



**A STUDY ON
BREASTFEEDING PRACTICES
OF WOMEN
IN THEIR REPRODUCTIVE AGE
IN KUBANG PASU, KEDAH**





INTRODUCTION



- **UNICEF** estimated that, if every baby were exclusively breastfed from birth up to 6 months, 1.5 million lives would be saved each year ¹
- **WHO Global Data Bank on Breastfeeding**: In Feb 2005, 35% of infants were exclusively breastfed between 0-4 months of age ²
- In **South East Asia**: Exclusive Breastfeeding is much less prevalent (e.g. in 1996, only 4% of Thai babies) ²
- What about mothers in **Malaysia**?

AIMS OF OUR STUDY:

MAIN OBJECTIVE

To study the *prevalence* of breastfeeding practices among women of reproductive age (15-49 years old) in three selected rural villages in Kubang Pasu, Kedah

SPECIFIC OBJECTIVES

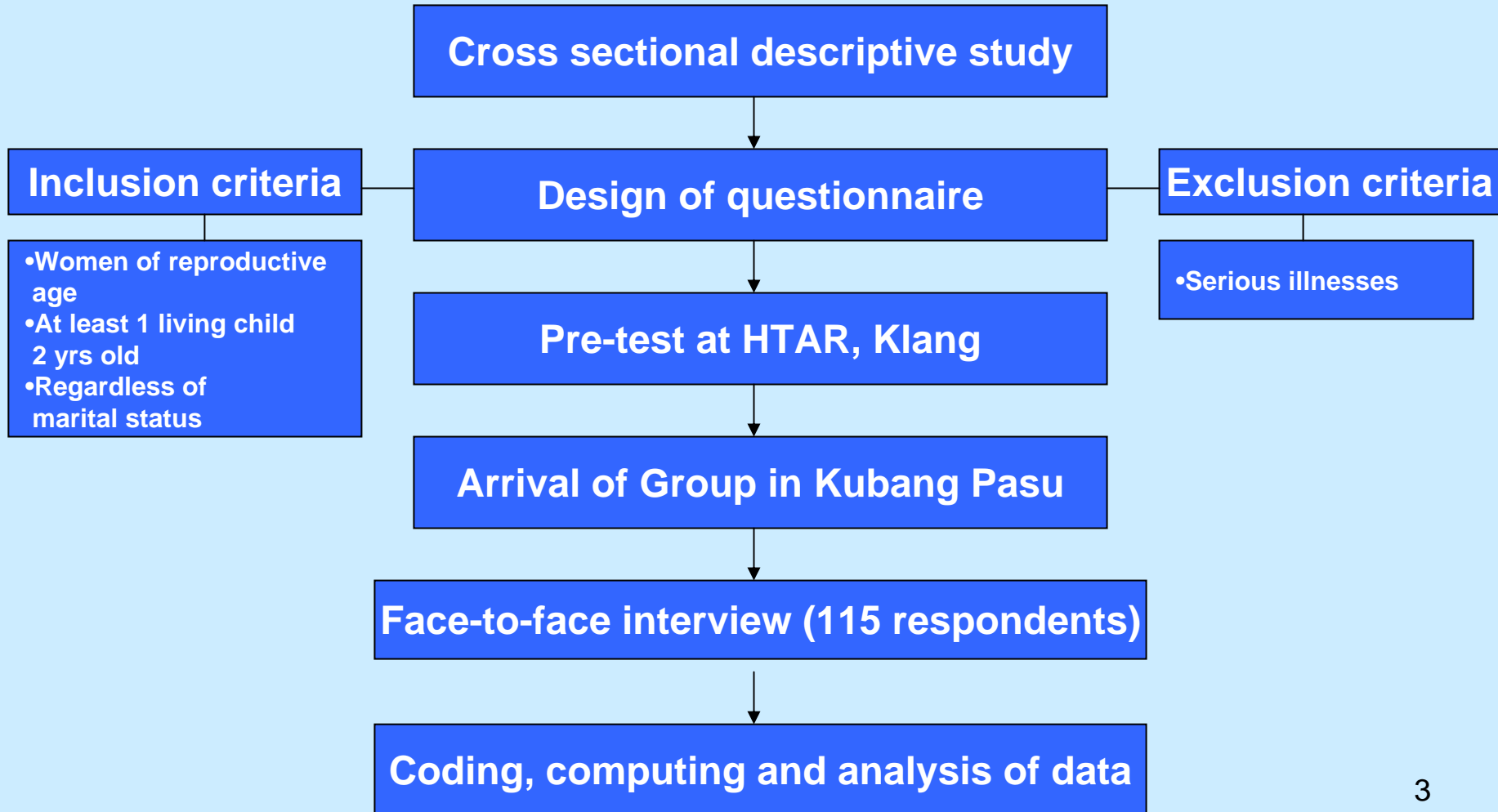
1. To determine the association between *socio-economic status* & breastfeeding practice
2. To assess the *knowledge* of women regarding breastfeeding
3. To investigate the relationship between the *attitude* of mothers towards breastfeeding

¹ <http://www.unicef.org>

² <http://www.who.int/child-adolescent-health/NUTRITION>



MATERIALS AND METHODS





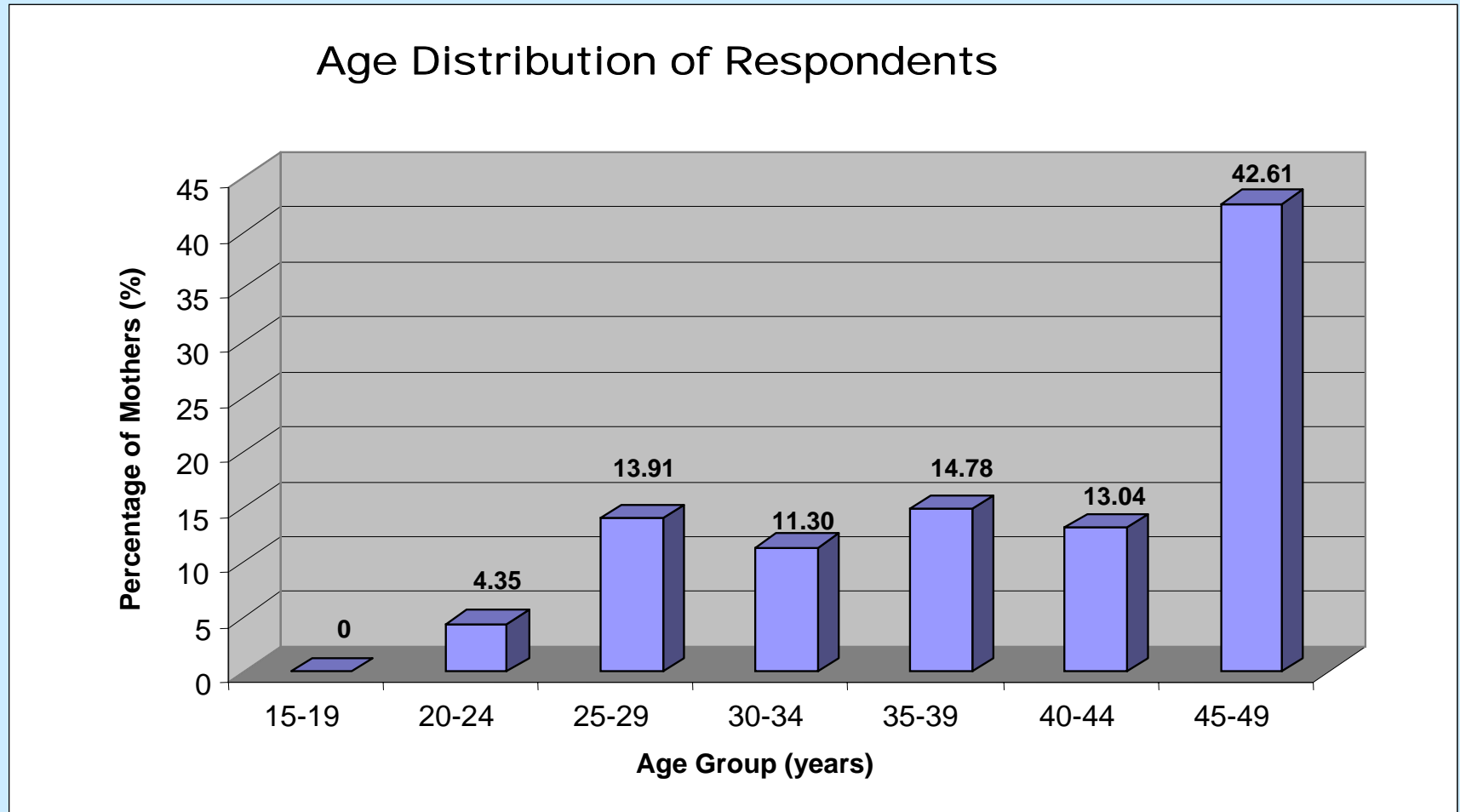
ERRORS & LIMITATIONS

- Small sample size (115 respondents out of a targeted 200 households) due to strict inclusion criteria and time constraint
- Problems with recall, as in other retrospective studies
- Study was unable to assess the breastfeeding practices among other races

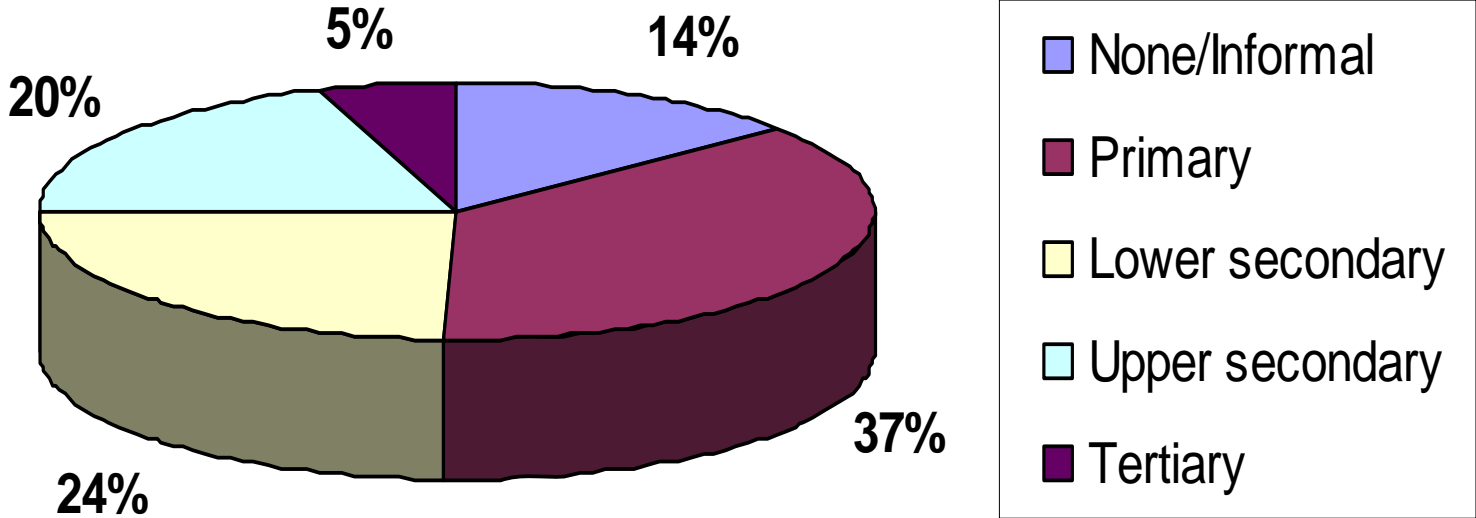


RESULTS

A. Demographic Details

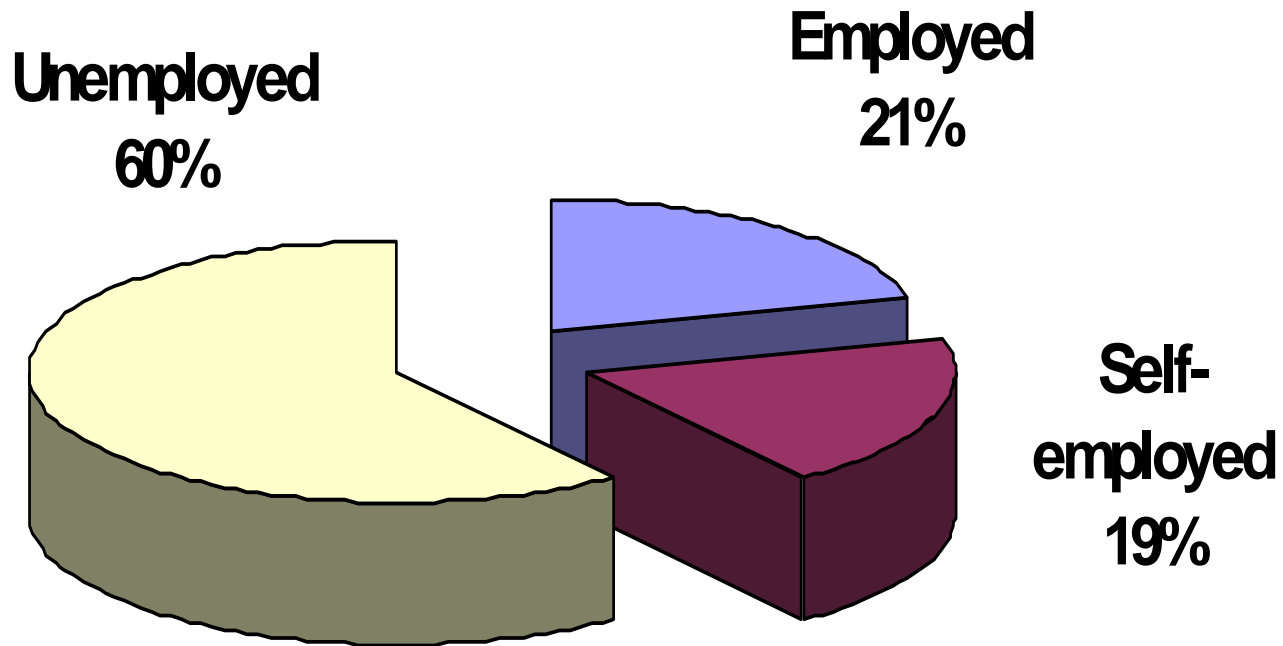


Education Level of Respondents



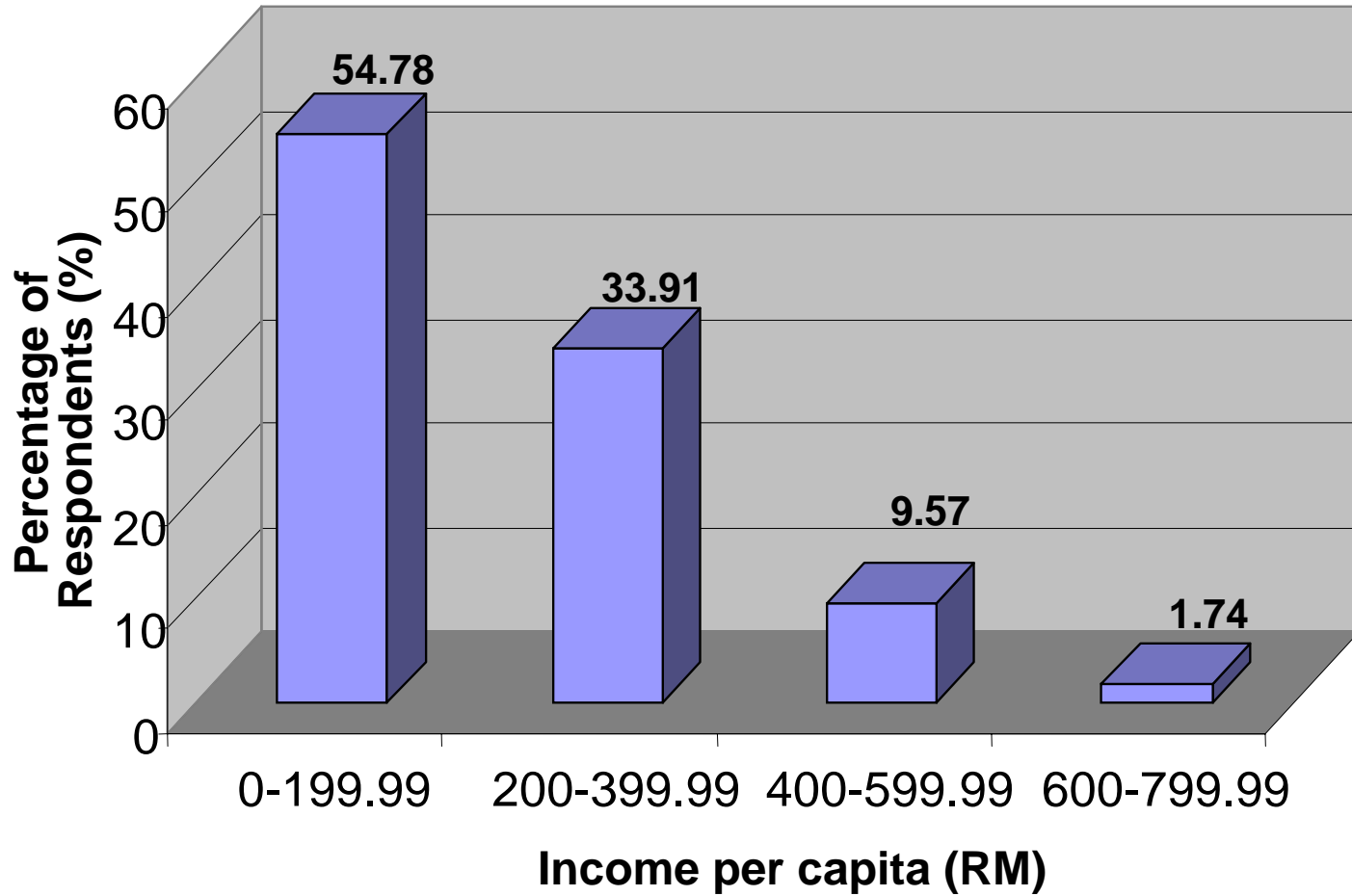
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Occupational Status of Respondents



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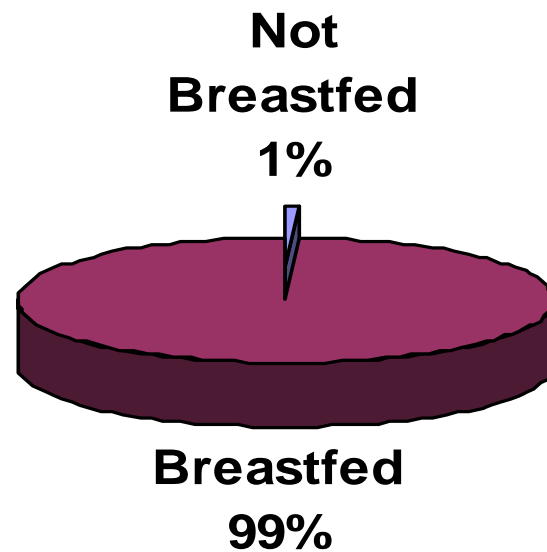
Financial Status of Respondents





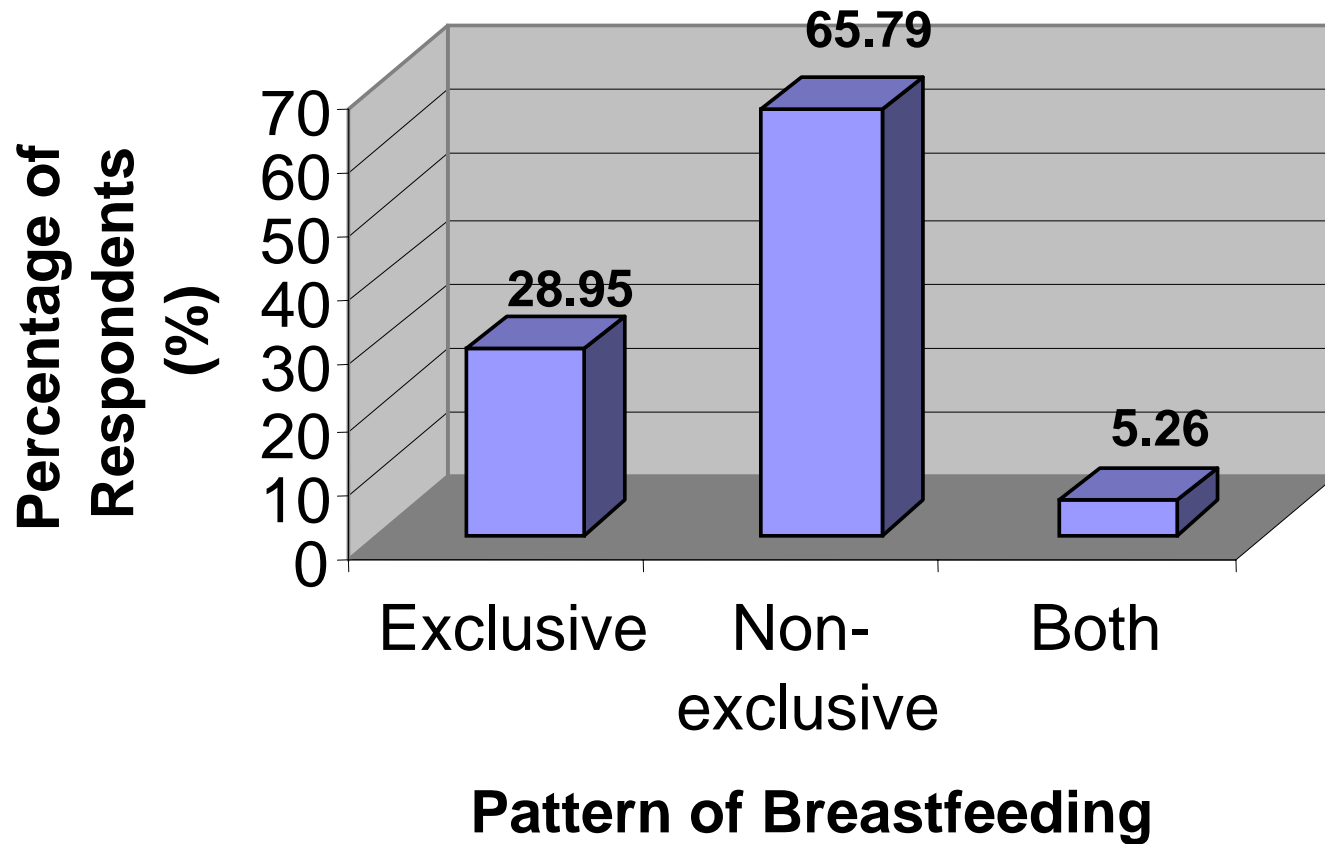
B. Breastfeeding Practices

Prevalence of Breastfeeding

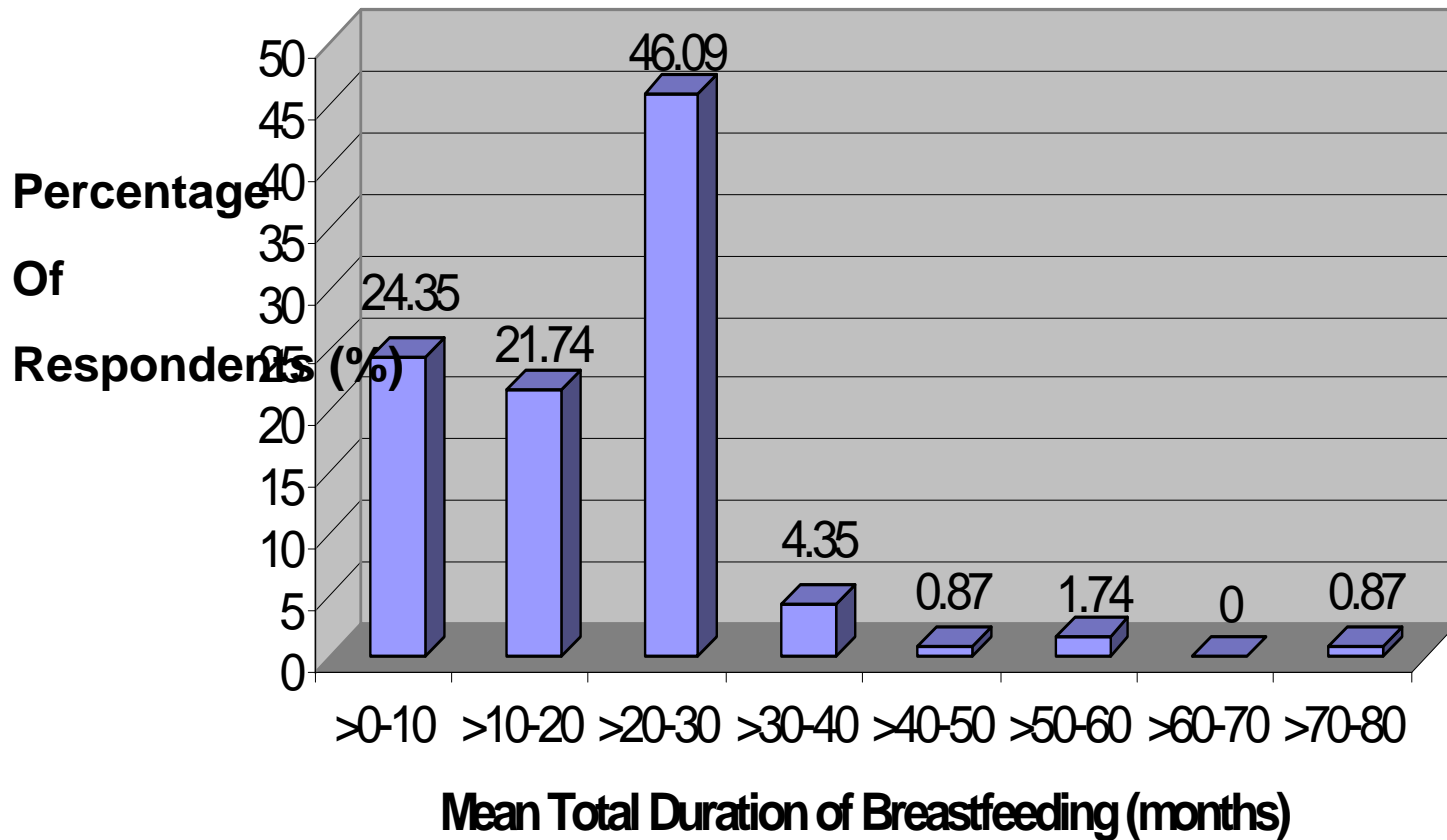


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Pattern of Breastfeeding



Mean Total Duration of Breastfeeding Among Respondents

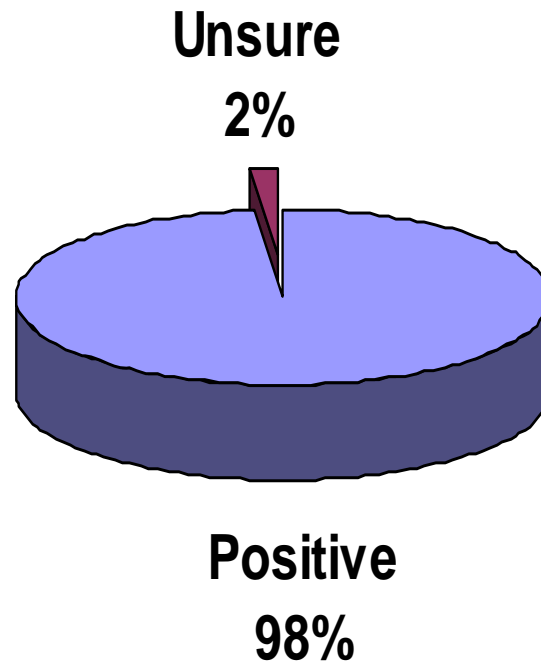


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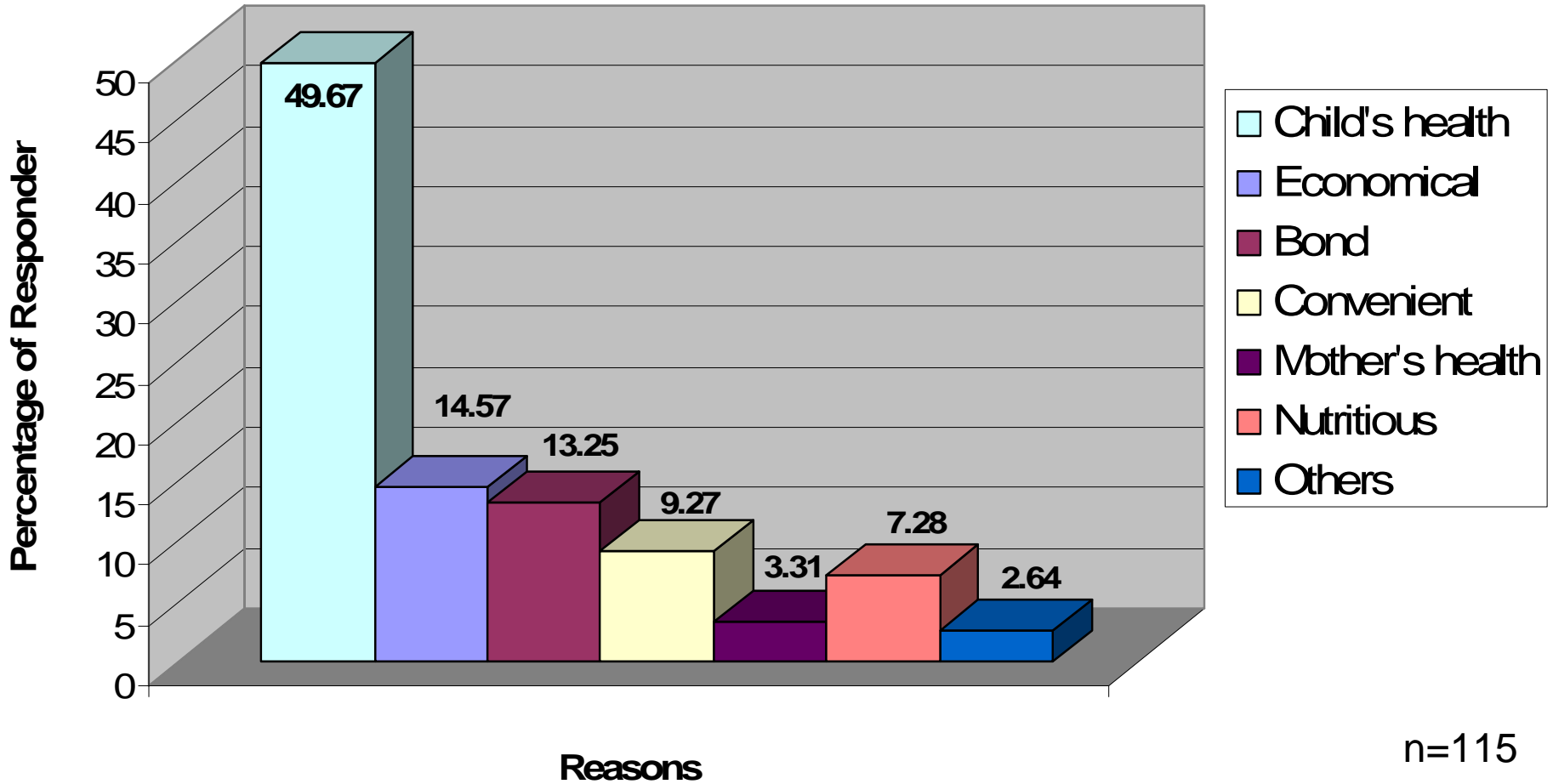
C. Attitudes towards Breastfeeding

Opinion on Breastfeeding Among Respondents

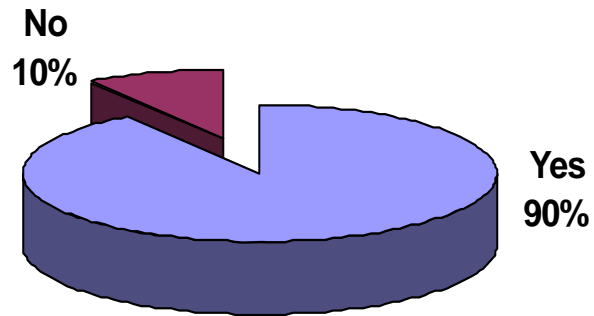


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Reasons for Positive Opinion on Breastfeeding

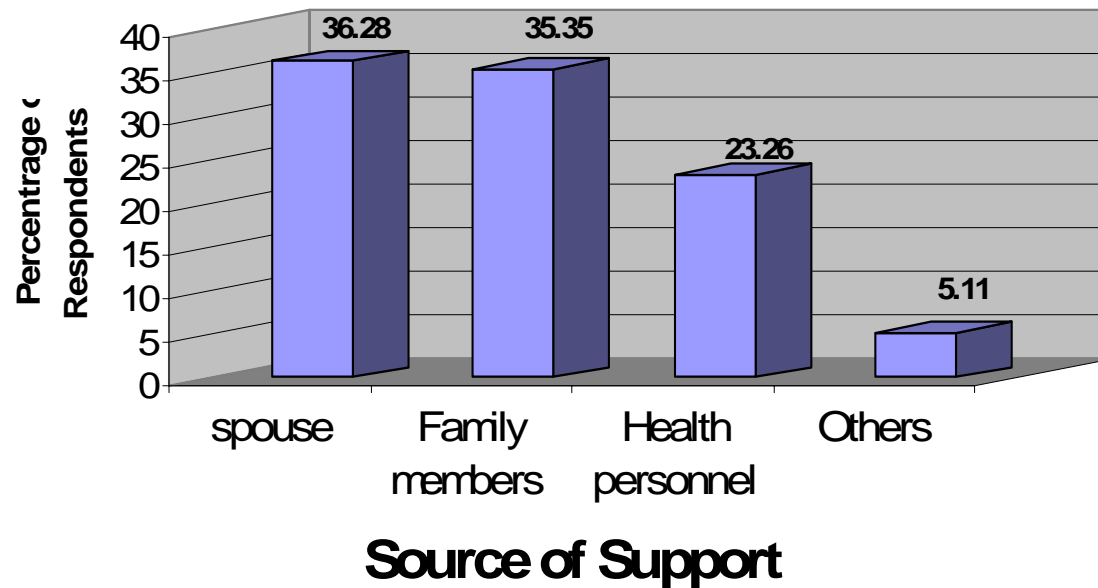


Support on Breastfeeding



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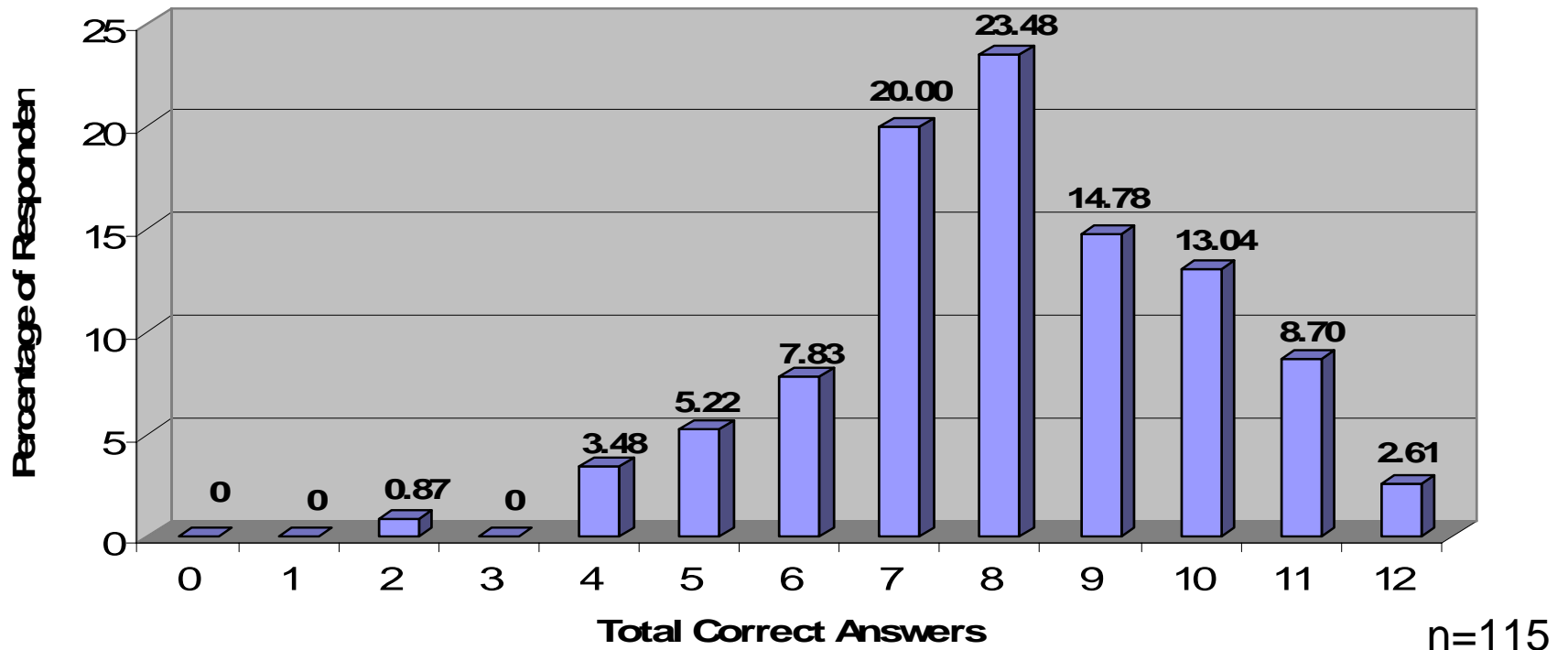
Source of Support on Breastfeeding



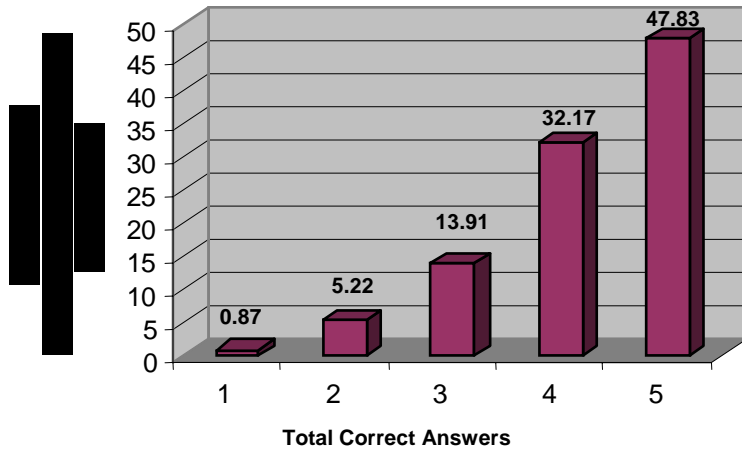


D. Knowledge on Breastfeeding

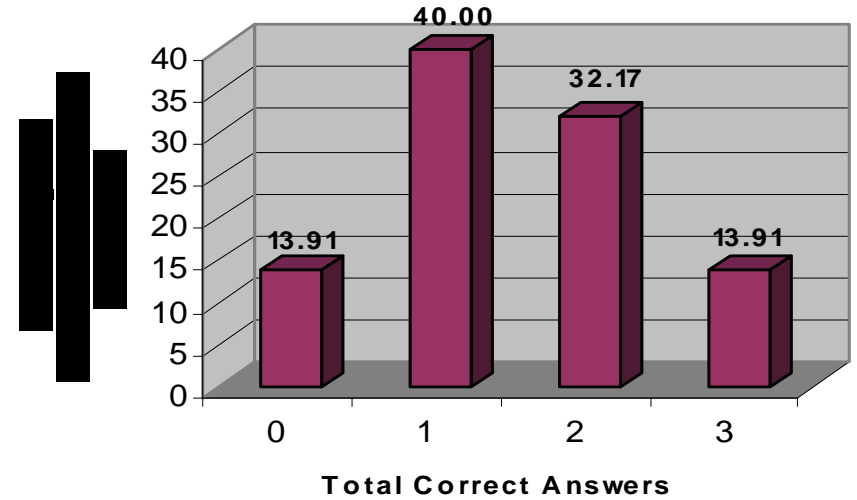
Knowledge on Breastfeeding Among Respondents



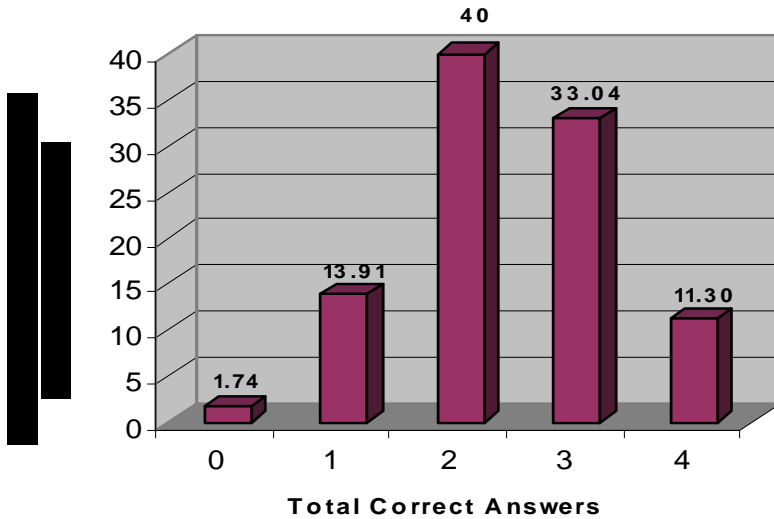
Knowledge of Mothers on The Benefits of Breastfeeding



Knowledge of Mothers on Contraindication of Breastfeeding

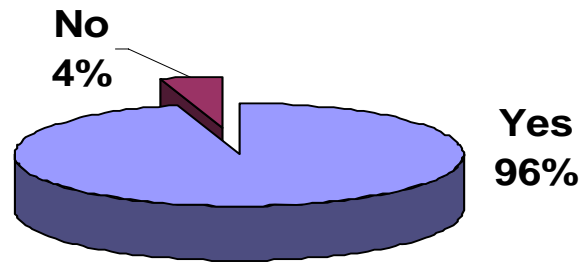


Knowledge of Mothers on the Technique of Breastfeeding



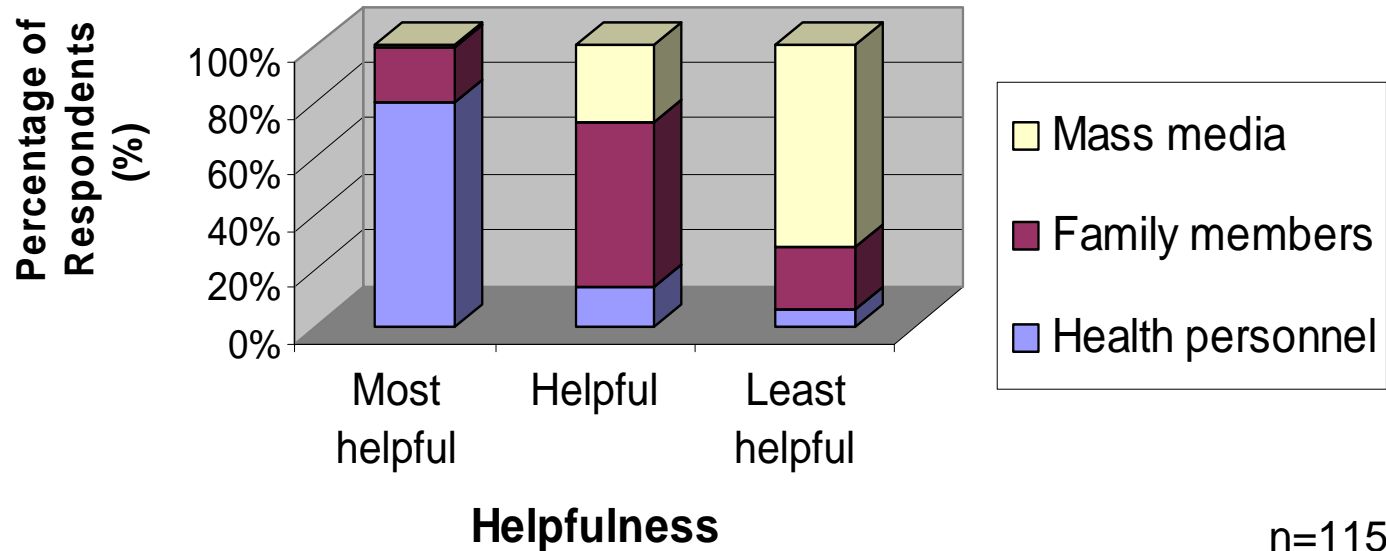
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Mothers Who Received Information on Breastfeeding



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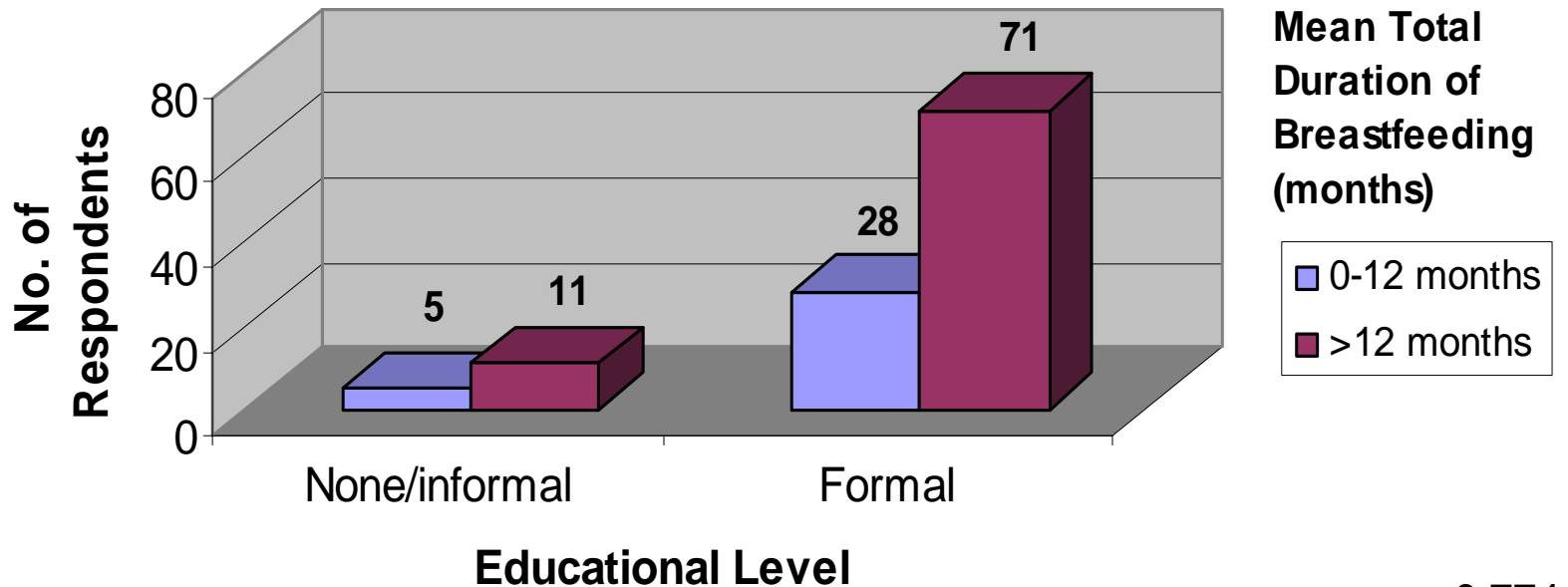
Helpfulness of Source of Information on Breastfeeding



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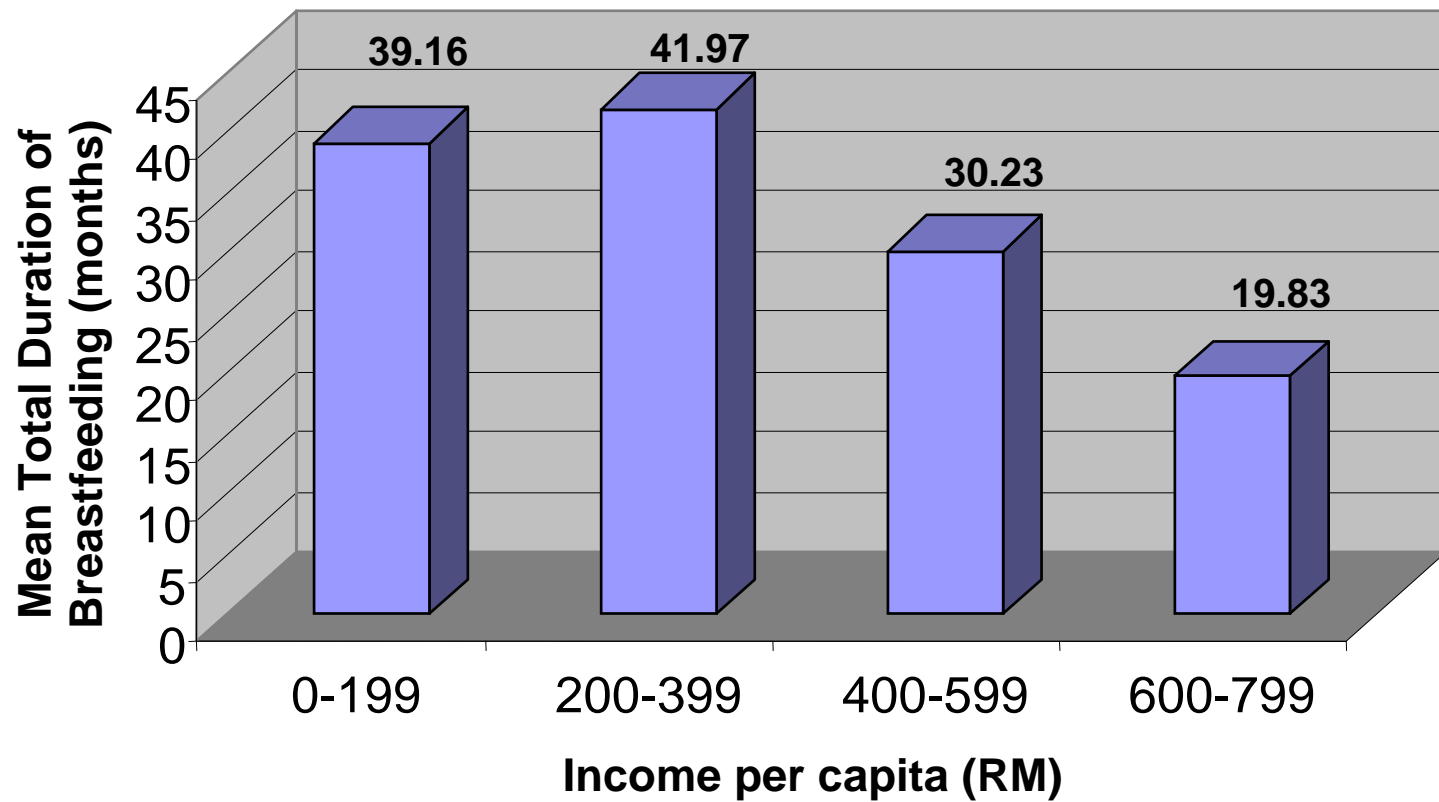
E. Relationships between...

Relationship between Educational Level and Duration of Breastfeeding

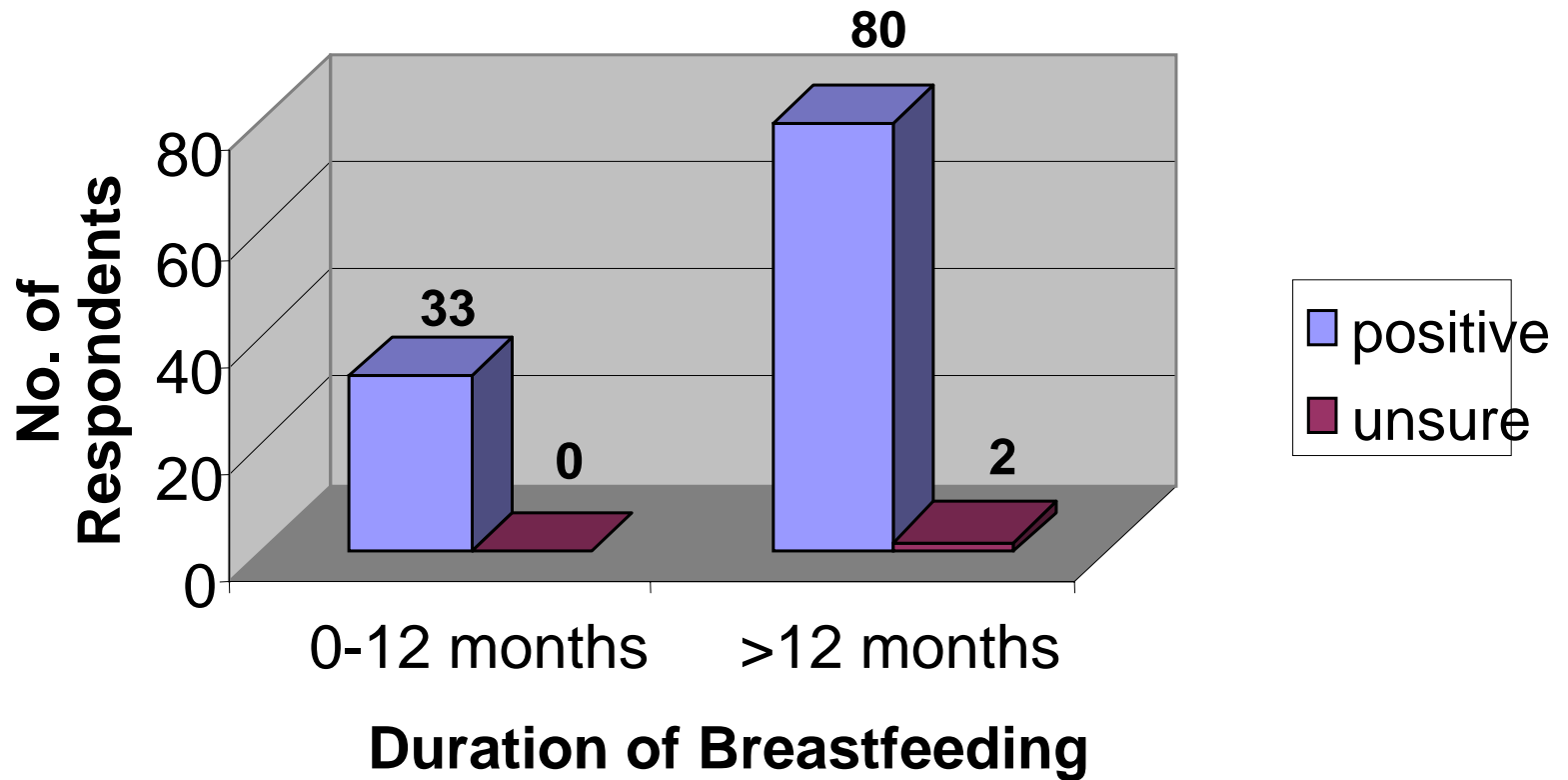


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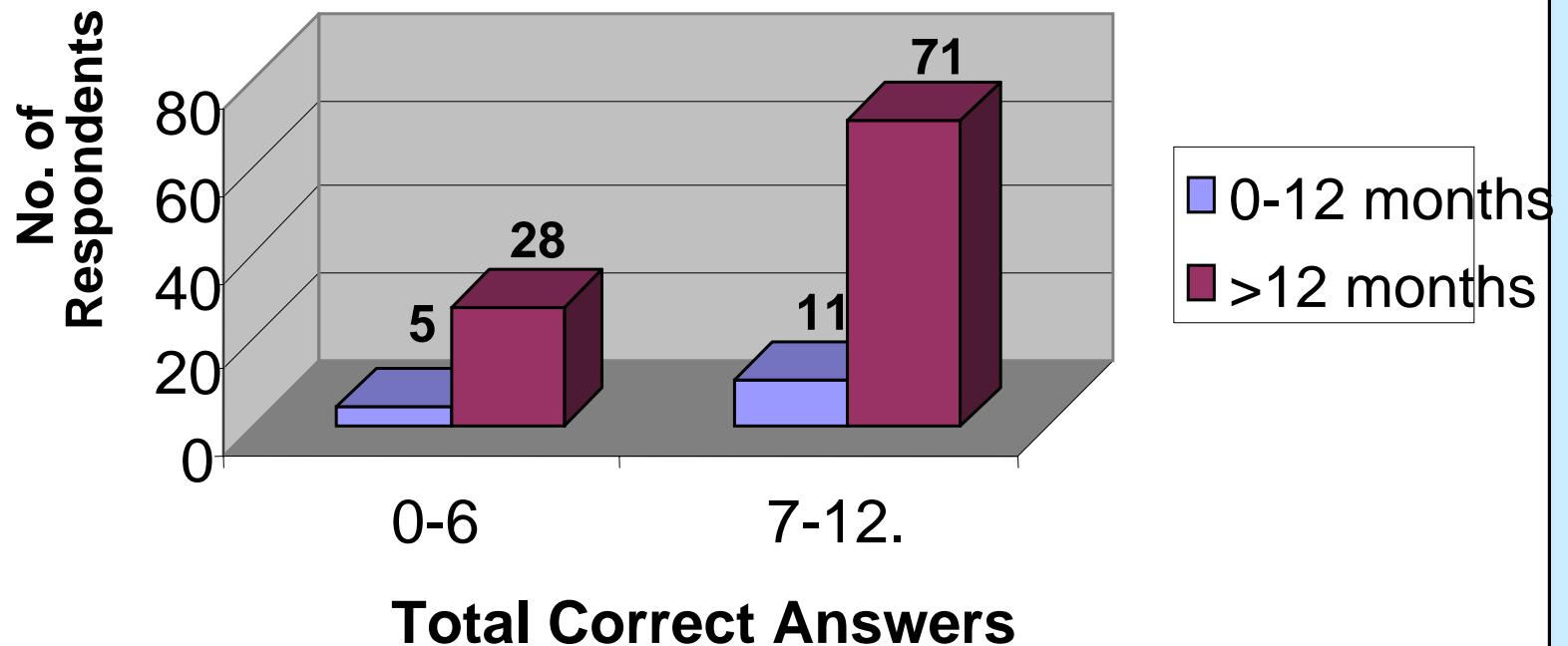
Relationship between Financial status and Duration of Breastfeeding



Relationship between Attitude and Duration of Breastfeeding



Relationship between Knowledge on Breastfeeding and Duration of Breastfeeding





DISCUSSION

- Nearly all mothers in the rural villages in Kubang Pasu breastfed their children i.e. 99%.
- The incidence of non-exclusive breastfeeding was found to be predominant to exclusive breastfeeding.
- Most breastfeeding mothers received formal education, were unemployed and generate a low monthly income. Unfortunately, these factors were not found to be significantly associated with the duration of breastfeeding.
- Knowledge and attitude play an important role in one's decision and duration of breastfeeding.



CONCLUSION

- The prevalence of breastfeeding in Kubang Pasu was very high i.e. 99%
- It is associated with educational level, occupational status, income, attitude and knowledge
- Spouse and family members have an important role to play
- While improved maternity services help to increase the initiation of exclusive breastfeeding, support throughout the health system is required to help mothers sustain exclusive breastfeeding.



ACKNOWLEDGEMENTS

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