KENYATTA UNIVERSITY RESEARCH GRANTS

FUNDING AGENCY
NATIONAL COUNCIL FOR SCIENCE AND TECHNOLOGY (NCST)

GRANT NO:
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SCHOOL:
APPLIED HUMAN SCIENCES

DEPARTMENT:
FOODS, NUTRITION AND DIETETICS

PROJECT TITLE
Effectiveness of Mother-to-Mother Support Groups in Promoting Exclusive Breastfeeding in Meru County, Kenya: A Randomized Controlled Trial

RESEARCH TEAM

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ABSTRACT
Exclusive breastfeeding (EBF) is recognized globally as the best way of ensuring child survival, growth and development. The major challenge has been the low rates of exclusive breastfeeding globally (36%), although there has been gradual increase in the recent years. In Kenya, EBF rate of infants aged 0-6 months is at a low of 32% and in Meru North region it is 18.6%. Mother-to-Mother Support Groups (MTMSGs) is one of the recently introduced community-based initiatives to promote EBF globally, and is part of the tenth step of the Baby-Friendly Hospital Initiative. However, it has been poorly implemented and documented in Kenya. This study therefore aims to assess the effectiveness of MTMSGs in promoting EBF in Igembe South District in Meru County; Kenya. It will be a cluster-randomized controlled trial involving 2 treatment groups and one control group. Each group will consist of 74 subjects. Three health centers shall be randomly allocated to the study groups on a 1:1:1 ratio. In treatment group 1, the women will receive education on breastfeeding and support from one another. Treatment group 2 will be the same as group 1, with an income generation component included; while the Control Group shall receive no support. Data will be collected through interviews, focus group discussions and anthropometric measurements. The Statistical Package for Social Sciences will be used to analyze data. Descriptive statistics shall also be used to summarize variables and ANOVA to test for similarities between groups at baseline. Chi-square tests shall be used to determine relationships between socio-economic and demographic factors. Child’s nutrition outcomes shall be analysed using weight-for-age. To validate the quantitative findings, qualitative data shall be used. The study will provide information to the Ministry of Public Health and Sanitation and other organizations on use of MTMSGs in promotion of EBF.