

**EFFECT OF THE TIME OF INTRODUCING
COMPLEMENTARY FOOD ON STUNTING IN THAI CHILDREN
AGED 24 MONTHS**



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THESIS ADVISORY COMMITTEE: AROONSRI MONGKOLCHATI, Ph.D.,
JIRAPORN CHOMPIKUL, Ph.D.**ABSTRACT**

This study was conducted to determine the association between complementary food practice and stunted children aged 24 months. The study sample included a total of 4,245 children from a cohort study of Thai children. 60 twin infants and 18 with abnormalities were excluded. Then, the remaining 4,167 children were considered for data analysis. Chi-square tests and multiple logistic regressions were used for identifying influential predictors for child stunting at 24 months.

The results showed 13.95% of the children were stunted according to Thai reference and 16.48% as per 2006 WHO reference. After adjusting for confounding factors, the study showed that prolonged breast feeding was significantly associated with child stunting from both the WHO (RR=2.70, 95% CI=1.77-4.10) and Thai references (RR=2.31, 95% CI=1.48-3.60). By using the WHO reference, this study found that children who were introduced to pork before four months (RR=4.72, 95% CI=1.11-20.19) had the highest risk to be stunted at 24 months. And, by using the Thai reference, it was found that children who were introduced to whole eggs before four months (RR=2.76, 95% CI=0.56-3.54) had the highest risk to be stunted at 24 months. Earlier introduction of complementary foods creates a risk of child stunting. Various health education and intervention programs as well as research projects focusing on the improvement of feeding practices are recommended.

KEYWORDS: CHILDHOOD STUNTING / INFANT GROWTH / TIME OF INTRODUCTION OF INFANTS FOOD / COMPLEMENTARY FOOD

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