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Matriculation Number: 16/MHS01/127

Course Code: NTD 406

**Assignment**

Question

Using the Nigeria Demographic and Health Survey 2018, discuss the infant and young child feeding in Nigeria

Answer

Using the Nigeria demographic and health survey for 2018,

Appropriate feeding practices Children with diarrhoea are given more liquids than usual and as much food or more than usual. The children used during the survey had diarrhoea 2 weeks before the survey. To reduce dehydration and minimize the effects of diarrhoea on nutritional status, mothers are encouraged to continue normal feeding of children with diarrhoea and to increase the amount of fluids given. Deaths from diarrhoea can easily be averted with early and proper treatment. Oral rehydration therapy(ORT) is the most common and simplest treatment for diarrhoea. Depending on illness severity, treatment may involve administration of antibiotics, oral rehydration therapy, and intravenous solutions. Zinc supplementation, which helps reduce the severity, frequency, and duration of diarrhoea episodes, was introduced in Nigeria in 2010(Federal Ministry of Health 2010).

Oral rehydration therapy Children with diarrhoea are given increased fluids, a fluid made from a special packet of oral rehydration salts (ORS),or government recommended homemade fluids (RHF). One in three children under age 5 with diarrhoea who received ORS were taken to a private chemist/PMS or a private mobile clinic for advice or treatment(33%each). Eighteen percent were taken to a government health centre