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**Topic:** The first 1000 days, infant feeding, and early childhood development

**Title:** Breastfeeding Pattern among Mothers and Nutritional Status of Children Under Two Years in Osogbo Local Government Area, Osun State Nigeria

**Presentation Type:** Oral

**Background:** Poor breastfeeding practices is a major cause of malnutrition among children under two years. This study aims to assess breastfeeding pattern among mothers and nutritional status of children under two years.

**Methodology:** This cross sectional study was carried out among 350 nursing mothers and their under-two years children selected randomly from Oshogbo Local Government Area, Osun State. A structured questionnaire was used to obtain information from the mothers. Breast feeding knowledge and pattern was assessed and anthropometric measurements taken. Data was subjected to descriptive and inferential statistics using SPSS version 20.

**Results:** About 32.6% of the mothers were between 26-30years of age and 40% of the children were between 7-12 months old. Only 2.6% of the mothers earned >\$400 per month. Most mothers (85.7%) had adequate knowledge about optimal breastfeeding, 72% initiated breastfeeding after 1hr of delivery and about 72% gave prelacteal meal. About 28% breastfed exclusively. Only 16.6% express breast-milk and the median duration for continued breastfeeding in this study was 18months. Complementary foods given to the children are mostly home prepared cereals. About 30.4% of the children were stunted, 25.4% were underweight and 15.3% were wasted. However 4.3% mothers were underweight, 29.1% were overweight and 2.6% were obese. Maternal age, family structure, number of parity and monthly income were significantly related to their knowledge of and the pattern of breastfeeding.

**Conclusion:** There was the co-existence of Stunted Children and Overweight Mothers (SCOWT) in the same household.