Abstract

Objective. To identify feeding practices and nutritional status in children affiliated to the Medical Insurance for a New Generation (SMNG). Materials and methods. An in-home survey addressed to mothers which included anthropometric measures of children; performed in March and April 2009 in Mexican States. Results. The prevalence of any form of breastfeeding was (months) 6-11: 67.9%; 12-17: 43.6%; 18-23: 26.4%; >23: 16.7%; with higher figures in rural children. BF duration was eight months. Continued breastfeeding at 1 year of age was 43%. At 1 year of age, almost all children consumed fruits, vegetables, cereals and legumes; however, 13.5%-20.3% did not consume foods of animal origin, but ~84% and ~60% consumed fried and sweet foods and soft drinks. Nutrisano (a food supplement) was consumed by just 2/3 of the Oportunidades Children. Stunting and overweight were the predominant alterations of nutritional status. Conclusion. Improving the nutritional status of children affiliated to the SMNG requires promotion of appropriate healthy dietary practices and the surveillance of infant growth.

Keywords

Breastfeeding, feeding practices, infant nutrition, nutritional status, overweight, Mexico.