

## ORIGINAL RESEARCH

### Can Health Care Systems that are Baby-Friendly Demonstrate an Obligation to Conveying Positive Maternal Infant and Young Child Nutrition?

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#### Abstract

Despite efforts by the Government on implementation of the Baby-Friendly Hospital Initiative (BFHI), it may remain unattained dream due to lack of support through political goodwill, funding and poor oversight. Therefore, this study aimed at investigating whether Baby-Friendly health care systems can also demonstrate positive Maternal Infant and Young Child Nutrition (MIYCN). The objectives were to; determine whether health care systems have adopted global strategy, evaluate the extent to which Breast Feeding (BF) education and determine the effect of the implementation of BFHI on MIYCN in Bungoma County. The study employed mixed method approach of Quasi-experiment and survey research design with health care providers targeted in three sub-counties. Stratified random sampling technique was used to stratify participants, then simple random technique applied to assign groups. The study used questionnaire, Training Achievement Test and interview schedule. Two groups, each n=35 was either control or experimental and participants were exposed to pre-test and post-test. Data was analysed using descriptive and inferential statistics. Results show that the level of adoption of “global strategy” on BFHI was 62.8%. There was a significant difference of BF education and BFHI implementation between experimental (M = 2.71, SD = 0.57) and control group (M = 1.69, SD = .58);  $t(34) = -11.846$ ,  $p = .000$ . Therefore, sensitizations and BF education improves MIYCN and the study recommends stakeholders to provide conducive environment and regular sensitization of staff on the policy, promote continuous BF education to achieve optimal BFHI hence results signify total reforms on implementation of BFHI.

**Key Words:** Baby-Friendly, Breast-Feeding Education, Health Care Systems, Maternal Infant and Young Child Nutrition.