milk 4. Cow milk/powdwer milk. 5. Plain water 6. Sugar / Sugar water 7. Other---- 8. Don't know	1. Self 2. In law (mother/father) 3. Village doctor 4. MBBS-Doctor 5. TBA 6. Imam 7. Pharmacy 8. Others	1. Doctor's advice 2. I heard it is beneficial for my child 3. Mother too sick after delivery 4. Breast milk is not sufficient for the child 5. First milk is not good 6. Breast milk was not available 7. I have seen in the advertisement 8. Cultural norm	0-730 days														
2.7.2.a	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.7.2.b	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.7.2.c	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.7.2.d	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.7.2.e	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.7.2.f	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>														
2.8.1	Yesterday during the whole day and night, what did you give to your child? [24 hr recall] [Only applicable for children 0-180 days] (Ask anything else – 2 times)	<table border="1"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	01. Breast milk 02. Plain water 03. Sugar water/ honey/tea/ coffee/ juice 04. Infant formula/baby formula 05. Cowmilk/ goatmilk/ yoghurt	06. Any other Liquid 07. Papaya/ Mango 08. Green leafy vegetable 09. Other fruits &vegetable 10. Rice/wheat/ bread
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
<input type="checkbox"/>	<input type="checkbox"/>																	
2.8.2	If the answer of 2.8.1 is anything but 01 (Breast milk), please specify the following information																	
	What was the item?	Who had advised to feed this item?	Reason for feeding this item?	At what age have you started feeding this?														

	1. Honey 2. Mustard oil 3. Colostram / Beast milk 4. Cow milk/powdwer milk. 5. Plain water 6. Sugar / Sugar water 7. Other---- 8. Don't know	1. Self 2. In law (mother/father) 3. Village doctor 4. MBBS-Doctor 5. TBA 6. Imam 7. Pharmacy 8. Others	01. Doctor's advice 02. I heard it is beneficial for my child 03. Faster child growth 04. Breast milk is not sufficient for the child 05. Less costly 06. I have physical problem 07. Spend a certain time outside home for job/work purpose 08. Not enough breast milk 09. I have seen in the advertisement 10. Peer pressure	days			
2.8.2.a	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.8.2.b	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.8.2.c	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.8.2.d	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.8.2.e	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.7.2.f	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.9	(If the response of 2.8 is anything other than 01 then ask) At what age of the index child did you start giving any other liquids or foods to your child along with breast milk.	<input type="checkbox"/>	<input type="checkbox"/>	Write in month if N/A 88 Don't know 99			
2.10	Is the child presently breast fed?	<input type="checkbox"/>		1. Yes 2. No			
2.11	If No, at what age did you stopped breastfeeding the child?	<input type="checkbox"/>		Write in month if N/A 88 Don't know 99			

2.12	Yesterday from morning till night (24 hours) what all did your child eat and how much? [24 hr recall] <b>(Ask anything else – 2 times)</b>		
Number of times in whole day	Qty. of complementary food, 250 ml bati (Show the bati)	Type of food	



	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>01. Breast milk  02. Rice/ Bread/ Pressed rice/ Muri /noodles etc  03.Beans, peas, lentils, others pulse,soyabeans, peas  04. Green vegetables. Pumpkin/ Carrot/ sweet potato  05. Potatoes,white sweet potato  06. Dark green leafy vegetable, puishak, laushak,kumrash ak, kolmishak,mustard leaves, kolaishak(pea leaves), methishak(amaranth leaves) dhekishak.  07. green papaya, cabbage, cauliflower, other vegetables (eg; eggplant, onion, radish, sheem/ borboti(bean))  08. Ripe mangoes, ripe papaya/pawpaw, jack fruit  09. Eggs of different birds- Chicken,duck,turkey etc;with youk, without yolk  10.beef,goat,lamb,check en, duck, or other birds, liver, kidneyHeart or other organ meat.  11. Big fish  12. Small fish  13. Dried fish  14.Shirmpfish(pawn,cra betc)  15.Other fish  16. Milk (cow/ goat or powdered), Curd/ Paner/ semai/kheer/ payesh  17.Banana/apple/guava/ orange/others citrus fruits/pine apple/water melon/olives/grape/jam bura (grape fruits) brrries/kamranga/tamari nd/plum.  18.Oil/ Ghee/ Charbi/ Butter/  19. Honey sugar, molasses,misti, cold drinks, chocolates, biscuits  20.Spices(cumin,corian der,salt)condiments(pic kles,chutney)etc  21. tea/coffee  22. Plain water</p>
2.13	In the past 7 days how many days did you prepare any eggs, fish, meat, chicken for anyone in the family?	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	write in day if N/A 88 Don't know 99

2.14	Do you have to stay outside of home for your job? <i>(If No then go to section 3)</i>	<input type="checkbox"/>	1. Yes 2. No
2.15	How much time do you have to stay outside of home for your job?	<input type="text"/> <input type="text"/>	write in hour
2.16	When you stay outside of your home then what do you feed your child? (applicable to 0-180 day child only)	<input type="checkbox"/>	1.Expressed breast milk 2.Breast feed the child before going out 3.Breastfeed the child after coming home 4. Cow's milk 5. Tinned milk 6. Milk Powder 7.liquid suzi 8. Don't know 9. Others
2.17	Do you think you will be able to breastfeed exclusively for 6 months?	<input type="checkbox"/>	1. Yes 2. No
2.18	Do other mothers in your village breastfeed exclusively for 6 months?	<input type="checkbox"/>	1. Yes 2. No 3. Other....
2.19	Are doctors and health workers in your area recommending that mothers should breastfeed exclusively for 6 months?	<input type="checkbox"/>	1. Yes 2. No 3. Other
2.20	Will breastfeeding exclusively protect your child from illness?	<input type="checkbox"/>	1. Yes 2. No 3. Other
2.21	Will breastfeeding exclusively for 6 months keep your baby hungry?	<input type="checkbox"/>	1. Yes 2. No 3. Other
2.22	Have you started feeding the animal source foods to your child (>6M child)?		

	Food Item	Yes = 1= go to next column No = 0 = go to 2 <sup>nd</sup> next column	Number of times fed in past week (0-97)	Reasons for not feeding:  1. Cannot afford 2. Child don't like 3. Child cannot tolerate or its harmful for them 4. I do not find it important 5. I will feed when the child grows 6. Forbade by in laws or other elderly person
2.22.a	Red meat	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.b	Poultry meat	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.c	Organ meat	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.d	Big fish	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.e	Small fish	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.f	Egg	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
2.22.g	Animal milk	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

**Section 3: PRACTICE on Hand washing linked to child feeding**

Sl no.	Question	Response	Code
3.1	Did you wash your hands yesterday, anytime during the day or night. (last 24 hrs)	<input type="checkbox"/>	1.Yes 2.No
3.2	If yes, What was used to wash hands?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Soil 2. Ash 3. Soaps use to wash cloths. 4. Soap powder. 5. Beauty soap 6. Liquid soap 7. Soap water 8. Only water 9. Others.....
3.3	Yesterday, when you washed your hand with soap/ soap materials/soapy water/What are reasons for washing your hand?  (if response from the previous question ranging from codes 3-7) then ask this question)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. After use of toilet 02. Before food preparation 03. After food preparation 04. Before feeding child 05. After feeding child 06. Before having meal 07. After having meal 08. Before prayer 09. When hand is dirty 10. After cleaning child anus. 11. After coming back home form outside 12. Before child food preparation. 13. While taking a shower 14. While washing clothes 15. After handling animals 16. After touching dirty 17. Other----- 18. Don't know
3.4	<b>Observation:</b> Can you show me where you prepare your child's food  (Note: prepare food means taking the child food into a plate or bowl and mashing it. These does not mean cooking the food).	<input type="checkbox"/> <input type="checkbox"/>	1. Inside the kitchen 2. Inside the bedroom 3. On the verandah 4. Any other place.....

3.5	<b>Observation:</b> Can you show me where you usually feed your child?	<input type="checkbox"/> <input type="checkbox"/>	1. Inside the kitchen 2. Inside the bedroom 3. On the verandah 4. Others
3.6	<b>Observation:</b> Is there any hand washing station( water and soap/ soap material/ soapy water)maintained at the place of food preparation or child feeding areas)	<input type="checkbox"/>	1. Yes 2.No
3.7	<b>Observation:</b> If yes, then observe what kind of hand washing station arrangement are available near to the food preparation areas or child feeding areas.	<input type="checkbox"/> <input type="checkbox"/>	1. Water in a bucket or any storage 2. Tap 3. Hand tubewell 4. Soap/ soapy materials 5. Sopy water 6.Others
3.8	Where do members of your household usually go to defecate?	<input type="checkbox"/>	1. field, bush, plastic bag 2. Pit latrine with concrete slab, plastic pan and siphon, or satopan 3.Pitlatrine :concrete slab, plastic pan, without siphon (e.g. rings) 4. Pit latrine without concrete slab/open pit 5. Composting toilet 6. Bucket toilet 7. Hanging toilet/latrine 8. Other. Specify
3.9	Have you done anything in the past 6 months to improve the place where your family defecates? (If the answer is NO, then go to 3.11)	<input type="checkbox"/>	1. Yes 2. No

3.10	If yes, what?	<input type="checkbox"/> <input type="checkbox"/>	01. Build a private latrine..... ... 02. Improve the current private latrine family has by... 03.Patching leaky rings 04.Replacing or repairing the slab 05. Replacing or improving the superstructure/housing 06. Redirecting so doesn't empty into canal 07. Installing a siphon or "sa-to-pan" to my existing toilet 08. Raising the plinth level.	09. Help build a community latrine.....  10. Request government/outside assistance for 11. Improving situation..... 12. Nothing, satisfied..... ... 88.Other.Specify____ _____ 99. Do not know
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3.11	Do you PLAN to do anything in the next 6 months to improve the place where your family defecates?	<input type="checkbox"/> <input type="checkbox"/>	01. Build a private latrine..... ..... 02. Improve the current private latrine family has by... 03.Patching leaky rings 04.Replacing or repairing the slab 05. Replacing or improving the superstructure/housing 06. Redirecting so doesn't empty into canal 07. Installing a siphon or "sa-to-pan" to my existing toilet 08. Raising the plinth level.	09. Help build a community latrine..... 10. Request government/outside assistance for 11. Improving situation..... ..... 12. Nothing, satisfied..... ..... 88.Other.Specify____ _____ 99. Do not know
------	---	---	---	---





**Section 4: KNOWLEDGE about Breast Feeding:**

Sl no.	Question	Response	Code
4.1	How soon after birth the child should be put to the breast for the first time?	<input type="checkbox"/>	1. IMMEDIATELY within an hour of birth 2. Less than 24 hrs (note in hours). 3. After 1 day : (note no. of days) 4. Do not think baby should be breastfed 5. Don't know
4.2	How many months the child should continue EBF, not even a drop of water?	<input type="text"/> <input type="text"/> <input type="text"/>	RECORD IN NUMBER OF DAYS. Write 999 if Don't know
4.3	How can mother assess that her child is getting sufficient milk up to 6 months?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Baby urinates atleast 6 times in 24 hrs. 2. Child sleeps and plays well 3. Child does not cry too much 4. Child growing well 5. Gaining weight 6. Don't know 7. Other
4.4	How can a mother maintain the supply of her breast milk?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. Increase frequency and duration of breastfeeding 02. Mothers need to remove milk from her breast for increased milk supply 03. Ensure correct position & attachment to the breast 04. Frequently breastfeeding 05. Increase the duration of breastfeeding 06. Mothers eating sufficient food 07. Mother eating nutritious foods 08. Mother drinking lots of liquids 09. By taking certain foods or products that increase milk supply 10. Don't give other food's or liquids to baby so that the baby can suck well 11. Don't know 12. Other
4.5	Do you think that infants under 6 months of age should be given water in hot weather?	<input type="checkbox"/>	1. Yes 2. No 3. Don't know

4.6	If mother of under 6 months child is separated for the whole day, then what should the child be fed?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. (Cow's milk) 2. (Tinned milk) 3. (Milk Powder) 4. (liquid <i>suji</i> )	5. (Expressed breast milk) 6. Don't know 7.(Others)
4.7	How to feed a sick child less than 6 month?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. Feed the child with similar food same as before 02. Increase the frequency and duration of Breastfeeding 03. Give expressed breastmilk, if child is unable to suck 04. Reduce breastfeeding frequency and duration	05. Give liquid suji and other liquid food 06. Khichuri 07. Give ORS 08. Baby Zink 09. Medicine 10. Don't know 11. Other
4.8	Until what age a baby should continue to be breastfed?	<input type="text"/> <input type="text"/>	write in month write 99 if Don't know	

**Section 5: KNOWLEDGE about child Complementary Feeding:**

Sl no.	Question	Response	Code
5.1	At what age complementary food should be introduced in continuation of breastfeeding?	<input type="text"/> <input type="text"/>	write in month write 99 if Don't know
5.2	How many times and what quantity of complementary food should be given to a child of the following ages (24 hrs)? Show the bati (250 ml)	How many times in a day	quantity each time Total No. of Bati in a day = (No. of Times x no. Bati)
5.2.1	7 months	<input type="checkbox"/>	<input type="text"/> <input type="text"/> <input type="text"/>
5.2.2	9 months	<input type="checkbox"/>	<input type="text"/> <input type="text"/> <input type="text"/>

5.2. 3	12 months	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>																																										
5.3	What should be the consistency of complementary food for the child 7-12 m	<input type="checkbox"/>	<table border="1"> <tr> <td>1.Liquid food</td> <td>5.Fooding small pieces</td> </tr> <tr> <td>2.Semi Solid food</td> <td>6.Don't know</td> </tr> <tr> <td>3.Solid food</td> <td>7. Other -----</td> </tr> <tr> <td>4. Mashed Food</td> <td></td> </tr> </table>	1.Liquid food	5.Fooding small pieces	2.Semi Solid food	6.Don't know	3.Solid food	7. Other -----	4. Mashed Food																																			
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5.4	<p>What type of foods in a day should be given to child of 7-23 months</p> <p>(Ask anything else-2 times only)</p>	<table border="1"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1"> <tr> <td>01. Breast milk</td> <td>10. Beef,goat,lamb,checken, duck, or other birds, liver, kidneyHeart or other organ meat.</td> </tr> <tr> <td>02. Rice/ Bread/ Pressed rice/ Muri /noodles etc</td> <td>11. Big fish</td> </tr> <tr> <td>03. beans,peas,lentils,othersp ulse,soyabeans,peas</td> <td>12. Small fish</td> </tr> <tr> <td>04. Green vegetables. Pumpkin/ Carrot/ sweet potato</td> <td>13. Dried fish</td> </tr> <tr> <td>05. potatoes,white sweet potato</td> <td>14.Shirmpfish(pawn,crabetc)</td> </tr> <tr> <td>06.Dark green leafy vegetable, puishak, laushak,kumrashak, kolmishak,mustard leaves, kolaishak(pea leaves), methishak(amaranth leaves) dhekishak.</td> <td>15.Other fish</td> </tr> <tr> <td>07. green papaya, cabbage, cauliflower, other vegetables(eg; eggplant, onion, radish,sheem/borboti(beans)</td> <td>16. Milk (cow/ goat or powdered), Curd/ Paner/ semai/kheer/ payesh</td> </tr> <tr> <td>08. Ripe mangoes, ripe papaya/pawpaw, jack fruit</td> <td>17.Banana/apple/guava/orange/others citrus fruits/pine apple/water melon/olives/grape/jambura (grape fruits) brrries/kamranga/tamarind/plum.</td> </tr> <tr> <td>09. Eggs of different birds- Chicken,duck,turkey etc;with youk, without yolk</td> <td>18.Oil/ Ghee/ Charbi/ Butter/</td> </tr> <tr> <td></td> <td>19. Honey sugar, molasses,misti, cold drinks, chocolates, biscuits</td> </tr> <tr> <td></td> <td>20.Spices(cumin,coriander,salt)condiments(pickles,chutney)etc</td> </tr> <tr> <td></td> <td>21. Tea/coffee</td> </tr> <tr> <td></td> <td>22. Plain water</td> </tr> </table>	01. Breast milk	10. Beef,goat,lamb,checken, duck, or other birds, liver, kidneyHeart or other organ meat.	02. Rice/ Bread/ Pressed rice/ Muri /noodles etc	11. Big fish	03. beans,peas,lentils,othersp ulse,soyabeans,peas	12. Small fish	04. Green vegetables. Pumpkin/ Carrot/ sweet potato	13. Dried fish	05. potatoes,white sweet potato	14.Shirmpfish(pawn,crabetc)	06.Dark green leafy vegetable, puishak, laushak,kumrashak, kolmishak,mustard leaves, kolaishak(pea leaves), methishak(amaranth leaves) dhekishak.	15.Other fish	07. green papaya, cabbage, cauliflower, other vegetables(eg; eggplant, onion, radish,sheem/borboti(beans)	16. Milk (cow/ goat or powdered), Curd/ Paner/ semai/kheer/ payesh	08. Ripe mangoes, ripe papaya/pawpaw, jack fruit	17.Banana/apple/guava/orange/others citrus fruits/pine apple/water melon/olives/grape/jambura (grape fruits) brrries/kamranga/tamarind/plum.	09. Eggs of different birds- Chicken,duck,turkey etc;with youk, without yolk	18.Oil/ Ghee/ Charbi/ Butter/		19. Honey sugar, molasses,misti, cold drinks, chocolates, biscuits		20.Spices(cumin,coriander,salt)condiments(pickles,chutney)etc		21. Tea/coffee		22. Plain water
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5.5	How can a mother increase the appetite of a 7-23 m child?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. Offer a variety of foods 02. Feed when the child is hungry 03. Encourage children to eat themselves by picking up foods 04. Do not force feed 05. Mother and Child should seat face to face and mother to see how the child is eating 06. Use toys and games while feeding child 07. help child to pay attention toward eating 08. Praise the child and talk to child while feeding 09. Offer nutritious foods that the child likes to eat 10. Donotfills the stomach with water, juice, chochlate, chips etc. 11. Don't know 12. Other-----
5.6	How to feed a sick child 7-23?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. Increase the frequency of Breastfeeding 02. Small amount of food more frequently 03. More nutritious foods 04 .Feedextra meals and amount nutritious food for at least one week after child recovers, until child gains preveious weght 05. feed the child favourite food 06. Feed the child with similar food same as before 07. Reduce breastfeeding frequency and duration 08. Give liquid suji and other liquid food 09. Khichuri 10. Only breastfeed, no other foods 11. Feed soft food 12. Baby Zink 13. Give ORS 14. Don't know 15. Other
5.7	Do think you will be able to feed your child the right quantity and types of complementary foods from 7-24 months?	<input type="checkbox"/>	1. Yes 2. No 3. Other
5.8	Do other mothers in your village feed animal foods to their children after 7 months?	<input type="checkbox"/>	1. Yes 2. No 3. Other

5.9	Are doctors and health workers in your area recommending that mothers should feed animal foods to their children after 7 months?	<input type="checkbox"/>	1. Yes 2. No 3. Other
5.10	Does your child like the taste of animal foods?	<input type="checkbox"/>	1. Yes 2. No 3. Other
5.11	Will feeding animal foods to your child improve brain development?	<input type="checkbox"/>	1. Yes 2. No 3. Other

## Section 6: Knowledge on child illness and hand washing linked to child feeding:

Sl no.	Question	Response	Code										
6.1	What is the reason do you think child of 7 - 23 months age usally fall sick like- diarrhoea, pneumonia etc.	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>											01 Feeding Child without washing hand with soap 02. Child eat food without washing hand 03.Drink water without boiling 04.Do not wash hand before meal 05. Do not wash hand with soap before preparing child food 06. Do not wash hand with soap before cooking food 07. Do not wash dish and bowl 08. Intake dirty thing 09.Feed impure water 10.Feed spoil food 11. Do not cover food 12. Cold 13. Bathing child with cold water. 14. Child playing with water. 15. Cough & cold of mother 16. Don't know 17. Others -----
6.2	What should you do to protect child from these illness	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>									01 Wash hand with soap before feeding child 02. Washing hands of the child with soap before feeding. 03. Wash hand with soap after using toilet 04.Wash hand with soap during preparing child food 05.Not bathing with cold water 06. Always clean child hands 07. Cut child nail & keep clean 08. Wash hand with soap after clean child defacation 09.Wash dish with soap before feeding child 10.Wash dish with water before feeding child 11. Do not give fried food 12. Cover the food 13. Protect mother from cold 14. Do not Know 15. Others -----		

6.3	What are the key times one should wash their hands with soap/soapy water in a day?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>															01. after toilet use 02. before food preparation 03. after food preparation 04. Before cooking food 05. before feeding child 06. after feeding child 07. before having meal 08. after having meal 09. before prayer 10. when hand is dirty 11. after cleaning child. 12. after coming back home form outside 13. other-----
6.4	Some mothers don't wash their hands with soap before child feeding. By doing what a mother can improve her handwashing practice before feeding her child?	<table border="1"> <tr><td></td></tr> <tr><td></td></tr> <tr><td></td></tr> <tr><td></td></tr> <tr><td></td></tr> <tr><td></td></tr> </table>							1.Keeping water and soap at the place of food preparation and child feeding place. 2. Keeping water and soap nearby to the place of cooking 3. Family members will remind the mother to wash hand before feeding the child. 4. Inform the mother about the illness that happen due to germ/dirt in hands 5. inform the mother on the importance of hand washing 6. Aware the mother through advertisement 7. other ----- 8. Do not Know								

**Section 7: Source of Information on Breast Feeding, Complementary Feeding and Hand Washing:**

**7.1 Home visit:**

Module I: Alive & Thrive and BRAC health service related question  
First ask question for SS/PS then SK, then for PK

Sl no.	Question	SS/P S	S K	P K	Code
7.1.1	Did any Health worker..... ..ever visited your home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes ....1 No .....2 Don't know....99
7.1.2	Did anyone from BRAC visited your home for IYCF counseling or selling medicine?		<input type="checkbox"/>		Yes ....1 No .....2 Don't know....99
7.1.3	Did anyone form BRAC visited your home for ANC and Health forum?		<input type="checkbox"/>		Yes ....1 No .....2 Don't know....99
7.1.4	Did anyone from BRAC visited your home for IYCF counseling?		<input type="checkbox"/>		Yes ....1 No .....2 Don't know....99
7.1.5	Do you know who in BRAC----- in your area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1 No .....2>>7.1.7
7.1.6	What is her name? ( check it in your list)	---	---	---	Name of SS/PS ..... Name of SK ..... Name of PK ..... Don't know.....99
7.1.7	Do you know the lady (Show her the photo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1 ...No >>SK/PK. if all photo no>>7.1.21
7.1.8	What work this lady does?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ANC.....1 Child health check up...2 Health advice.....3 IYCF advice...4 Selling Pustukona.....5 Health Forum.....6 Medicine Sell.....7 Other.....77 Don't Know.....99
7.1.9	Where did you see her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	During My Home visit 1 In my village.....2 Other .....77
7.1.10	Did this lady visit your home ever?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes .....1





Sl no.	Question	SS/P S	S K	P K	Code																						
	many times she visited your home? [go to Q.118 if age of child is less than 22 month]																										
7.1.2 0	[Name of Index Child] up to 23-44 months of age hoe many times she visited your home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Number Not applicable = 88																						
7.1.2 1	How long before she visited your home last time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Number Not applicable = 88																						
7.1.2 2	How much time she spent in her visit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	write in minutes																						
7.1.2 3	Did you receive any advice regarding IYCF during her last visit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes.....1 No.....2>> <b>Next column</b>																						
7.1.2 4	Please tell us in details what they have discussed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="0"> <tr> <td>01. Breast feeding</td> <td>13. Quantity of CF</td> </tr> <tr> <td>02. Initiation of Breast feeding with 1 hour</td> <td>14. how to deal with poor appetite</td> </tr> <tr> <td>03. EBF upto 6 months</td> <td>15. Sick child feeding</td> </tr> <tr> <td>04. How to increase the supply of breast milk</td> <td>16. Hand washing</td> </tr> <tr> <td>05. How can mother assess child is getting sufficient milk</td> <td>17. Wash hand with soap before feeding child</td> </tr> <tr> <td>06. correct position &amp; attachment to the breast</td> <td>18. Washing hands of the child with soap before feeding.</td> </tr> <tr> <td>07. Expression</td> <td>19. Keeping water and soap at the place of food preparation and child feeding place.</td> </tr> <tr> <td>08. Complement ary Feeding</td> <td>20. Keeping water and soap nearby to the place of cooking</td> </tr> <tr> <td>09. Introdcution of CF</td> <td>21. Vaccination</td> </tr> <tr> <td>10. Frequency of CF</td> <td>22. Family Planning</td> </tr> <tr> <td>11. Type of CF</td> <td>23. Delivery, ANC, PNC</td> </tr> </table>	01. Breast feeding	13. Quantity of CF	02. Initiation of Breast feeding with 1 hour	14. how to deal with poor appetite	03. EBF upto 6 months	15. Sick child feeding	04. How to increase the supply of breast milk	16. Hand washing	05. How can mother assess child is getting sufficient milk	17. Wash hand with soap before feeding child	06. correct position & attachment to the breast	18. Washing hands of the child with soap before feeding.	07. Expression	19. Keeping water and soap at the place of food preparation and child feeding place.	08. Complement ary Feeding	20. Keeping water and soap nearby to the place of cooking	09. Introdcution of CF	21. Vaccination	10. Frequency of CF	22. Family Planning	11. Type of CF	23. Delivery, ANC, PNC
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Sl no.	Question	SS/P S	S K	P K	Code
					12. Feeding animal foods to children after 7 months 24. Child Health 25. Don't Know 26. Other -----
7.1.2 5	How much time did she spend on IYCF discussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	write in minutes

## 7.2 Health forum/ Courtyard meeting:

7.2.1	Did you attend any courtyard meeting or group meeting in last 2 months? If answer is NO then go to 7.3	<input type="checkbox"/>	1. Yes 2. No	3. Don't know 4. No visit
7.2.2	If yes which organization organized it?	<input type="checkbox"/> <input type="checkbox"/>	1. NGO 2. Gov.Institution	3. BRAC 4. Other --- 5. Don't know
7.2.3	In health forum/courtyard meeting who conducted it?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. FWA 02. FWV 03. Village Doctor 04. Health Assistant 05. TBA 06. NGO worker 07. Father	08. Imam 09. Union parisad members 10. BRAC Swastha Sebika 11. BRAC Swasthya Karmi 12. pusti kormi 13. Other----- 14. Don't Know

7.2.4	Please tell us in details what they have discussed?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. Breast feeding 02. Initiation of Breast feeding with 1 hour 03. EBF upto 6 months 04. How to increase the supply of breast milk 05. How can mother assess child is getting sufficient milk 06. correct position & attachment to the breast 07. Expression 08. Complementary Feeding 09. Introdcution of CF 10. Frequency of CF 11. Quantity of CF 12. Type of CF 13. Giving animal foods to children after 7 months 14. how to deal with poor appetite 15. Sick child feeding 16. Hand washing 17. Wash hand with soap before feeding child 18. Washing hands of the child with soap before feeding. 19. Keeping water and soap at the place of food preparation and child feeding place. 20. Keeping water and soap nearby to the place of cooking 21. Vaccination 22. Family Planning 23. Delivery, ANC, PNC 24. Child Health 25. Don't Know 26. Other -----
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### 7.3 Video Show/ Media dark campaign:

7.3.1	Did you attend any video show in your village on IYCF issues in last six months? If answer is NO then go to 7.4	<input type="checkbox"/>	1. Yes 2. No 3. Don't know 4. No visit
7.3.2	If answer is YES how many months ago you attended	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Write in days
7.3.3	What happend during video show?	<input type="checkbox"/> <input type="checkbox"/>	1. IYCF TVC 2. HW TVC 3. Meena film 4. Discussion on IYCF 5. Quiz 6. Prize giving 7. Others.....

7.3.4	Which members of your family attended the video show	<input data-bbox="721 260 773 306" type="checkbox"/>	01. Husband            06. Sister 02. Mother            07. Sister in law 03. Mother in law    08. Other Family 04. Father             members 05. Father in law    09. Other
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#### 7.4 Doctor's visit:

7.4.1	Did you visit any health centre/clinic/doctor's chamber/medicine shop in last 2 months? If answer is NO then go to 7.5	<input type="checkbox"/>	1. Yes 2. No 3. Don't know 4. Didn't visit
7.4.2	If yes, where did you visited?	<input type="checkbox"/> <input type="checkbox"/>	1. Sadar Hospital/Medical college/ MCWC 2. Upazial Health complex 3. Union Health and Family Welfare Centre 4. Private clinic 5. NGO Clinic 6. Other----
7.4.3	With whom did you visited there?	<input type="checkbox"/>	1. MBBS Doctor 2. Aurvedic doctor 3. Homeopathic doctor 4. Nurse 5. Village Doctor 6. Kabiraj 7. FWA 8. FWV 9. Health Assistant 10. NGO health care provider 11. Pharmacist 12. Other----- 13. Don't Know
7.4.4	Why did you visit him/her?	<input type="checkbox"/> <input type="checkbox"/>	1. Child illness 2. Mothers (respondent) illness 3. Dont want to say 4. Other

7.4.5	What advices were given by the health care provider?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01. About medication 02. About Early recovery 03. Breast feeding 04. Initiation of Breast feeding with 1 hour 05. EBF upto 6 months 06. How to increase the supply of breast milk 07. How can mother assess child is getting sufficient milk 08. correct position & attachment to the breast 09. Expression 10. Complementary Feeding 11. Introdcuton of CF 12. Frequency of CF 13. Quantity of CF 14. Type of CF 15. Giving children animal food after 7 months of age 16. how to deal with poor appetite 17. Sick child feeding 18. Hand washing 19. Wash hand with soap before feeding child 20. Washing hands of the child with soap before feeding. 21. Keeping water and soap at the place of food preparation and child feeding place. 22. Keeping water and soap nearby to the place of cooking 23. Vaccination 24. Family Planning 25. Delivery, ANC, PNC 26. Child Health 27. Don't Know 28. Other -----
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**7.5 Social mobilisation:**

7.5.1	Did you ever receive any support or information on breast feeding or CF from your family member or neighbour? If answer is NO then go to 7.6	<input type="checkbox"/>	1. Yes 2. No 3. Don't know
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7.5.2	If answer is YES then from whom?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>							01. Husband 02. Mother 03. Mother in law 04. Father 05. Father in law 06. Sister 07. Sister in law 08. Other Family members 09. Other Family members 10. Neighbors/ Friends 11. Other										
7.5.3	Please tell us in details what they have discussed?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>																	01. Breast feeding 02. Initiation of Breast feeding with 1 hour 03. EBF upto 6 months 04. How to increase the supply of breast milk 05. How can mother assess child is getting sufficient milk 06. correct position & attachment to the breast 07. Expression 08. Complementary Feeding 09. Introdcution of CF 10. Frequency of CF 11. Quantity of CF 12. Type of CF 13 Feeding children animal food after 7 months of age 14. how to deal with poor appetite 15. Sick child feeding 16. Hand washing before feeding child 17. Wash hand with soap before feeding child 18. Washing hands of the child with soap before feeding. 19.Keeping water and soap at the place of food preparation and child feeding place. 20. Keeping water and soap nearby to the place of cooking 21. Vaccination 22. Family Planning 23.Delivery, ANC, PNC 24. Child Health 25. Don't Know 26. Other -----
7.5.4	Do you know, from where they received these information?	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>							01. FWA 02. FWV 03.HA 04. Nurse 05. MBBS Doctor 06.Aurvedic doctor 07. Homeopathic doctor 08. VillageDoctor 09. TBA 10. School Teacher 11. NGO worker 12. BRAC Swastha Sebika 13. BRAC Swastha Karmi 14. Chairman/member 15. Religious leader 16. Don't Know 17. Other-----										





## 7.6 Mobile phone:

7.6.1	Do you or your family member have mobile phone? If answer is NO then go to 8	<input type="checkbox"/>	1. Self 2. Other family member 3. No																																						
7.6.2	If answer is 1 or 2, then have you ever received call or dial any phone call or received any message on child feeding?	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> </table>							1. Yes 2. No 3. Don't know																																
7.6.3	If answer is YES , From where did you received call or dialed any phone or received SMS?	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> <tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr> </table>																	<table style="width: 100%;"> <tr> <td style="width: 50%;">01. FWA</td> <td style="width: 50%;">09. Village Doctor</td> </tr> <tr> <td>02. FWV</td> <td>10. TBA</td> </tr> <tr> <td>03. HA</td> <td>11. School Teacher</td> </tr> <tr> <td>04. Nurse</td> <td>12. NGO worker</td> </tr> <tr> <td>05. MBBS Doctor</td> <td>13. BRAC Swastha</td> </tr> <tr> <td>06. Aurvedic doctor</td> <td>Sebika</td> </tr> <tr> <td>07. Homeopathic doctor</td> <td>14. BRAC Swastha Karmi</td> </tr> <tr> <td>08. Nurse</td> <td>15. Chairman/member</td> </tr> <tr> <td></td> <td>16. Religious leader</td> </tr> <tr> <td></td> <td>17. Other-----</td> </tr> <tr> <td></td> <td>18. Don't Know</td> </tr> </table>	01. FWA	09. Village Doctor	02. FWV	10. TBA	03. HA	11. School Teacher	04. Nurse	12. NGO worker	05. MBBS Doctor	13. BRAC Swastha	06. Aurvedic doctor	Sebika	07. Homeopathic doctor	14. BRAC Swastha Karmi	08. Nurse	15. Chairman/member		16. Religious leader		17. Other-----		18. Don't Know
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**Section 8. History of Child Illness:**

8.1	Was your child ever sick in LAST 60 days? ( if no, go to 9)	<input type="checkbox"/>	1. Yes 2. No 3. Don't know
8.2	If yes then how many times the index child was sick?	<input type="checkbox"/>	
8.3	Last time how many days your baby was sick?	<input type="text"/>	Write in days
8.4	If yes What was the disease OR SYMPTOMS?	<input type="checkbox"/>	01. Fever 02. cold & cough 03. Trouble breathing 04. Body ache 05 Jaundice 06. Diarrhoea 07. Itching 08. Diarrhoea 09. Pneumonia 10. ( Typhoid) 11. (Others) 12. ( Don't Know)
8.5	How did you feed your child when she/he was sick?	<input type="checkbox"/>	01. Feed the child with similar food same as before 02. Increase the duration of Breastfeeding 03. Increase the frequency of Breastfeeding 04 . Increase the duration & frequency of Breastfeeding 05. Reduce breastfeeding frequency and duration 06. Give liquid suji and other liquid food 07. Khichuri 08. Small amount of food more frequently 09. More nutritious foods 10. Only breastfeed, no other foods 11. Baby Zink 12. Give ORS 13. Feed extra meals and amount nutritious food for at least one week after child recovers, until child gains previous weight 14. Give extra food 10-14 days 15. Don't know 16. Other

**Section 9: HH food security:**

**For each of the following questions, consider what happened *in the past 30 days*. For the questions “how often” the answer “Rarely” means 1-2 times, “Sometimes” means 3-10 times and “Often” more than 10 times**

Sl. No	Questions	Response	Code
9.1	How often did you eat three ‘squire meals (full stomatch meals)a day in the past 12 months (not a festival day)?	1. Mostly (3 meals each day) 2.Sometimes(3 meals per day) 3.Rarely(3 meals per day )1-6 times this year) 4. Never	<input type="checkbox"/>
9.2	In the last 12 months how often did you yourself skip entire meals because there was not enough food?	1. Never 2.Rarely(1-6 times this year) 3.Sometimes(7-12 times this year) 4. Often ( few times each months)	<input type="checkbox"/> <input type="checkbox"/>
9.3	In the last 12 months how often did you personally eat less food in a meal because there was not enough food?	1. Never 2.Rarely(1-6 times this year) 3.Sometimes(7-12 times this year) 4. Often ( few times each months)	
9.4	In the last 12 months how often did you or any of your family have to eat wheat (or another grain) although you wanted to eat rice ( not including when you were sick)	1. Never 2.Rarely(1-6 times this year) 3.Sometimes(7-12 times this year) 4. Often ( few times each months)	<input type="checkbox"/>
9.5	In the last 12 months how often did your family have to ask food from relatives or neighbors to make a meal?	1. Never 2.Rarely(1-6 times this year) 3.Sometimes(7-12 times this year) 4. Often ( few times each months)	<input type="checkbox"/>

### Section 10: HH Diet Diversity

First ask if yesterday was a special day, like a celebration or feast day or a fast day where anyone in the HH ate special foods or where they ate more or less than usual or did not eat because they were fasting?

If yesterday was **not** a special day, then ask the respondent about the types of foods that they or anyone else in their household ate yesterday during the day and at night.

If yesterday **was** a special day, then ask the respondent to describe the foods (meals and snacks) consumed the **day before yesterday (or the last normal day)** during the day and night, whether at home or outside the home.

Sl. No	Questions	A. Respondent (Mother of index child) ate	B. Any other HH member ate	Code
10.1	Rice, Bread, Pressed rice, Muri, Noodles etc	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.2	Pumpkin, carrots, sweet potatoes that are orange and yellow inside	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.3	Potatoes, white sweet potato	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.4	Dark green leafy vegetables, puishak, laushak, kumrashak, kolmishak, mustard leaves, , koloishak (pea leaves), methishak (amaranth leaves), dhekishak,	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.5	Other vegetables (e.g., eggplant, green papaya, cauliflower, cabbage, onion, radish, sheem/boboti (beans),	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.6	Ripe mangoes, ripe papaya/pawpaw, jack fruit	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.7	Other fruits (banana, apples, guava, oranges, other citrus fruits, pine apple, watermelon, olives, grapes, jambura (grapefruit) berries, kamranga, tamarind, plum	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.8	ANY BEEF, GOAT, LAMB, CHICKEN, DUCK, OR OTHER BIRDS, LIVER, KIDNEY, HEART, OR OTHER ORGAN MEATS?	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.9	Eggs of different birds – chicken, duck, turkey etc.; with yolk, without yolk	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.10	Big fish	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes

				2 No
10.11	Small fish	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.12	Shirmpfish(pawn,crabetc)	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.13	Dried fish	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.14	Other fish	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.15	beans, peas, lentils, other pulses, soybeans, peas	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.16	Milk, cheese, yogurt or other milk products	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.17	Oil, fats or butter added to food or used for cooking including ghee	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.18	Sugar, molasses, honey, misti, cold drinks, chocolates, candies, biscuits	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.19	Spices (cumin, coriander, salt), condiments (pickles, chutney), etc.	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.20	Tea/Coffee	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No
10.21	Plain water	<input type="checkbox"/>	<input type="checkbox"/>	1 Yes 2 No

### Section11:Media monitoring

Show each of the photographs one by one, and collect response for each TVC.

Now, I will show you some pictures from an advertisement to remind you about the ads

<b>TVC-1</b>	(Mother of new born)
--------------	----------------------

**P01** Did you watch this advertisement? If ans is NO go to TVC2

Yes	1	P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P02** What was said in the advertisement?

	Yes-1	No-2
1. A girl child is born		
2. Give her to me		
3. Its becoming late		
4. I need to give her breast milk now		
5. Child need to initiate breastfeeding within one hour of birth		
6. Then both mother & child become healthy and breast milk flow early		
7. To ward off various illness it is necessary to give her breast milk now		
8. Nothing should be fed except breast milk		

I will show you some pictures from an advertisement to remind you about the ads



TVC-2	<b>(Father brought tinned milk for the child)</b>
-------	---

**P01** Did you watch this advertisement? If ans is NO go to TVC3

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

	Yes-1	No-2
1. Sister-in-law, brother has come		
2. Don't you know it is so dangerous to give any food to children other than breastmilk?		
3. Baby urinated 6 times a day		
4. Baby playing and sleeping well		
5. Breastfeeding is good enough until child is 6 months of age		
6. Even malnourished mother can give adequate breastmilk to her child until 6 months of age		

I will show you some pictures from an advertisement to remind you about the ads

TVC-3	<b>(Fire at House)</b>
-------	------------------------

**P01** Did you watch this advertisement? If ans is NO go to TVC4

Yes	1	P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

	Yes-1	No-2
1. Father, please come out by rapping yourself with a wet cloth		
2. It is very important to take care of child in their early childhood		
3. Brain development is faster during first two years of age		
4. I bought nutritious food for Tomal		
5. I used to helped in every household work		
6. So that mother can feed complementary food to her child by taking enough time		

I will show you some pictures from an advertisement to remind you about the ads

TVC-4	<b>(Mother cooks fish)</b>
-------	----------------------------

**P01** Did you watch this advertisement? If ans is NO go to TVC5

Yes	1	P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

	Yes-1	No-2
1. Today baby will eat fish		
2. Baby love to eat egg		
3. Baby love to eat fish, chicken & liver		
4. I feed him/her any of the above food daily		
5. It was not known to me that fish, egg, chicken liver is good for children's physical & mental development, doctor told me this		

I will show you some pictures from an advertisement to remind you about the ads

TVC-5	(Tumpa wins prize)
-------	--------------------

**P01** Did you watch this advertisement? If ans is NO go to TVC6

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

	Yes-1	No-2
1. Tumpa stood first		

2.	What did you fed Tumpa, she is so good in education & sports		
3.	From 7 month half bowl of food 2 times		
4.	From 9 months half bowl of food 3 times		
5.	From 12 months full bowl of food 3 times		
6.	Need to give family food along with nutritous snacks		
7.	You are best mother		

TVC-6	<b>(Child sleeps without eating food)</b>
-------	---

**P01** Did you watch this advertisement? If ans is NO go to TVC7

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

	Yes-1	No-2
1. Baby "please eat"		
2. My heart "please eat"		
3. Do not force the child to feed		

4.	Keep patients during feeding		
5.	Chips		
6.	Juice		
7.	Don't full the small stomach of the baby by giving her biscuits and similar other foods		
8.	When the child is hungry will eat naturally		

<b>TVC-7</b>	<b>(Mother is feeding the child)</b>
--------------	--------------------------------------

**P01**Did you watch this advertisement? If ans is NO go to TVC8

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

Sl no.	Question	Yes-1	No-2
1	wash your hands with soap and water before feeding children		
2	wash your child's hands with soap and water before feeding		
3	keep water and soap nearby to the baby feeding area of the children		
4	keep water and soap nearby to the place of preapring/cooking baby food		
5	mother says, "what can I do if there is no soap and water nearby"		
6	father says "I will make sure there is soap and water"		
7	father bring water and soap near to the place of feeding the child		
8	A girl/woman says, "where is soap and water?"		

TVC-8	<b>Meena video: Breastfeeding</b>
-------	-----------------------------------

**P01** Did you watch this advertisement? If ans is NO go to TVC9

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

Sl no.	Question	Yes-1	No-2
1	Grandmother suggests giving honey to the new born		
2	Mother refuses and insists that breast milk is all that a new born needs, not even a drop of water		
3	The other mothers who didn't properly feed breast milk faced child feeding problems		
4	SS advises that mothers do not need to store milk at the breasts, and that a child will receive as much breast milk as he/she wants		
5	SS advises that as long as a child is urinating at least 6 times a day, the child is getting sufficient breast milk		
6	All mothers are capable of breast feeding, they just need self confidence		
7	A new born should be put to the mother's breasts immediately after birth		

TVC-9	<b>Meena video: Complementary Feeding</b>
-------	---

**P01** Did you watch this advertisement? If ans is NO go to Section 12

Yes	1	Ask P02
No	2	

**P02** Where did you watch the advertisement?

TV	1
Village Video show	2
Both	3
Other	4

**P03** What was said in the advertisement?

Sl no.	Question	Yes-1	No-2
1	Mother of the child leaves the child with the grandmother and gives diluted food in a container for the child to be fed		
2	That child dislikes having the same boring food every day and thus has to be forced to eat		
3	Another child is fed mashed family food with different variety of nutritious food such as eggs, fish etc		
4	The second child enjoys eating very much		
5	Two different worlds are shown with the different eating habits		



**Section 12: Respondent's household information:**

Sl no.	Question	response	code
12.1	Own residence	<input type="checkbox"/>	1. Yes 2. No
12.2	Numbers of room	<input type="checkbox"/>	1. Consist of one room 2. Consist more than one room
12.3	Own cultivable land	<input type="checkbox"/>	1. Yes 2. No
12.4	Type roof of the house	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. concreet 2. Tin 3. Wood/Bambbo 4. Leaf /Grass 5. Others -----
12.5	Type of floor of the house	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. concreet 2. Wood/Bambbo 3. Mud 4. Others -----
12.6	Cooking Fuel	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Electric 2. Gas 3. karocin 4. Koila 5. Wood 6. Dunck 7. Grass 8. Others
12.7	Source of Water at home	<input type="checkbox"/> <input type="checkbox"/>	1. Tubewel water 2. Supply water 3. Rain water 4. Pond filter water 5. Other.....
12.8	Presence of Toilet at home	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1. Sanitary 2. Pit 3. Hanging latrine 4. Ring slub 5. Latrine 6. NO Latreen 7. Others ----- -
12.9.1	Domestic Animal	<input type="checkbox"/>	1. Yes 2. No
12.9.2	Electricity	<input type="checkbox"/>	1. Yes 2. No
12.9.3	Freeze	<input type="checkbox"/>	1. Yes 2. No
12.9.4	Fan	<input type="checkbox"/>	1. Yes 2. No
12.9.5	Televsion	<input type="checkbox"/>	1. Yes 2. No

12.9.6	Mobile Phone	<input type="checkbox"/>	1. Yes 2. No
12.9.7	Own water source	<input type="checkbox"/>	1. Yes 2. No
12.9.8	Rikshaw /Van	<input type="checkbox"/>	1. Yes 2. No
12.9.9	Bicycle	<input type="checkbox"/>	1. Yes 2. No
12.9.10	Motor Cycle	<input type="checkbox"/>	1. Yes 2. No
12.9.11	CNG	<input type="checkbox"/>	1. Yes 2. No

Thanks