

Reference

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Title: Development of a tool to aid caregivers' recall of snacks among children 12-23 months of age in Kathmandu Valley, Nepal

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Background and Objectives:

Twenty-four hour recalls are commonly conducted with caregivers to measure dietary intake of children. However, recall bias can result in under-reporting of certain foods. This research assessed the accuracy of caregivers' recall of their child's food/beverage consumption in order to develop a recall-aid for use in a dietary assessment of young children in Kathmandu Valley, Nepal.

Methods:

Ten children 12-23 months of age were observed for 12-hour periods (7am-7pm), with all feeding episodes noted in detail; the following day, a semi-quantitative 24-hour recall was conducted with the primary caregiver. A pictorial recall-aid tool was developed based on these formative research findings, and piloted among caregivers from varying socio-economic backgrounds. A final version was used in a quantitative 24-hour recall of 401 young children.

Figure 1. Recall-aid developed

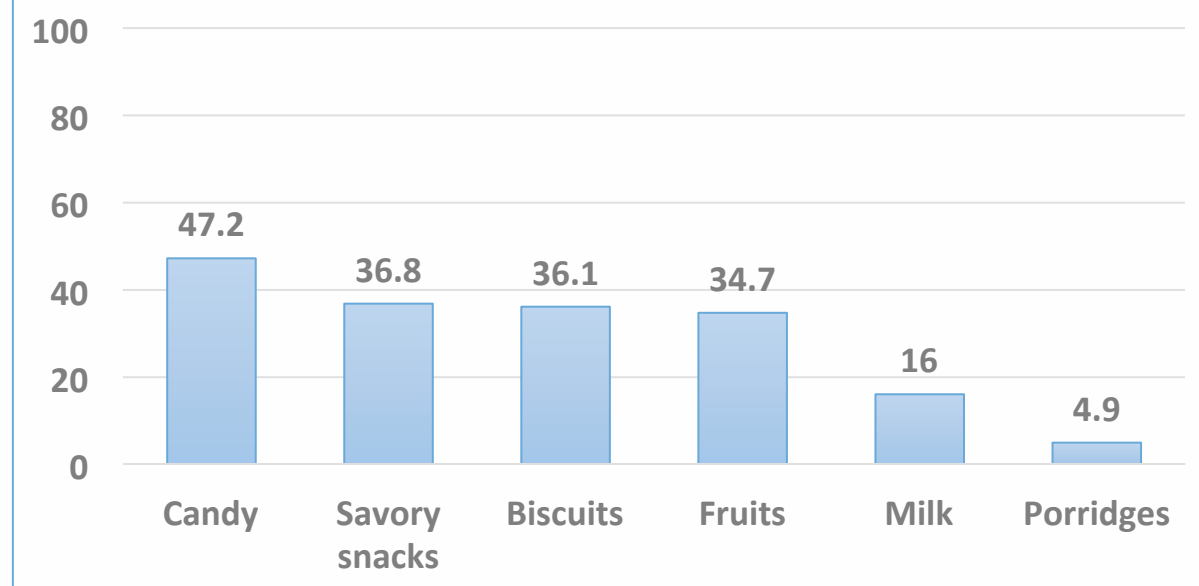
| Food/ Beverage | Dinner | | | | | Breakfast, School & Lunch | | | | |
|----------------------------------------|--------|---|---|---|---|---------------------------|---|---|---|---|
| | Y | N | U | U | U | Y | N | U | U | U |
| बिस्किटहरू | | | | | | | | | | |
| खाद्यहरू | | | | | | | | | | |
| फलफूलहरू | | | | | | | | | | |
| दुग्ध | | | | | | | | | | |
| उज्याको साथ चिउरी | | | | | | | | | | |
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यो स्तम्भ प्रयोग गर्नुपर्ने अवस्थामा रिक्त : _____

Results:

- Comparison of observation and 24-hour recalls found snacks fed to children between meals were commonly omitted
- Omissions included: biscuits, fruits, milk, candy, and porridges.
- A recall-aid with images of these common omissions was developed and provided to survey participants 2-3 days prior to data collection
- In the quantitative survey, 82.3% of caregivers used the recall-aid; in 43.6% of these cases, the recall-aid captured at least one food/beverage omitted during recall.
- The mean number of forgotten foods/beverages captured by the recall-aid was 2, with a range of 1-9.

Figure 2. Foods omitted by caregivers (n=144), %



Conclusions:

- Snacks are often fed spontaneously and by multiple caregivers, and are often omitted in 24-hour recalls for young children
- Omissions may result in misrepresentation of diet quality
- Use of a context-specific recall-aid may assist in improved dietary data recall

Keywords:

diet assessment, IYCF, Nepal, nutrition, 24-hour recall

Conflict of Interest:

None