# APPENDIX IV

## KNOWLEDGE SCHEDULE FOR MOTHERS

### General Information

<table>
<thead>
<tr>
<th>Date of Interview</th>
<th>____________.</th>
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</thead>
</table>

| 1 Name of the mother |             |
| 2 Centre Code No. of Mother |             |

<table>
<thead>
<tr>
<th>3 Socio-economic data available</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) _____ Yes</td>
</tr>
<tr>
<td>2) _____ No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4 Pre-intervention knowledge data available</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) _____ Yes</td>
</tr>
<tr>
<td>2) _____ No</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>5 Participated in the NHE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) _____ Regularly (attended more than 75% of sessions)</td>
</tr>
<tr>
<td>2) _____ Fairly regularly (50-75% of the sessions)</td>
</tr>
<tr>
<td>3) _____ Irregularly (less than 25% of the sessions)</td>
</tr>
<tr>
<td>4) _____ Not attended at all</td>
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</table>

If not attended, why?

<table>
<thead>
<tr>
<th>6 Status of the mother</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) _____ Pregnant</td>
</tr>
<tr>
<td>2) _____ Lactating</td>
</tr>
<tr>
<td>3) _____ Mother of 1-3 years old</td>
</tr>
<tr>
<td>4) _____ Mother of 3-6 years old</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7 Gestational age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) _____ I Trimester</td>
</tr>
<tr>
<td>2) _____ II Trimester</td>
</tr>
<tr>
<td>3) _____ III Trimester</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>8 Age of the breastfed child</th>
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</thead>
<tbody>
<tr>
<td>1) _____ Below 6 months</td>
</tr>
<tr>
<td>2) _____ 6 months-1 year</td>
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</tbody>
</table>
### Appendix IV-A Programme Information

1. Who are the beneficiaries of the anganwadi services?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Pregnant mothers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Lactating mothers</td>
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<td></td>
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<tr>
<td>c) 0-3 years old children</td>
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<tr>
<td>d) 3-6 years old children</td>
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<tr>
<td>e) PCM children</td>
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</tbody>
</table>

2. What are the services that the following people get from the anganwadi?

<table>
<thead>
<tr>
<th>Service</th>
<th>Pregnant mothers</th>
<th>Lactating mothers</th>
<th>Children 0-3 years</th>
<th>Children 3-6 years</th>
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</thead>
<tbody>
<tr>
<td>a) Supplementary food</td>
<td></td>
<td></td>
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<tr>
<td>Yes/No/DK</td>
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<tr>
<td>b) Quantity of supplementary food</td>
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<tr>
<td>c) Immunization</td>
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<tr>
<td>Yes/No/DK</td>
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<td>d) Vitamin A syrup/capsule</td>
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<tr>
<td>Yes/No/DK</td>
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<td>e) How much/how many capsules</td>
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<td>f) How frequently</td>
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<td>g) Iron folic acid tablets</td>
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<tr>
<td>Yes/No/DK</td>
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<tr>
<td>h) How many tablets</td>
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<tr>
<td>i) How frequently</td>
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<tr>
<td>j) Health check up</td>
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<tr>
<td>Yes/No/DK</td>
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<tr>
<td>k) Referral services</td>
<td></td>
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<tr>
<td>Yes/No/DK</td>
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<tr>
<td>l) Nutrition Health Education (15-45 years women)</td>
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<tr>
<td>Yes/No/DK</td>
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<tr>
<td>m) Weighing children below 6 years every month</td>
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<tr>
<td>Yes/No/DK</td>
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</tbody>
</table>
3 What services do POM children get from the anganwadi?
   a) Therapeutic powder
   Twice the quantity of supplementary food
   Either therapeutic powder or Twice the amount of supplementary food
   b) How much?
   c) For how long?
4 Other services for POM children
   a) Weighing once a week
   b) Iron folio acid tablets
   c) Vitamin A syrup
   d) NHE to mother
   e) Treatment for common illness
   f) Referral services

Appendix IV-B Nutrition Health Knowledge
Section I: Practical Diets
Diets for Pregnant Mothers

1 Do pregnant women need to eat more or less than non-pregnant
   women? (non-lactating women)
   1 _____ More
   2 _____ Less
   3 _____ Same
   0 _____ DK

2 If less, why?

3 If more, how much more? (Quantities for non-pregnant and pregnant women recorded)

4 Desirable frequency of meals/day
   1 _____ Two
   2 _____ Three
   3 _____ Four to six
   0 _____ DK
   Any other
Diet for Lactating Mother

5 Do lactating mothers need to eat more or less than non-pregnant non-lactating mothers?
   1 _____ More
   2 _____ Less
   3 _____ Same
   0 _____ DK

6 If more how much more? (Quantities recorded for non-lactating (non-pregnant) and lactating mothers)

7 Desirable frequency of meals/day
   1 _____ Two
   2 _____ Three
   3 _____ Four to six
   0 _____ DK
   Any other

Diets for 1-3 Year Old Children

8 How much should a toddler eat as compared to his father's diet?
   1 _____ Half
   0 _____ DK
   0 _____ Any other

9 Quantities for father and child recorded

10 Desirable frequency of meals for 1-3 year old children
    1 _____ Two to three
    2 _____ Four to six
    0 _____ DK
    Any other
Section II: Breast Feeding and Introduction of Solids

11 Is colostrum good or bad?
   1 ______ Good
   2 ______ Bad
   0 ______ DK

12 Can you tell us how it helps the child?
   1 ______ Child will not fall sick/helps to fight against diseases
   2 ______ Will not get diarrhoea
   3 ______ Good for eyes or has vitamin A
   0 ______ DK
   Any other

13 How long do you exclusively breast feed your child?
   1 ______ Four to six months
   2 ______ Six to eight months
   3 ______ Eight months to one year
   4 ______ Beyond one year
   0 ______ DK
   Any other

14 Is breast milk alone enough for the child beyond 6 months?
   1 ______ Yes
   2 ______ No
   0 ______ DK
   Any other

15 At what age is it desirable to introduce semisolids to the diet of an infant?
   1 ______ Four to six months
   2 ______ Six to eight months
   3 ______ Eight months to one year
   4 ______ Beyond one year
   0 ______ DK
   Any other
16 What are the first desirable solid foods for an infant?
1 _____ Dal/rice water
2 _____ Soft foods like khichadi/rice dal
3 _____ Raab
4 _____ Biscuit
5 _____ Mashed potato
0 _____ DK
Any other

17 Desirable quantity of solid foods to be given to a 8-12 month old child (recorded in standard measures)
1 _____ Dal/rice water
2 _____ Mashed khichadi/rice dal
3 _____ Raab
4 _____ Biscuit
5 _____ Mashed potato
0 _____ DK
Any other

Section III: Growth Monitoring

18 Why is it necessary to weigh all children below 6 years every month?
1 _____ To know if weight is increasing or decreasing
2 _____ To know if child is growing normally
3 _____ If weight does not increase every month, then child is likely to be malnourished or fall sick
4 _____ If child's weight has remained the same for 2 months or has not increased then it is necessary to give more food
5 _____ To know the child's grade
0 _____ DK
Any other

19 Have you seen this growth card before?
1 _____ Yes
2 _____ No
0 _____ Unsure
20 How do you know from the growth card that the child is healthy or weak?
   1 _____ Growth curve moves from a higher band to a lower band/from red-orange to yellow
   2 _____ Weight is stationary or has remained unchanged for 2-3 months
   0 _____ DK
   Any other

21 Responses to test growth curves: Growth Curve I (rising curve)
   a) Is the child's development healthy
      1 _____ Yes
      2 _____ No
      0 _____ DK
   b) If Yes, on what basis do you say it is healthy
      1 _____ Child has his weight in the red band all the time
      2 _____ The growth curve is parallel to the reference line
      3 _____ The child's weight is increasing
      0 _____ DK
      Any other

22 Growth Curve II (rising initially and then stationary for three months)
   a) Is the child's development healthy
      1 _____ Yes
      2 _____ No
      0 _____ DK
   b) If No, on what basis do you say child's development is not healthy (malnourished)
      1 _____ Child's weight has moved from red to orange
      2 _____ Child's weight has remained unchanged for three months
      0 _____ DK
      Any other
   c) What action will you take to prevent the child from getting malnourished
      1 _____ Feed more food
      2 _____ Feed more frequently
      0 _____ DK
      Any other
d) At what point of time is it desirable to initiate some action
   1 _____ When the child's weight comes into the lower band
   2 _____ When the child's weight moves from red to orange
   3 _____ When weight has not increased for one month
   0 _____ DK
   Any other

23 Growth Curve III (declining curve)
   a) Is the child's development healthy
      1 _____ Yes
      2 _____ No
      0 _____ DK

   b) If No, on what basis
      1 _____ Child's weight has moved from red to orange to yellow
      2 _____ Child's weight is in yellow band
      0 _____ DK
      Any other

   c) What action
      1 _____ Feed more food
      2 _____ Feed more frequently
      3 _____ Take supplementary food from AW
      4 _____ Medical care
      0 _____ DK
      Any other

   d) At what point of time is it desirable to initiate the action
      1 _____ When child moves from orange to yellow band
      2 _____ When there is a decline in weight
      0 _____ DK
      Any other
Section IV : PEM

24 What is your perception of a healthy child?

25 How do you recognize a malnourished/or Weak child?
   1 ___ Child looks weak/thin
   2 ___ Diarrhoea/measles
   3 ___ Lack of interest in the surrounding
   4 ___ Irritable
   5 ___ Falls ill very often
   6 ___ From the growth curve if weight falls from red/orange to yellow
   7 ___ Weight does not increase with age
   0 ___ DK
   Any other

26 Causes of malnutrition
   (Response to a picture of a malnourished child)
   1 ___ Late introduction of semi-solids
   2 ___ Inadequate amount of food such as dilution of milk with water
   3 ___ Inadequate amount of solid foods like khichadi
   4 ___ Diarrhoea
   5 ___ Measles
   6 ___ Lack of high energy foods
   0 ___ DK
   Any other

27 How can you prevent your child from becoming malnourished?
   1 ___ Feed 4-5 times in a day
   2 ___ Give enough food such as mashed rotli dal or khichadi
   3 ___ Give good food such as milk, egg, pulses, green leafy vegetables etc.
   0 ___ DK
   Any other
Section V : Anaemia

28 Have you heard of a disease called anaemia?
(Pandurog/Lohini fikash)
1 _____ Yes
2 _____ No
0 _____ DK

29 Do you know what are the causes of anaemia?
1 _____ Inadequate diet
2 _____ Deficiency of iron in the diet/low intake of green leafy vegetables
0 _____ DK
Any other

30 Can you tell us the signs and symptoms of anaemia?
1 _____ Pale nails
2 _____ Pale eyes
3 _____ Pale tongue
4 _____ Spoon-shaped nails
5 _____Feels tired
6 _____ Breathlessness
0 _____ DK
Any other

31 What would you do to prevent anaemia in mothers and children?
1 _____ Take iron folic acid tablets
2 _____ Eat green leafy vegetables
3 _____ Eat leafy vegetables with fruits like lemon and amla
0 _____ DK
Any other

Section VI : Vitamin A Deficiency

32 Does your child suffer from night blindness?
1 _____ Yes
2 _____ No
0 _____ DK
33 Do you know of night blindness?
   1 _____ Yes
   2 _____ No
   3 _____ DK

34 What could be the causes of such a condition?
   1 _____ Inadequate diet
   2 _____ Deficiency of vitamin A
   3 _____ Inadequate intake of green leafy vegetables or yellow fruits and vegetables
   4 _____ Inadequate intake of milk
   5 _____ Measles
   0 _____ DK
   Any other

35 If this NB is not treated in time, do you know the child can develop other eye problems?
   1 _____ Yes
   2 _____ No
   3 _____ DK

36 If Yes, what are they?
   1 _____ Blindness
   0 _____ DK
   Any other

37 What should you do to prevent NB in children?
   1 _____ Vitamin A syrup/capsule
   2 _____ Green leafy vegetables like amaranth and others
   3 _____ Yellow vegetables and fruits like pumpkin, ripe mango, papaya
   0 _____ DK
   Any other
Section VII : Diarrhoea and ORS

38 How do you know that the child has diarrhoea?
1 _____ Watery stools
2 _____ More number of stools
3 _____ More number of stools (more than 3) and watery stools
0 _____ DK
   Any other

39 What home remedy do you use for diarrhoea?
1 _____ ORS
2 _____ Khus Khus/Jaiphal/Curd/Jeera
3 _____ Medicines
0 _____ DK
   Any other

40 Heard about special drink for the diarrhoeal child? (SS Solution)
   1 _____ Yes
   2 _____ No
   0 _____ DK

41 Do you know that sugar-salt water is life saving in diarrhoea?
   1 _____ Yes
   2 _____ No
   0 _____ DK

42 How do you prepare ORS?
   1 _____ Water
   2 _____ Sugar
   3 _____ Salt

43 Mothers asked to measure out salt, sugar and water for weighing

44 What should the taste of ORS be?
   1 _____ Like tears in saltiness
   2 _____ Like a sherbat
   0 _____ DK
   Any other
45 How much of ORS should you feed to a diarrhoeal child?
   1 _____ 1 tea cup/1 glass after every stool
   2 _____ 1 seria lota (500 ml) in a day
   0 _____ DK
   Any other

46 How should you feed the ORS?
   1 _____ Little at a time in small sips throughout the day
   2 _____ Whenever the child asks for water
   0 _____ DK
   Any other

47 If a child has had severe diarrhoea and has lost a lot of
   water, what are the symptoms?
   1 _____ Sunken fontanelle
   2 _____ Sunken eyes
   3 _____ Skin loses elasticity
   4 _____ Reduced urine output
   5 _____ Appears to cry but no tears are seen
   6 _____ Child becomes loose
   7 _____ Child becomes pale

48 Is it desirable to reduce the amount of food if the child has
   diarrhoea?
   1 _____ Yes – reduce the quantity
   2 _____ No – the usual quantity
   0 _____ DK
   Any other

49 Is it desirable to continue to breast feed a young child who has
   diarrhoea?
   1 _____ Yes
   2 _____ No
   3 _____ Yes, but give less feeds
   Any other
Section VIII : Worm Infestation

50 Do you know why children get worms?
1 _____ Defecates anywhere
2 _____ Does not wash hands after defecation
3 _____ Does not wash hands before meals
4 _____ Use of unclean drinking water
0 _____ DK
Any other

51 What do you do if your child has worms?
1 _____ Tablets
2 _____ Doctor's advice
   a) PHC doctor
   b) Local vaid (Badvo)
0 _____ DK
Any other

52 Do you know how you can prevent your child from getting worms?
1 _____ Wash hands after defecation
2 _____ Wash hands before meals
3 _____ Cut nails/keep them clean
4 _____ Defecate in pits and cover with mud
5 _____ Keep surrounding clean
6 _____ Give tablets periodically
0 _____ DK
Any other

Section IX : Immunization

53 Do you know what are the immunizations (rassis) to be given to the children?

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Yes</th>
<th>No</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCG</td>
<td></td>
<td></td>
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<tr>
<td>DPT</td>
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<td></td>
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<tr>
<td>Polio</td>
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</tbody>
</table>
54. Do you know how many doses are to be given?

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<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>DK</th>
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<tr>
<td>BCG</td>
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<tr>
<td>DPT</td>
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<tr>
<td>Polio</td>
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55. Do you know why it is necessary to take the immunization?

1. ____ Gives strength to fight against diseases such as Polio, TB, Measles, DPT
2. ____ Makes child healthy
0. ____ DK

Any other (immunizations)

56. What diseases do these 'rassis' protect against?

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<table>
<thead>
<tr>
<th>Disease</th>
<th>Yes</th>
<th>No</th>
<th>DK</th>
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<tbody>
<tr>
<td>Diphtheria</td>
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<tr>
<td>Whooping cough</td>
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<tr>
<td>Tetanus</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Polio</td>
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<tr>
<td>TB</td>
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57. Do you know which immunization pregnant mothers have to take?

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<table>
<thead>
<tr>
<th>Immunization</th>
<th>Yes</th>
<th>No</th>
<th>DK</th>
</tr>
</thead>
<tbody>
<tr>
<td>TT</td>
<td></td>
<td></td>
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</tbody>
</table>
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58. How many times?

1. ____ 2 times
2. ____ 3 times
0. ____ DK

Any other