

Midwife Survey

Midwife Background

1. Name of Estate:

2. Name of Estate Company

3. Apart from this Estate, are you responsible for the welfare of children in any other Estates?

4. If yes, how many Estates?

5. On average, how many children fall under your health purview?

6. According to your experience what is the average number of children in a HH in your area?

7. How many pregnancies do you monitor per year on average?

8. According to your experience what is the average age at which Estate mothers have their first child?

Midwife Background

9. Can you please briefly explain your duties and responsibilities in a typical work month

- ☐ Measure and monitor the heights and weights of children between the ages 0-5
- ☐ Monitor the health and nutrition of pregnant mothers
- ☐ Visiting CDCs and creches monthly to observe
- ☐ Meeting with parents of 0-5 year old to monitor their nutrition
- ☐ Providing Ant-natal care to pregnant mother and babies
- ☐ Assisting with home births
- ☐ Assisting with hospital births
- ☐ Providing post-natal care and advice to new mothers and infants
- ☐ Carrying out routine vaccination programmes
- ☐ Carrying out routine de-worming programmes
- ☐ Monitoring vaccination and growth cards of children

Other (please specify)

10. Are routine house visits part of your duty?

- ☐ Yes, I visit all houses within my monitory area once a month
- ☐ Yes, I visit all houses within my monitory area once in 3 months
- ☐ I only visit houses with pregnant mothers or new borns
- ☐ I don't visit houses as oart of my normal routine

Midwife Survey

Midwife Background

11. Do you monitor the health and nutrition of older children?

- ☐ Yes
- ☐ No

12. If yes, what age ranges fall under your purview?

- ☐ 5-10 year olds
- ☐ All children below the age of 15
- ☐ All children below the age of 17
- ☐ Other (please specify)

13. What type of health monitory programmes do you run for older children?

0-6 Months

1. It is prescribed by the WHO that mothers should exclusively breast feed their babies at least in the first 6 months after birth. According to your observations, how many months on average do mothers exclusively breast feed their children within the estate community

- ☐ First 3 months
- ☐ Between 3-5 months
- ☐ 6 months or more

2. What advice do you give to mothers that want to wean their children before the first 6 months?

3. What are the main types of health problems you come across in estate children between the ages of 0-6 months

6-12 Months

1. What weaning food do estate mothers mostly use for their children?

2. What types of milk do estate mothers use mostly when weaning?

- ☐ Fresh cow's milk
- ☐ Goat's milk
- ☐ Baby formula milk
- ☐ Powdered cows milk
- ☐ Condensed milk or other milk substitutes
- ☐ Other (please specify)

3. What is the average age at which Estate mothers usually start their children on solid food?

- ☐ Usually after 4 months
- ☐ Usually after 6 months
- ☐ Usually after 8 months
- ☐ Usually after 12 months

Early Childhood Nutrition in Estates

4. What solids do Estate mothers usually use for weaning purposes in the first 4-8 months

- ☐ Rice porridge (Kanda)
- ☐ Cereal
- ☐ Squashed rice and vegetables
- ☐ Squashed fruit/fruit juice
- ☐ Small portions of well cooked meat (chicken or fish)

Other (please specify)

5. From your experience when do Estate mothers usually start their newborns on meat/dairy products

- ☐ Between 6-8 months
- ☐ Between 8-10 months
- ☐ Between 10-12 months
- ☐ After the first year

6. In your experience, what animal and dairy products do Estate mothers usually feed their children aged 6-12 months?

- ☐ Yogurt/Cheese or other Dairy Products
- ☐ Egg yolk
- ☐ Chicken
- ☐ Fish

7. What main types of health problems do you come across in estate children between the ages of 6-12 months?

1-2 year olds

1. In your view what types of solid food do estate mothers mainly feed their children between the ages of 1-2 years

- ☐ Cereal, Rice, Noodles
- ☐ Vegetables
- ☐ Fruit/Fruit Juice
- ☐ Vegetable proteins (soy meat, dhal, chickpeas, beans etc)
- ☐ Chicken
- ☐ Fish
- ☐ Egg
- ☐ Yogurt/Cheese and other Dairy
- ☐ Other (please specify)

Early Childhood Nutrition in Estates

2-5 year olds

1. In your experience could you explain the typical meal (excluding proteins) that estate mother can afford to give her child on average? (for children aged 2-5 years)

- ☐ Rice/Noodles or other staples
- ☐ Vegetable
- ☐ Greens (Salad, Leaves etc.)
- ☐ Fruit
- ☐ Fresh milk
- ☐ Powdered milk

Other (please specify)

2. In your experience which sources of protein do Estate mothers able to afford to mostly provide their children with?

- ☐ Non veg proteins **mostly** (eggs, fish, chicken etc)
- ☐ Vegetable proteins **mostly** (dhal, chickpeas, beans, soyameat)
- ☐ Both vegetable and non-veg sources of proteins equally
- ☐ Other (please specify)

Early Childhood Nutrition in Estates

3. In your experience what sources of non-vegetable proteins are Estate mothers able to afford to provide for their children?

- ☐ Eggs
- ☐ Chicken
- ☐ Red meat (pork, mutton)
- ☐ Fish
- ☐ Dried fish

Other (please specify)

4. What are the main types of health problems you come across in estate children between the ages of 1-5 years

General Health Issues

1. In your experience, what are the main drivers of child malnutrition in Estate children that you monitor?

- ☐ Lack of adequate ante-natal care (required nutrition during pregnancy etc)
- ☐ Lack of adequate post-natal care (required duration of breast feeding etc)
- ☐ Lack of care in infancy due to mothers work patterns
- ☐ Limited access to food due to family poverty
- ☐ Intake of imbalanced meals due to family poverty (lack of necessary carbohydrates, proteins, fats etc)
- ☐ Parents lack of knowledge regarding balanced meals
- ☐ Frequent illness arising from poor sanitary conditions (e.g. Diarrhea)
- ☐ Frequent illness due to cold climatic conditions

Other (please specify)

2. In your experience what are the main social problems that estate families face?

- ☐ Poverty due to inadequate pay for work
- ☐ Lack of opportunities for better paid jobs
- ☐ Lack of educational opportunities
- ☐ Addiciton to excessive use of alcohol
- ☐ General lack of knowledge and awareness regarding health and sanitation issues
- ☐ Other (please specify)

CDC and Mid day meals programmes

1. In your view what can be done to improve the CDC programmes run within your estate?

2. Certain estates have a child mid-day meals programme executed through CDCs, where children registered at the CDC are provided a balanced midday meal. Do you monitor any CDCs both with and without this programme?

☐ Yes

☐ No

3. If 'yes', in your view, have you noticed an improvement in the health standard of children attending compared to those who do not attend such CDCs?

☐ Yes these children show better growth patterns

☐ No these children don't show a difference in growth patterns

Other (please specify)

Survey of Child Development Officers

CDC Questionnaire

Part-1 A : To be filled by CDC Head/Supervisor

1. CDC Name

2. Number of staff/child-carers

3. Does the CDC operate daily?

☐ Yes

☐ No

3.1. If no, how often does the CDC function?

☐ Only on week days

☐ On 3-4 days a week

☐ On 2-3 days a week

☐ Once a week

☐ A few days a month

☐ Other (please specify)

3.2. What are the usual operating time of the CDC ?

☐ 8.00 a.m.- 5.00 p.m.

☐ 8.00 a.m.-1.00 p.m./ 1.00 p.m.-5.00 p.m. or half day

☐ 8.00 a.m.-8.00 p.m./ extended hours

☐ The CDC runs on flexible times

☐ Other

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CDC Questionnaire

4. Number of children registered in CDC

5. Age distribution of children

0-6 months

6-12 months

12-24 months

24-60 months

> 60 months

6. Does the CDC provide any medical services for the children?

☐ Yes

☐ No

6.1. If 'Yes', what type of services are provided?

☐ Medical attention to sick children

☐ Vaccination programmes

☐ De-worming programmes

☐ Providing Vitamin A supplements

☐ Other (please specify)

Survey of Child Development Officers

CDC Questionnaire

7. Normal daily activities carried out at CDC

Educational Activities

Health

& Hygiene Training

Activities (e.g. Washing

Hands before meals/ after
using toilets)

Outdoor Activities

Other Activities

8. Does the CDC provide any mid-day meal to the children?

☐ Yes

☐ No

8.1. If 'Yes' how often does the CDC provide the mid-day meal?

☐ On everyday that the CDC operates

☐ On some of the days that the CDC operates

8.2. If the CDC provides a mid-day meal only on certain days, please elaborate on this:

9. If the CDC provides mid-day meals, where are these meals prepared?

☐ The meals are prepared within the CDC it self

☐ The meals are prepared else where and brought to the CDC

Survey of Child Development Officers

CDC Questionnaire

9.1. If the meals are prepared within the CDC who prepares them?

- ☐ CDC employees a separate staff member/s to prepare meals
- ☐ The teachers attached to the CDC prepare meals themselves
- ☐ Other (please specify)

9.2. Observe facilities available at CDC for preparing meals and comment:

10. Does the CDC hold child health/safety and nutrition awareness programmes for parents?

- ☐ Yes
- ☐ No

10.1. If 'Yes' explain the nature of these programmes and their frequency

OBSERVATIONAL

11. The Center is: (select all applicable options)

- ☐ a) Clean
- ☐ b) Welcoming
- ☐ c) Untidy
- ☐ d) Organized
- ☐ e) Well-managed
- ☐ f) Cluttered
- ☐ g) Safe
- ☐ h) Happy
- ☐ i) Friendly
- ☐ j) Other (please specify)

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CDC Questionnaire: Mid Day Meals Programme

Children Aged 0-6 Months

1. If the CDC has children in this age group, explain their meal patterns

- ☐ Mothers come to the CDC at regular intervals to feed their babies
- ☐ Mother prepare baby formula milk and provide to the CDOs to feed the baby
- ☐ Mother provide powdered milk to the CDOs to feed the baby
- ☐ Center provides babies with baby formula milk
- ☐ Center provides babies with fresh cows/goat milk
- ☐ Center provides babies with podered cows milk
- ☐ Other (please specify)

1.1 If mothers come to feed their babies can you indicate how often they are fed?

1.3. If center provides baby formula,fresh or powdered milk,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

1.2. If parents provides baby formula,fresh or powdered milk to be given to baby,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

Survey of Child Development Officers

CDC Questionnaire: Mid Day Meals Programme

Children Aged 6-12 Months

1. If the CDC has children in this age group, explain their feeding patterns

- ☐ Mothers come to the CDC at regular intervals to feed their babies
- ☐ Mother prepare baby formula milk and provide to the CDOs to feed the baby
- ☐ Mother provide powdered milk to the CDOs to feed the baby
- ☐ Center provides babies with baby formula milk
- ☐ Center provides babies with fresh cows/goat milk
- ☐ Center provides babies with powdered cows milk
- ☐ Other (please specify)

1.1 If mothers come to feed their babies can you indicate how often they are fed?

1.2. If parents provides baby formula,fresh or powdered milk to be given to baby,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

1.3. If center provides baby formula,fresh or powdered milk,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

1.4. Does the center provide any types of milk substitutes?

- ☐ Soya bean milk
- ☐ Goat milk
- ☐ Evaporated/ Condensed milk (milkmaid)
- ☐ Other (please specify)

Survey of Child Development Officers

CDC Questionnaire: Mid Day Meals Programme

1.5. If so,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

Children Aged 12-24 Months

1. If the CDC has children in this age group, explain their feeding patterns

- ☐ Mothers come to the CDC at regular intervals to feed their babies
- ☐ Mother prepare baby formula milk and provide to the CDOs to feed the baby
- ☐ Mother provide powdered milk to the CDOs to feed the baby
- ☐ Center provides babies with baby formula milk
- ☐ Center provides babies with fresh cows/goat milk
- ☐ Center provides babies with powdered cows milk
- ☐ Other (please specify)

1.1 If mothers come to feed their babies can you indicate how often they are fed?

1.2. If parents provides baby formula,fresh or powdered milk to be given to baby,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

1.3. If center provides baby formula,fresh or powdered milk,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

Survey of Child Development Officers

CDC Questionnaire: Mid Day Meals Programme

1.4. Does the center provide any types of milk substitutes?

- ☐ Soya bean milk
- ☐ Goat milk
- ☐ Evaporated/ Condensed milk (milkmaid)
- ☐ Other (please specify)

1.5. If so,

Number of serves of milk
given

Average serve size
(ml/feeding bottle)

2. Does the CDC provide children with any solid food daily?

- ☐ Yes
- ☐ No
- ☐ Parent's prepare and send food to be given to child

2.1. If 'Yes' what type of solid food is usually given?(select all applicable options)

- ☐ a) Rice porridge: Size of Serve _____g/ml Number of Serves_____
- ☐ b) Squashed Rice&Vegetables: Size of Serve _____g/ml Number of Serves _____
- ☐ c) Squashed Fruit/Fruit Juice: Size of Serve _____g/ml Number of Serves_____
- ☐ d) Yoghurt/Cheese or other milk solids : Size of Serve _____g/ml Number of Serves _____ (daily/ weekly)
- ☐ e) Boiled Chicken/Fish
- ☐ f) Boiled Eggs
- ☐ g) Other (please specify)

Survey of Child Development Officers

CDC Questionnaire: Mid Day Meals Programme

Children aged 24 months or more

1. Does the CDC provide a routine mid-day meal to children in this age group?

☐ Yes

☐ No

2. If yes, please explain the typical meals provided.

Survey of Child Development Officers

Food provided by parents

1.Can you comment on the types of food that parent provide their children with (either for breakfast only or lunch or both)

- ☐ Cereal- (e.g. thriposha, samaposha)
- ☐ Grains (mungata, kadala, kaupi)
- ☐ Sandwiches
- ☐ Boiled vegetables

Other (please specify)

Housing Quality Questionnaire

Estate: _____

CDC Name: _____

[illegible]

Toilet	Flush or pour flush toilet										
	Pit Latrine										
	No toilet/Other										
Share toilet with another HH	Indicate Y for 'Yes' and N for 'No'										
Main source of water	Piped water (in to dwelling, in to garden, public tap)										
	Tube well										
	Dug well										
	Water from natural spring										
	Rain water/surface water/other										
What type of fuel does your HH mainly use for cooking	Electricity										
	LPG										
	Kerosene										
	Wood										
	No food cooked in HH/Other										
Does the house have windows	Y-Yes N-No										
Does the house have guttering for roof water to flow	Y-Yes N-No										
Notes											