



# Report of Infant Pot Interviews

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Hung Yen Province, An Thi District  
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## Section 1: Survey Overview

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**Purpose:** To explore infant feeding practices as well as the mother or caregiver preferences for iron pot design, shape, texture, and use.

**Participants:** In-depth interviews in the household with mothers with infants 6-12 months and 13-24 months. Total 8 interviews conducted.

**Materials:** Tape recorder, measuring tape, digital camera, sample iron pots

**Questionnaire:** See Appendix 1

## Section 2: Survey Results

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### 2.1 Age of Infants

Age of child

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10.5	1	12.5	12.5	12.5
13.0	1	12.5	12.5	25.0
17.0	1	12.5	12.5	37.5
20.0	1	12.5	12.5	50.0
21.0	1	12.5	12.5	62.5
24.0	1	12.5	12.5	75.0
27.0	1	12.5	12.5	87.5
36.0	1	12.5	12.5	100.0
Total	8	100.0	100.0	

Comment: It was that commune health workers to select houses that were between 6-12 months and 13-24 months equally; however, a disproportionate amount of children 13-24 months were selected.

### 2.2 Infant Feeding Practices

1. In general, what type of food does your child eat now? (Multiple responses allowed)

YES

- a. Breast milk 25% (n=2)
- b. Formula milk 12.5% (n=1)
- c. Rice powder 25% (n=2)
- d. Rice porridge 75% (n=6)
- e. Other 75% (n=6)
- f. Please specify: rice and noodles

Comment: Rice powder and rice porridge are the two main meals cooked in an infant pot. Also at times and depending on preparation, rice and noodles will be cooked in the infant pot.

2. Yesterday, what type of food did you give your baby to eat? How many times did you give them that food? (Ask for each type of meal given).

The foods given to children to eat were quite varied by household. However, the main foods are as follows:

- Rice noodle--which is typically eaten for breakfast and as supplementary “snacks” eaten between two main meals
- Rice porridge with pork meat/egg/ broth/fish/pork rib/salted shredded meat, rice, rice powder—these are usually served as main dishes
- Breast milk, biscuits, fresh/formula milk, and fruit

3. Can you explain how you prepared that food? For example, explain each step in the preparation. (Ask for foods which are cooked only. Ask specifically for time of cooking. Also ask specifics about ingredients.)

In general, we want to focus on rice powder and rice porridge preparations. Detailed recipes are available from Phase I.

4. What did you feed your baby at 1-2 month? 2-4 month? 5-6 months? 6-8 months? 8-12 months? etc...

<i>Age period</i>	<i>Types of food</i>	
	<i>Main</i>	<i>Supplement</i>
a. 1-2 months	Breast milk: 100% (n=8)	Formula milk: 12.5% (n=1) Nothing: 87.5% (n=7)
b. 2-4 months	Breast milk: 75% (n=6) Formula milk: 12.5% (n=1) Breast milk, rice powder: 12.5% (n=1)	Breast milk: 12.5% (n=1) Formula milk: 37.5% (n=3) Nothing: 50% (n=4)
c. 5-6 months	Breast milk: 25% (n=2) Breast milk, rice powder: 50% (n=4) Formula milk, rice powder: 12.5% (n=1) Rice powder: 12.5% (n=1)	Breast milk, fruit: 25% (n=2) Formula milk: 25% (n=2) Formula milk, fruit: 12.5% (n=1) Rice powder: 12.5% (n=1) Nothing: 25% (n=2)
d. 6-8 months	Rice powder, breast milk: 50% (n=4) Rice powder: 12.5 (n=1)	Formula milk: 25% (n=2) Breast milk, fruit: 12.5% (n=1)

	Breast milk: 12.5% (n=1) Formula milk: 12.5% (n=1) Rice: 12.5% (n=1)	Porridge, fruit: 12.5% (n=1) Porridge, noodle, fresh milk: 12.5% (n=1) Rice powder: 12.5% (n=1) Fruit: 12.5% (n=1) Nothing: 12.5% (n=1)
e. 8-12 months	Rice powder, breast milk: 50% (n=4) Rice porridge: 12.5% (n=1) Rice porridge, formula milk: 12.5% (n=1) Rice: 12.5% (n=1) Breast milk: 12.5% (n=1)	Formula, fresh milk: 37.5% (n=3) Fruit: 12.5% (n=1) Rice powder: 12.5% (n=1) Breast milk, fruit, noodle: 12.5% (n=1) Nothing: 25% (n=2)
f. >12 months	Rice porridge: 25% (n=2) Rice porridge, formula milk: 12.5% (n=1) Rice porridge, rice: 12.5% (n=1) Rice powder, breast milk: 12.5% (n=1) Breast milk: 12.5% (n=1) Rice: 12.5% (n=1)	Formula, fresh milk: 25% (n=2) Breast milk, noodle: 25% (n=2) Breast milk, formula: 12.5% (n=1) Rice powder: 12.5% (n=1) Nothing: 12.5% (n=1)

Comment: Rice powder is being used as the main food source by 50% of the households (n=4) when the child is 6-8 months. Rice porridge and other solid foods are being introduced at 8-12 months.

### 2.3 Use of Infant Pot

1. Do you currently use or have you ever used a separate infant pot to cook food for your baby?

- a. Yes, currently used 50% (n=4)
- b. Yes, but no longer used 50% (n=4)

Comment: All households surveyed had used or are currently using an infant pot.

2. Do you/Did you only use that infant pot exclusively for your baby, or do you use other pots from the household as well when you cook for your baby?

- a. Only infant pot 50% (n=4)
- b. Other pots from household 50% (n=4)

Comment: For some foods, broths or other foods are cooked in a family pot and served to the child.

**3. What foods do you/did you cook in this infant pot? (Multiple responses)**

- |                          | <u>YES</u>  |
|--------------------------|-------------|
| a. Milk                  | 0% (n=0)    |
| b. Rice powder           | 62.5% (n=5) |
| c. Rice porridge         | 50% (n=4)   |
| d. Other                 | 0% (n=0)    |
| e. Please specify: _____ |             |

Comment: Note that the infant pot is used only for rice powder and rice porridge. In general, children are feed rice porridge starting from 6-8 months and rice porridge and other solid food begins at 8-12 months.

**4. How often do you/did you use the infant pot?**

- |                               | <u>YES</u> |
|-------------------------------|------------|
| a. All meals in a day         | 75% (n=6)  |
| b. Most of the meals in a day | 25% (n=2)  |
| c. One meal per day           |            |

**5. How long will/did you use a separate pot for your baby?**

- |                                     |                      |
|-------------------------------------|----------------------|
| __ months                           | Mean: 5 months (n=3) |
| <input type="checkbox"/> Don't Know | 62.5% (n=5)          |

Comment: Households who were still using the pot found it difficult to know when the child will stop using the pot and often answered "when the child stops eating food [rice porridge/rice powder] cooked in the pot."

**6. At what age will you/did you plan to stop using the pot?**

- |                                     |                         |
|-------------------------------------|-------------------------|
| __ months                           | Mean: 16.5 months (n=4) |
| <input type="checkbox"/> Don't Know | 50% (n=4)               |

Comments: Households who were still using the pot found it difficult to answer this question and responded "don't know". Note the average age that households ceased using the pot for those was early—16.5 months. Thus, the window of opportunity for the pot is between 6 months and 18 months.

**7. What happens to that pot when you no longer cook food for your baby? (Multiple responses)**

- |                            |   |
|----------------------------|---|
| a. Save for the next child | <input type="checkbox"/> <u>YES</u><br>0% (n=0) |
|----------------------------|---|

- b. Give it to whom has an infant  0% (n=0)
- c. Use to cook family food  50% (n=4)
- d. Don't use it then save it  37.5% (n=3)
- e. Other  12.5% (n=2)
- f. Please specify: \_\_\_\_\_

8. Can you show us the pot? (record size, weight, and material of pot, take picture).

House 1:



**House 1 Dimensions:**

Mouth diameter: 18 cm  
 Bottom diameter: 17 cm  
 Height: 8 cm  
 Material: Aluminum

House 2:



**House 2 Dimensions:**

Mouth diameter: 18.5 cm  
 Bottom diameter: 16.5 cm  
 Height: 9 cm  
 Material: Aluminum

House 4:



**House 4 Dimensions:**

Mouth diameter: 12 cm  
Bottom diameter: 12 cm  
Height: 7 cm  
Material: Aluminum

House 5:



**House 5 Dimensions:**

Mouth diameter: 12 cm  
Bottom diameter: 12 cm  
Height: 8 cm  
Material: Aluminum

House 6:



**House 6Dimensions:**

Mouth diameter: 16 cm  
Bottom diameter: 15.5 cm  
Height: 8 cm  
Material: Aluminum

House 7:



**House 7 Dimensions:**

Mouth diameter: 12 cm  
 Bottom diameter: 12 cm  
 Height: 8 cm  
 Material: Aluminum

**House 8**



**House 8 Dimensions:**

Mouth diameter: 12 cm  
 Bottom diameter: 12 cm  
 Height: 7 cm  
 Material: Aluminum

9. If yes, observe, measure, and note the following characteristics (Remember to take a picture.)

- a. The mouth diameter:     \_\_\_ cm            See above dimensions for each pot.
- b. The bottom diameter:    \_\_\_ cm
- c. Pot height:                \_\_\_ cm
- d. Pot weight:                \_\_\_ . \_\_\_ kg
- e. Material: Aluminum                   100% (n=7)
- f. Material: Cast iron
- g. Material: Stainless steel
- h. Material: Blue steel
- i. Material: Other
- j. Material: Please specify:   \_\_\_\_\_

Comment: All pots observed were aluminum. There were two basic shapes for the pots used by the respondents—one was smaller bottom but with more height (ie. households 4, 5, 7, 8) and the other with a wider bottom and a shorter height (ie. households 1, 2, 6). Household 3 had thrown away their pot because it had been damaged. These pots are similar to Mock Up Pots 2 and 3.

**10. What do you like about this pot?**

When asked about what they liked about their own infant pot, most of the respondents said that key desirable characteristics of their pot were that it was: easy to handle; light; size of the pot appropriate to cook baby food:

Some other responses were as follows:

- The pot has handles
- The pot is convenient to cook under the gas cooker
- Non-rusting

**11. What don't you like about that pot?**

- A bit deep
- A bit thin

**12. What fuel is used when cooking food for the baby? Can you show us where you cook?**

YES

- |                    |                          |             |
|--------------------|--------------------------|-------------|
| a. Coal            | <input type="checkbox"/> | 0% (n=0)    |
| b. Wood            | <input type="checkbox"/> | 0% (n=0)    |
| c. Straw           | <input type="checkbox"/> | 62.5% (n=6) |
| d. Petroleum       | <input type="checkbox"/> | 0% (n=0)    |
| e. Gas             | <input type="checkbox"/> | 50% (n=4)   |
| f. Other           | <input type="checkbox"/> | 0% (n=0)    |
| g. Please specify: | _____                    |             |

Comment: This question was asked because certain types of fuel will more quickly damage the pot—such as coal and wood. Straw and gas burn lower and tend to damage the surfaces of the pot less. Straw is most typically used in this population. Straw has low heat but causes much blackening to the surfaces of the pot.

**13. Did you buy your pot or did someone give it to you?**

YES

- |              |                          |                       |
|--------------|--------------------------|-----------------------|
| a. I bought  | <input type="checkbox"/> | 100% (n=8)            |
| b. Was given | <input type="checkbox"/> | → skip to question 18 |

**14. Where did you buy it?**

- Market: 62.5% (n=5)
- Shop near house: 12.5% (n=1)
- Town: 12.5% (n=1)

- Vendor come to home: 12.5% (n=1)

**15. How much did it cost?**

\_\_\_\_. \_\_\_\_ VND      Mean: 9,800 (n=8)      Min: 3,000 VND      Max: 14,000VND

**16. Why did you choose this pot over other pots in the market? (cost, shape, size, weight)**

**YES**

- |                       |                          |             |
|-----------------------|--------------------------|-------------|
| c. Reasonable price   | <input type="checkbox"/> | 12.5% (n=1) |
| d. Like its shape     | <input type="checkbox"/> | 12.5% (n=1) |
| e. Like its size      | <input type="checkbox"/> | 37.5% (n=3) |
| f. Like its weight    | <input type="checkbox"/> | 0% (n=0)    |
| g. Durable and strong | <input type="checkbox"/> | 0% (n=0)    |
| h. Other              | <input type="checkbox"/> | 75% (n=6)   |

Please specify:

- Available in the market
- Easy to cook and clean
- Have handle, lid and easy to use
- "Just like the appearance"
- The only one available

**17. How many months was your baby when you bought the pot?**

\_\_ months      Mean: 5.1 months      Min: 4 months      Max: 8 months

Comment: Infant pots are typically used at 6-8 months for making rice powder.

**2.4 Pot Preferences**

**Mock Up Pot 1:**



**Mock Up Pot 1**

**Dimensions:**

Mouth diameter: 14 cm  
 Bottom diameter: 14 cm  
 Height: 9 cm  
 Material: Aluminum

**Mock Up Pot 2:**



**Mock Up Pot 2**

**Dimensions:**

Mouth diameter: 16 cm  
Bottom diameter: 15 cm  
Height: 8.2 cm  
Material: Aluminum

**Mock Up Pot 3:**



**Mock Up Pot 3**

**Dimensions:**

Mouth diameter: 14.5 cm  
Bottom diameter: 13 cm  
Height: 9.5 cm  
Material: Stainless Steel

**Mock Up Pot 4**



**Mock Up Pot 4**

**Dimensions:**

Mouth diameter: 14.5 cm  
Bottom diameter: 9.5 cm  
Height: 7.0 cm  
Material: Aluminum

1. Looking at these 4 pots and your pot, what size of the pot do you prefer?

YES

- |                 |                          |             |
|-----------------|--------------------------|-------------|
| a. Mock-up 1    | <input type="checkbox"/> | 0% (n=0)    |
| b. Mock-up 2    | <input type="checkbox"/> | 37.5% (n=3) |
| c. Mock-up 3    | <input type="checkbox"/> | 37.5% (n=3) |
| d. Mock-up 4    | <input type="checkbox"/> | 12.5% (n=1) |
| e. Family pot 5 | <input type="checkbox"/> | 12.5% (n=1) |

2. Looking at these 4 pots and your pot, what material of the pot do you prefer?

YES

- |                   |                          |             |
|-------------------|--------------------------|-------------|
| a. Mock-up 1      | <input type="checkbox"/> | 0% (n=0)    |
| b. Mock-up 2      | <input type="checkbox"/> | 25.0% (n=2) |
| c. Mock-up 3      | <input type="checkbox"/> | 12.5 (n=1)  |
| d. Mock-up 4      | <input type="checkbox"/> | 37.5 (n=3)  |
| e. Family pot 5   | <input type="checkbox"/> | 12.5 (n=1)  |
| f. Other-iron pot |                          | 12.5 (n=1)  |

3. What shape do you prefer?

YES

- |                 |                          |             |
|-----------------|--------------------------|-------------|
| a. Mock-up 1    | <input type="checkbox"/> | 0% (n=0)    |
| b. Mock-up 2    | <input type="checkbox"/> | 62.5% (n=5) |
| c. Mock-up 3    | <input type="checkbox"/> | 37.5% (n=3) |
| d. Mock-up 4    | <input type="checkbox"/> | 0% (n=0)    |
| e. Family pot 5 | <input type="checkbox"/> | 0% (n=0)    |

4. What weight do you prefer?

YES

- |                 |                          |             |
|-----------------|--------------------------|-------------|
| a. Mock-up 1    | <input type="checkbox"/> | 0% (n=0)    |
| b. Mock-up 2    | <input type="checkbox"/> | 75.0% (n=6) |
| c. Mock-up 3    | <input type="checkbox"/> | 12.5% (n=1) |
| d. Mock-up 4    | <input type="checkbox"/> | 0% (n=0)    |
| e. Family pot 5 | <input type="checkbox"/> | 12.5% (n=1) |

5. What color do you prefer?

YES

- |                 |                          |             |
|-----------------|--------------------------|-------------|
| b. Mock-up 1    | <input type="checkbox"/> | 12.5% (n=1) |
| c. Mock-up 2    | <input type="checkbox"/> | 37.5% (n=3) |
| d. Mock-up 3    | <input type="checkbox"/> | 50% (n=4)   |
| e. Mock-up 4    | <input type="checkbox"/> | 0% (n=0)    |
| f. Family pot 5 | <input type="checkbox"/> | 0% (n=0)    |

Comment: In general, pot 2 and 3 were among the most preferred by the households for overall characteristics.

## 2.5 Comparisons with Blue Steel Pot

*Now, show the blue steel pot from Phase I (maybe interview 2-3 mothers from Phase I study since they are familiar with blue steel pot).*

6. If there was an infant pot made from this material but the size and shape of your choice, would you like it?

- |        |             |
|--------|-------------|
| a. Yes | 75.0% (n=6) |
| b. No  | 25% (n=2)   |

7. Why or why not?

The reasons given for liking an infant pot made from blue steel:

- after using dizziness ceased
- to prevent anemia
- for child's health (because of iron in the pot)
- good for anemia child
- feel healthier, not dizzy

The reasons given for not liking an infant pot made from blue steel:

- don't know the benefit of the pot
- aluminum look more beautiful
- not attractive, too heavy

8. (If mother says they will not use) How can we encourage you to use the pot?

- advise to use, tell the benefit to health
- explain the benefit of the pot

Question 9, 10, 11, 12 is for mothers of Dang Le commune only

9. If this study were to make an infant pot made of blue steel, would you use it?

- |        |             |
|--------|-------------|
| a. Yes | 87.5% (n=7) |
| b. No  | 12.5% (n=1) |

10. Why or why not?

The reasons for use:

- avoid dizziness
- because understand the benefit of the pot

- to avoid anemia
- to get supplemental iron
- good for child
- healthier, not tired like before

The reasons for not use:

- not attractive

**11. We want to make an infant pot. From your experience with the blue steel pot, can you let us know which pot is the best to make:**

- |  |             |
|--|-------------|
| a. blue steel only—inside and outside        | 0% (n=0)    |
| b. blue steel inside and paint outside       | 0% (n=0)    |
| c. blue steel inside, aluminum outside       | 62.5% (n=5) |
| d. blue steel inside and stain steel outside | 37.5% (n=3) |

Comment: Most all respondents preferred aluminum on the outside. No households wanted the pot painted but preferred the pot to be brushed shiny, like mock-up pot 2.

**12. And why do you think so?**

Reasons given for choosing the pot w/ blue steel inside and aluminum outside:

- cook by straw so aluminum is better for straw
- experience with aluminum
- looks nice
- have aluminum cover so will be more durable and nice
- typically use aluminum in rural areas

Reasons given for choosing the pot w/ blue steel inside and stainless steel outside:

- stainless steel is durable, looks nice, and is smooth
- looks suitable, has handles to avoid heat
- shiny, nice

Comment: Although some households liked stainless steel, no households had bought stainless steel for the infant pot as it is more expensive and is not typically found in the rural areas.

## Section 3: Conclusions and Recommendations

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From this survey, we confirmed that the purchase and use of an infant pot is a common practice in Vietnam for the introduction of weaning foods. All mothers purchased their own pot and spent an average of VND 9,800 (or US\$0.65) on the pot for their infant. The infant pot was used only for cooking two types of food: rice powder and rice porridge. Rice powder is typically given to younger children before more solid food can be introduced and is typically introduced at 6-8 months. Rice porridge is typically introduced at 8-10 months.

For our purposes, we want to focus on rice porridge as the cooking time is sufficient for iron leeching (15-20 minutes), whereas rice powder is cooked for a shorter period of time (5-7 minutes). However, for rice powder, if rice powder is given with meat and the meat is cooked in the infant pot first and then rice powder added after than the total cooking time is (20-25 minutes). Thus, if we wanted to target our population on infants who use an infant pot and also who are commonly consuming rice powder and/or rice porridge we will need to target the population from age 6-18 months as this is the period where most children will be eating rice porridge.

Of concern is that the mean duration of time the pot is used is quite short—only 5.1 months (n=3) and respondents also said that the mean age they would cease using the infant pot was 16.5 months (n=4). While these are concerns, further interviews with mothers may be needed as the sample size was too small (N=8) to accurately predict patterns and trends in infant feeding practices as well as use of infant pot. We need to understand more clearly how long rice powder is cooked in the infant pot and if the meat is typically cooked in the infant pot or in a family pot. Thus, it is recommended that 10-12 more interviews be conducted and to focus more clearly on infant feeding practices.

Regarding the size and shape of the pot, aluminum is used by all households and seems to be acceptable by all households. Regarding the size and shape, there are two common types most used and that seem to be acceptable—Mock Up Pot 2 and Mock Up Pot 3.

To avoid problems with rusting and thinness with the blue steel pots encountered in Phase I, it is suggested that Phase II use a pot that has blue steel inside and aluminum outside.