

# Sindh 2018-19



## Infant & Young Child Feeding (IYCF)

Multiple Indicator  
Cluster Surveys

### Infant & Young Child Feeding



Bureau of Statistics  
Planning & Development Department  
Government of Sindh



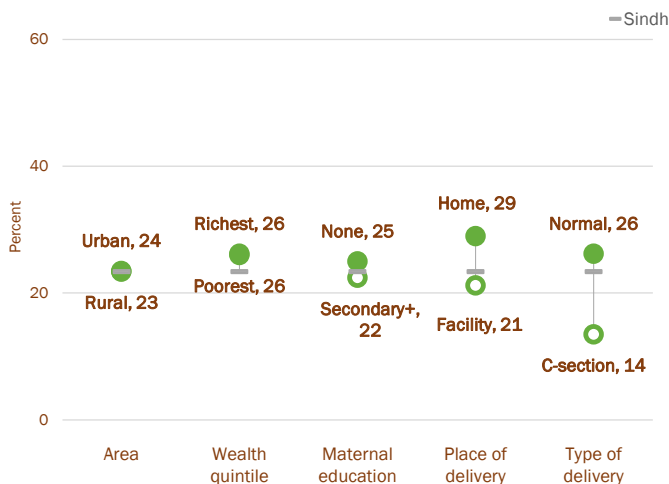
**Early initiation:** percentage of newborns put to breast within 1 hour of birth; **Exclusive breastfeeding:** percentage of infants aged 0-5 months receiving only breastmilk; **Introduction to solids:** percentage of infants aged 6-8 months receiving solid or semi-solid food; **Minimum diet diversity:** percentage of children aged 6-23 months receiving 5 of the 8 recommended food groups; **Minimum meal frequency:** percentage of children aged 6-23 months receiving the recommended minimum number of solid/liquid feeds as per the age of child; **Minimum acceptable diet:** percentage of children aged 6-23 months receiving the minimum diversity of foods and minimum number of feeds; **Continued breastfeeding at 1 year:** percentage of children aged 12-15 months who continue to receive breastmilk; **Continued breastfeeding at 2 years:** percentage of children aged 20-23 months who continue to receive breastmilk.

## Key Messages

- Breast milk contains all the nutrients infants need in the first six months of life. In Sindh, less than 1 in 4 newborns (23%) received breast milk within one hour of birth.
- Only 47% of children under 6 months of age are exclusively breastfed.
- While many children in Sindh province receive adequate meal frequency (68), most children do not receive the minimum required diet diversity (15%) or a minimum acceptable diet (12%). These results are reflected in anthropometric indicators captured by this MICS.
- Infant and young children feeding practices varies greatly between divisions in Sindh province. Only 6% of children age 6-23 months in Shaheed Benazir Abad division received minimum diet diversity compared to 23% in Larkana division. Similar differences are noted for early initiation of breastfeeding.

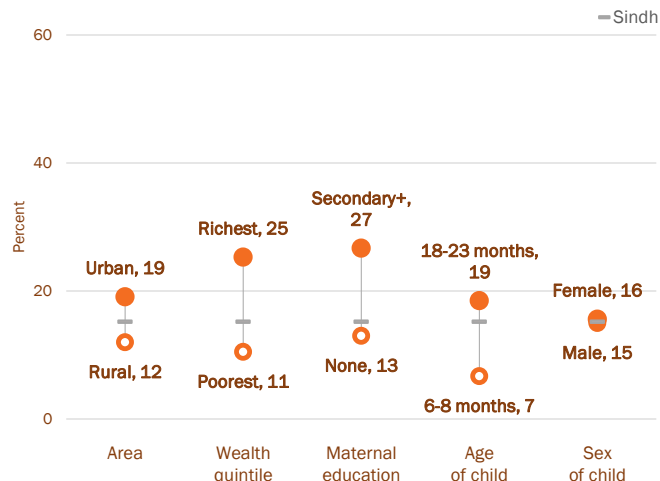
## IYCF: Equity

### Early Initiation of Breastfeeding



Percent of newborns put to the breast within one hour of birth, by background characteristics

### Minimum Diet Diversity

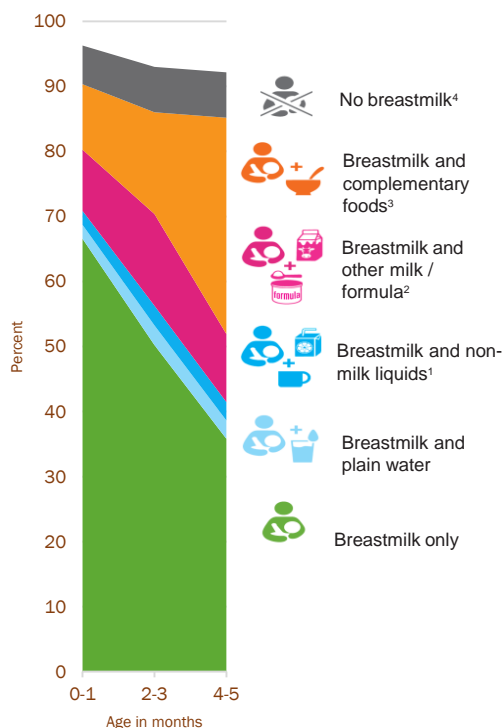


Percent of children aged 6-23 months that were fed food from at least 5 out of 8 food groups, by background characteristics

## IYCF: What are the Youngest Infants Fed?

### Liquids or foods consumed by infants 0-5 months old

Percent of infants aged 0-5 months receiving breastmilk only, breastmilk and plain water, breastmilk and non-milk liquids, breastmilk and other milk/formula, breastmilk and complementary foods and no breastmilk



Notes: 1) may also have been fed plain water; 2) may also have been fed plain water and/or non-milk liquids; 3) may also have been fed plain water, non-milk liquids and/or other milk/formula; 4) may have been fed plain water, non-milk liquids, other milk/infant formula and/or solid, semi-solid and soft foods.

## Divisional Data

Division	Early Initiation of breastfeeding	Minimum Diet Diversity
Sindh	23.4	15.2
Hyderabad	34.8	12.5
Karachi	21.2	20.4
Larkana	29.6	22.5
Mirpur Khas	16.8	14.0
Shaheed Benazir Abad	18.1	5.7
Sukkur	11.9	10.3

Percent of newborns put to the breast within one hour of birth, and per cent of children aged 6-23 months that were fed food from at least 5 out of 8 food groups by geographic region

The Sindh Multiple Indicator Cluster Survey (MICS) was carried out in 2018-19 by the Sindh Bureau of Statistics, Planning and Development Department as part of the global MICS programme. Technical support was provided by the United Nations Children's Fund (UNICEF). UNICEF and Government of Sindh provided financial support.

The objective of this snapshot is to disseminate selected findings from the Sindh MICS 2018-19 related to Infant & Young Child Feeding (IYCF). Data from this snapshot can be found in tables TC.7.1, TC.7.2, TC.7.3, TC.7.5, TC.7.6, TC.7.7 in the Survey Findings Report.

Further statistical snapshots and the Survey Findings Report for this and other surveys are available on [www.sindhbos.gov.pk](http://www.sindhbos.gov.pk) and [www.mics.unicef.org/surveys](http://www.mics.unicef.org/surveys).