

**FACTORS INFLUENCING EXCLUSIVE
BREAST FEEDING PRACTICE AMONG
MOTHERS IN SOUTH DAGON TOWNSHIP**

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ABSTRACT

Exclusive Breast Feeding (EBF) is the feeding of a baby on no other milk apart from breast milk. Understanding the factors influence EBF is crucial for promoting the practice. The study was carried out to identify factors influencing EBF among mothers in South Dagon Township, Yangon Division.

A community based cross sectional descriptive study was conducted from October to December 2013 involving quantitative data using semi-structure questionnaires. A total of 220 mothers were selected randomly. A multiple logistic regression analysis was used to identify the factors influencing Exclusive Breast Feeding after controlling background variables. The prevalence of EBF was 20.5% and median duration was 4 months. Exclusive Breast feeding practice was high in mothers who conducted by normal spontaneous vaginal delivery (AOR=2.606, p value=0.065, 95% CI=0.94,7.21) and also high in mothers who had more than one parity (AOR=0.708, p value=0.343, 95%CI=0.346,1.44). However, there were no significant after adjusting occupation and knowledge level of mother. In this study, being unemployed (AOR= 3.54, 95%CI =1.39, 9.01) and mother with high knowledge on EBF (AOR= 2.24, 95%CI= 1.08, 4.65) were independently associated with EBF. Dependent mothers were 3.54 times more likely to practice EBF than independent mothers after adjusting others variables. Mothers from high knowledge were 2.24 times more likely to practice EBF than those from low knowledge. However, there were no significant between practice of EBF and maternal age, their education, and monthly per capita income. Regarding the information about EBF, 84.5% of mothers knew the WHO recommended duration of EBF and 45% of mothers got information mostly from health personnel. Although they obtained information about EBF, majority of mothers gave breastfeeding which was not exclusive for different reasons. Commonest reasons were due to insufficient breast milk and due to working outside home. The study has observed that 68.2% of mothers initiated breastfeeding within one hour after delivery and 61.5% of mothers intended to breastfed for up to 1 to 2 years. However, it is observed that majority of mothers (79.5%) intended to introduce weaning diet before six months.