

论文

上海市社区婴儿喂养情况评价

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摘要:

目的 了解上海市城区某社区2009年以来的婴儿喂养情况及存在的问题,并提出建议。**方法** 对上海市城区某社区儿童保健系统中2009—2011年原始的儿童常规体检资料进行筛选,筛选出1 789名对象纳入研究,对纳入的儿童母乳喂养持续时间、断奶年龄、辅食添加时间以及辅食添加种类和数量进行分析。**结果** 上海市城区某社区婴儿4、6个月纯母乳喂养率分别为33.0%和22.8%,平均断奶年龄为6.4个月;4月龄前已有61.3%的婴儿添加了辅食,添加辅食的种类较齐全,6月龄内添加3类辅食的婴儿达到54.3%,且6月龄和12月龄时加多类辅食的婴儿体重和身高均高于添加单一辅食的婴儿;但直到12月龄,奶类、谷类和蔬菜的日摄入量仍有52.7%、50.5%、57.9%的婴儿未达到营养学会妇幼分会提出的婴儿食物推荐量。**结论** 该社区的4、6个月纯母乳喂养率低且断奶年龄早,辅食添加存在不合理现象,辅食添加过早、某些种类的辅食添加量过少。

关键词: 母乳喂养 母乳喂养率 辅食添加

Assessment of infant feeding in communities of Shanghai city

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Abstract:

Objective To examine the feeding situation of infants in urban communities of Shanghai since 2009. **Methods** Totally 1 789 records of children were collected from child health care system in 2009-2011 and breastfeeding duration, weaning age and starting time, type, quantity of complementary food of the children were analyzed. **Results** The rate of 4 months and 6 months of exclusive breastfeeding were 33.0% and 22.8% with an average weaning age of 6.4 months. Totally 61.3% of the children had complementary food from the age of under 4 months. The kinds of complementary food were various and the order was appropriate. There were 54.3% of the children had at least three kinds of complementary food at 6 month. The boby weight and height of the children with various kinds of complementary food at ages of 6 month or one year were greater than those of the children with only one kind of complementary food. There were still 52.7%, 50.5%, and 57.9% the children did not have sufficient intake of milk, cereal, and vegetables recommended by Chinses Association of Maternal and Child Nutrition. **Conclusion** The rate of exclusive breastfeeding for the infants aged 4 or 6 month was low and the weaning age was earlier. There were unreasonable complementary food introduction such as too earlier and insuffecient amount for some complementary food among the children in Shanghai.

Keywords: breastfeeding breastfeeding rate complementary food

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