

Determinants of Under-nutrition in Children and Assessment of Management at Different level of Health Care

FOCUS GROUP DISCUSSION (MOTHER/ MIL)

Institution/Partner Medical College:

State	
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District	
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Date	D	D	M	M	-	Y	Y
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Village	
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Commencing Time	Hr	Min	
Concluding Time	Hr	Min	

INSTRUCTION TO BE FOLLOWED FOR SELECTION OF MOTHER AND MIL

1. **Selection of area:** One FGD in Rural Area and One FGD in Urban Area.
Please refer table-1
2. **Selection of mother/MIL:** One FGD with Poor mothers/MIL and one FGD with middleclass mothers/MIL. Please refer table 1
3. Select 50 % mothers of undernourished child and 50% of mothers of normal child

Table-1

S.No	STATE	Mother			Grandmothers		
1	Rajasthan	6-24 Mon	Urban	Poor	25-60 Mon	Rural	Middle Class
2	MP	25-60 Mon	Rural	Poor	6-24 Mon	Urban	Middle Class
3	Jharkhand	6-24 Mon	Urban	Middle Class	25-60 Mon	Rural	Poor
4	Bihar	25-60 Mon	Rural	Middle Class	6-24 Mon	Urban	Poor
5	Orissa	6-24 Mon	Urban	Poor	25-60 Mon	Rural	Middle Class
6	UP	25-60 Mon	Rural	Middle Class	6-24 Mon	Urban	Poor

INSTRUCTIONS TO BE FOLLOWED WHILE CONDUCTING FGD's

1. Selection of the members for FGD- only mothers/only MIL to be included in the discussion.
2. Total members of the group- 8-10
3. The group members should represent different parts /mohallas of village.
4. Site for group discussion should be quiet, free from disturbance
5. They should sit in a circular manner for visibility and audibility.
6. Start with general information to initiate the discussion.
7. Facilitator should ensure everybody's participation in the discussion
8. Total duration of the discussion: 1-1.5 hours
9. Record the entire process

(Please refer to the detailed guidelines before embarking onto any FGD)

Background information of the participants

	Name	Age	Educational level
1.			
2.			
3.			
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6.			
7.			
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9.			
10.			
11.			

FORMAL FGD

Quality of food

Nutrient density/ Energy density/

- Mother's perception on good food for her children?
Aap ke vichar me acha khana kya hota hai
- Mother's perception on nutritive food? [Nutrient density] [Probe for understanding about protein and protein containing foods]
Aap ke vichar me bacho ke liye kon se khadya padarth ko poshtic aahar kahate hei? Probe: protein aur protein sambadhi food ke samaj
- What is done to prepare nutritive food?
Bache ke khane ko poshtic banana ke liye aap ka karte hai
- To make food healthier / energetic what is usually done? [(Probe for ghee/makhan/oil/sugar) [Also probe for dilution of milk and removal of cream from milk before giving it to child]
Aaam tor pe Khahne ke takat badane ke liye aap ke ghar me kya karte hai (Probe for ghee/makhan/oil/sugar) [Also probe for dilution of milk and removal of cream from milk before giving it to child]
- If ghee/makhan/oil/sugar is used why and if not why
Ghee/makhan/oil/sugar dete hai to kyo dete hai and kyo nahi dete hai

Frequency related issues

Feeding: How many times for: Infant < 1 yr
Child 1-2 yrs
Child 2-5 yrs

**Feeding: Khana ketani bar dete hai: Infant < 1 yr
Child 1-2 yrs
Child 2-5 yrs**

Modification of food for child

- What food are specially prepared for the child and why
Bacho ke liye aalag kahana kya banate hai aur kyo
- How do you modify food (prepared for adults) to make it appropriate for your child? And why [Adding ghee/adding water/making thinner]
Aap bacho ke khane ko kis tarah pher badal karate hai ? [Adding ghee/adding water/making thinner]
- What food is modified when child is sick and why?
Jab bacha bimar hota hai aap khane me kya pher badal karate hai aur kyo
- What do you do to make the food tasty? [Probe: Adding sugar]
Bacho ke kahne ko swadist bananai ke liya usme kya melatai hai? [Probe: Adding sugar]

Preferentially fed and why

- Usually what food is preferred for children and why?
Aam tor pe bache ke liye kya khana phademand hota he aur kyo?
- Usually what is cooked and given to child when child is sick and why?
Aam tor pe bacho ke liye kya pakate hai jab bacha bimar hota hai aur kyo
- In your area what food are given to boys and why?
aap ke area me ladako ko kya khana dete hai aur kyo
- In your area what food are given to girls and why
aap ke area me ladaki ko kya khana dete hai aur kyo
- What food is preferred for boys when sick and not sick? Why
Aap ladeko ko kya khana dena uchit samaj te hai jab bacha bimar hota hai aur jab bacaha bimar nahi hota hai? aur kyo
- What food is preferred for girls when sick and not sick? Why
Aap ladeki ko kya khana dena uchit samaj te hai jab bacha bimar hota hai aur jab bacaha bimar nahi hota hai? aur kyo

Preferentially withheld and why

- Usually what food is avoided / harmful for children and why?
Aam tor pe bache ko aap kya khana nahi dette/ hanikarak pahochate hai aur kyo
- What foods are avoided during sickness and why?
Aap kya khana nahi dete hai jab bachha bimar hota hai aur kyo
- What foods are avoided for boys and why?
Aap kya khana ladeko ko nahi dete hai jab bachha bimar hota hai aur kyo
- What foods are avoided for girls and why?
Aap kya khana ladeki ko nahi dete hai jab bachha bimar hota hai aur kyo
- What is usually preferred other than home cooked food when child is hungry and why?
Jab bache ko bookh lagate hai to khane ke alawa aap kya deti hai?(probe for snacks)

Readymade food/ Ready to eat food/ Commercial food/ home made snacks : Availability and awareness of commercial products

- In your area what readymade foods, drinks and snacks are available in market for children
Aap ke kshetra mein bacho ke liye khane aur pine ke liye bazaar me taiyar kya kya milta hai
- In a week how many times children eat such readymade food from outside
Aam tor pe hapte me kitani bar bachche ye chizein kha pe lete hai

- What home made snacks are made at home? And why
Ghar me khan eke alawa kya padhart banate hai aur kyo
- What ready made food and drinks are given to boys? And Why
Aap ladako ko bazaar se khane aur pine ke liye kya dete hai aur kyo
- What ready made food and drinks are given to girls
Aap ladaki ko bazaar se khane aur pine ke liye kya dete hai aur kyo

Gender Lens/ Love affection/ interaction (lad pyar)

- How do families take care of boy child? When not sick; and when sick? Why
Ghar wale ladako ke dhek bhal kaise karte hai? Jab bimar hota hai aur jab bimar nahi hota hai aur kyo
- How do families take care of girl child? When not sick; and when sick? Why
Ghar wale ladaki ke dhek bhal kaise karte hai? Jab bimar hota hai aur jab bimar nahi hota hai aur kyo

Decision making

- How the child's gender effects decision making process (on feeding, general care when not sick, and treatment seeking when sick)

THE INCLEN TRUST

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Village

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Date		D	D		M	M	-	Y	Y
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Background information of the participants

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Informal discussion

	<u>URBAN</u>	<u>RURAL</u>
1	Mothers: 1-2	Mothers: 1-2
2	Grandmothers: 1-2	Grandmothers: 1-2
3	Father : 1-2	Father : 1-2
4	Grandfathers: 1-2	Grandfathers: 1-2
5	ANM/ASHA/AWW: 1-2	ANM/ASHA/AWW: 1-2
6	Doctors (PHC doctor/non formal doctor) : 1-2	Doctors (PHC doctor/non formal doctor) : 1-2

Food

1. Quality of food

- Energy density
- Modification for child
- Preferentially fed and why
- Preferentially withheld and why

2. Readymade food/ Ready to eat food/ Commercial food

- Availability and awareness of commercial products

3. Gender Lens/ Love affection/ interaction

- Explore differences in care, and decision making
- Discuss with a person with four children and moderate earning living
 - Perception of full stomach child
 - Perception of semi filled child
 - Perception of emptiness of child
- Discuss with a person of a daily wage labor with four children and very low earning living in a rural area
 - Perception of full stomach child
 - Perception of semi filled child
 - Perception of emptiness of child

[Do they feel that the child is well fed when they are plum, fat or chubby while the child is not fed if the child is skinny or mesomorphic. Or there are more than physical appearance alone to ensure under nourishment in child]

4. Role of aganwadi centre (providing nutritious food)

- If the schemes are not yielding desired result, where do they feel bottleneck is?
- When parents/ other stakeholder feel that the schemes are just gimmick only and will not serve the purpose. Can there be some instance quoted by them wherein it is evince that things are not proper
- What do they suggest as best alternative