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Subject: Re: Updated Indicators for Infant and Young Child Feeding (IYCF)

Posted by [Rolf Klemm](#) on Fri, 15 Mar 2019 11:03:23 GMT

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Helen Keller International (HKI) endorses the recommendation for inclusion of updated indicators for infant and young child feeding in DHS-8.

There is a need to expand understanding of diets among children under two years of age in the face of evolving food environments. Many countries combatting child undernutrition are now concurrently struggling with overnutrition. Studies by HKI and others have shown marked consumption of unhealthy foods such as sugar-sweetened beverages (SSB) and junk foods among young children in Asia and Africa (Huffman et al., 2014), with rates among 12-23 month-old children as high as 74% in Dakar, Senegal, 84% in Kathmandu Valley, Nepal, and 87% in Bandung, Indonesia (Feeley et al., 2017, Pries et al., 2017; Green et al., in press). Further research among 1-2 year olds in Kathmandu Valley has also found that nearly one-quarter of energy intakes from foods come from unhealthy snack foods/beverages (Pries et al., in press). DHS measurement of unhealthy dietary patterns during the complementary feeding period, such as consumption of nutrient-poor foods (SSB and junk foods) and low intake of fruits/vegetables, would allow tracking of trends over time within countries, and comparisons across countries/regions in varying stages of the double burden of malnutrition. This data would be invaluable for targeting of programs, and for informing policy to safeguard young child nutrition. Where data indicate high consumption of SSB and junk foods or low consumption of fruits/vegetables among young children, governments and NGOs such as HKI can focus programmatic efforts on increasing consumption of nutrient-rich, locally available foods during the complementary feeding period and developing strategies to limit consumption of unhealthy foods and beverages.

References:

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