

Abstract

Background: Adequate nutrition during infancy and early childhood is essential to ensure the growth, health, and development of children to their full potential. Insufficient dietary intake of nutrients can irreversibly harm a child's rapidly growing body and brain. Although adequate knowledge on appropriate feeding and care has been recognized as an important determinant for child health outcomes little is known about it in the Ethiopian context.

Objective: To assess knowledge on infant and young child feeding and associated factors among pregnant women getting antenatal care at Lemikura wereda 13 Raey HC, Addis Ababa.

Methods: Facility based cross sectional study was conducted using convenience sampling method. Trained nurses conducted a face-to-face interview with the pregnant women prior to their antenatal care follow up at wereda 13 Raey health center from Nov 2022 - Mar 2023. Binary logistic regression analysis was done to determine factors associated with poor knowledge score. Variables that fulfill a statistical criterion, a p-value of less than 0.25, were included in a multivariate regression model to compute the adjusted odds ratio (AOR) with 95% confidence interval.

Results – A total of 322 pregnant women were included in the analysis. The mean age of the participants was 26.8 ± 4.292 . A majority of the participants were married and nearly one third had college or university education. The study found that 31.1% (95% CI: 24.8, 36.0) of the participants had poor knowledge regarding IYCF. The women's knowledge of infant and young child feeding was significantly associated with age <24 (AOR= 6.1, 95% CI: (2.1, 17.6)), women having an education level of primary school or lower (AOR=8.1, 95% CI: (2.6, 25.4)), lower household's monthly income i.e. lower than 6000birr (AOR=9.6, 95% CI: (2.7, 33.3)); having no children (AOR=2.9, 95% CI: (1.4, 6)) and previously not hearing about IYCF (AOR=4, 95% CI: (1.3, 11.7)).

Conclusion and recommendations – Nearly one third of the participants were found to have poor knowledge regarding IYCF. In addition, women with low household income; women with educational level of primary school or lower; women below age of 24 and women who have no children should be given extra attention since these are the determinants that showed association with poor knowledge on infant and young child feeding in our study.