



KNOWLEDGE AND PRACTICE OF EXCLUSIVE BREASTFEEDING AMONG CHILDBEARING AGE WOMEN IN FATE TANKE, ILORIN KWARA STATE, NIGERIA

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INTRODUCTION/BACKGROUND

- Breast milk has the important nutrients that a newborn need to grow healthy and strong.
- Infants who are exclusively breastfed develop less infections; have less severe illnesses (World Health Organization, 2009).
 - Giving babies other feds before six months is often associated with errors of contamination during the preparation and administration process predisposing the child to diarrhea diseases... (Motee *et al.*, 2013).
- World health organization indicated that EBF protective effect is not limited to the lactation period; it persists for years even after termination of breastfeeding.

INTRODUCTION/BACKGROUND

- The benefits of EBF are bigger in settings of poverty, poor nutrition and poor hygiene, where baseline disease rates are higher.
 - In low-income/middle-income countries, an optimal breastfeeding has the potential of preventing 12% of all under-5 deaths.

INTRODUCTION/BACKGROUND

- Every year, optimal breastfeeding practices can prevent about 1.4 million deaths worldwide among children under five (Sinshaw et.al.(2015).
- EBF has been suggested important public health strategy useful for improving children's and mother's health with favorable effect on healthcare costs of any society (Al-Binali, 2012)

INTRODUCTION/BACKGROUND

- Also, breastfeeding supports healthy brain development and is associated with higher performance on intelligence tests among children and adolescents (Victora et.al. (2015)).

INTRODUCTION/BACKGROUND

Although the World Health Assembly (WHA) has set a global target in order to increase the rate of EBF for infants aged 0–6 months up to at least 50% in 2012–2025.

Adherence to these guidelines varies globally, only 38% of infants are exclusively breastfed for the first six months of life (Hawley et.al., 2015).

INTRODUCTION/BACKGROUND

- High-income countries such as the United States (19%), United Kingdom (1%), and Australia (15%), have shorter breastfeeding duration than do low-income and middle-income countries (Victora *et.al.*, 2016).
- in low-income and middle-income countries, only 37% of infants younger than six months are exclusively breastfed (Victora *et.al.*, 2016 According to recent papers in the sub-Saharan Africa region, only 53.5% of infants in East African countries were EBF for six months which is way below the WHO target of 90%.

MATERIALS AND METHODOLOGY

- The Study area and setting was Fate Tanke, Ilorin, Kwara State, Nigeria is a place located in the north central Nigeria.
- It has a land mass of 443,000 square kilometer. Fate-Tanke is populated with people of different origin comprising Yoruba, Igbo, Hausa, Nupe, Tiv, who are living together in peace.
- The major occupations of the occupants are: trading, public and civil service and farming.

MATERIALS AND METHODOLOGY

- Descriptive research design of survey type was used in this study.
- The population for this study included all women of childbearing age in Fate Tanke, Ilorin, Kwara State, Nigeria, attending with approximately four hundred and two (402) (Field survey, 2022)
- All women who are presently of childbearing age nursing at least a child are included in this study, while women who are not within the childbearing age and not currently nursing a child were excluded from the study.

MATERIALS AND METHODOLOGY

Table 1: Sampling frame

S/N	Name of Health Center	Population	0.5/50% of the population	Sample selected
1	Agbede- budo health center, Fate	22	11.0	11
2	Ebedi Oke-Ogun health center, Fate	25	12.5	13
3	Deen Sawmill health center, Tanke	20	10.0	10
4	Tanke Basic health Center,	102	51.0	51
5	Onireke Basic Health Care Tanke	63	31.5	32
6	Adonia medical center	170	85	85
	Grand Total	402	201	202

MATERIALS AND METHODOLOGY

A Multi-stage sampling technique was used for the study. This comprises of:

- **Stage one:** simple random sampling technique was used to select six health centers.
- **Stage two:** purposive sampling technique was used to select women of childbearing age attending the health center for the study.
- **Stage three:** proportionate sampling technique was used to select 0.5/50% of women of childbearing age from the hospital record/register for the study.
- **Stage four:** convenient sampling technique was finally used to select 202 respondents for the study. All the childbearing age women were given equal opportunities to be selected into the study.

MATERIALS AND METHODOLOGY

Instruments for data collection

A researcher structured questionnaire which consists of two sections (A and B).

Section A obtained information on demographic data of the respondents while

section B obtained information on the variables for the study

A two-point Likert rating scale of Yes or No; 2, 1 was used for the knowledge part of the research items while four-point Likert rating scale of Strongly Agreed (SA), Agreed (A), Disagree (D), and Strongly Disagree (SD) were used to determine the practice of the response to research items, rated 4, 3, 2 and 1 respectively.

MATERIALS AND METHODS

Statistical analysis

- Data collected were analyzed using Statistical Package for Social Science (SPSS) version 23.0 for descriptive and inferential statistics at 0.05 level of significance,

Results

Table 2: Frequency counts and percentage analysis of the respondents' personal data

S/n	Variables	Frequency	Percentage (%)
1.	Culture		
	Yoruba	139	68.8
	Igbo	15	7.4
	Hausa	20	9.9
	Others	28	13.9
	Total	202	100.0
2.	Educational level		
	No Formal Education	20	9.9
	Adult Education	8	4.0
	Primary Education	8	4.0
	Secondary Education	28	13.9
	Tertiary Education	138	68.3
	Total	202	100.0
3.	Occupation		
	Trader	84	41.6
	Self-employed	50	24.8
	Civil servants	32	15.8
	Others specify	36	17.8
	Total	202	100.0
4.	Religion		
	Christianity	130	64.4
	Islam	68	33.7
	Others	4	2.0
	Total	202	100.0

Results

Table 3: frequency counts and percentage analysis showing the result of knowledge of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.

S/ N	ITEMS	SA	A	PR	D	SD	NR
5.	Exclusive breastfeeding of breast milk is important for the infants' nutritional needs.	162 (80.2%)	32 (15.8%)	194	4 (2.0%)	4 (2.0%)	8
6.	The breast milk is confirmed to the infants' needs and its components changes during the baby's growth	134 (66.3%)	52 (25.7%)	186	8 (4.0%)	8 (4.0%)	16
7.	Exclusive breastfeeding is a natural and healthiest choice for raising infants.	154 (76.2%)	32 (15.8%)	186	12 (5.9%)	4 (2.0%)	16
8.	Exclusive breastfeeding increases the baby general immune system against germs and diseases.	146 (72.3%)	48 (23.8%)	194	4 (2.0%)	4 (2.0%)	8
Mean total				760			48
				94.1%			5.9%

Results

Table 4: frequency counts and percentage analysis showing the result of practice of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.

S/N	ITEMS	SA	A	PR	D	SD	NR
9.	I exclusively breastfeed my child.	158 (78.2%)	36 (17.8%)	194	4 (2.0%)	4 (2.0%)	8
10.	Wash my nipples properly before breastfeeding my baby.	110 (54.5%)	76 (37.6%)	186	12 (5.9%)	4 (2.0%)	16
11.	Properly breastfeed my child before engaging in other things	143 (70.8%)	47 (23.3%)	190	8 (4.0%)	4 (2.0%)	12
12.	My infants enjoy my breast milk despite my daily routine.	147 (72.8%)	43 (21.3%)	190	8 (4.0%)	4 (2.0%)	12
Mean total				760			48
				94.1%			5.9%

Table 5: Chi-square χ^2 result showing knowledge of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.

Variable	N	df	Calculated χ^2 value	Critical/Table χ^2 value	Remark
Knowledge of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.	202	9	513.90	16.92	Ho Rejected

Results

Table 6: Chi-square χ^2 result showing practice of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.

Variable	N	df	Calculated χ^2 value	Critical/Table χ^2 value	Remark
Practice of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin.	202	9	265.88	16.92	Ho Rejected

Results

Table 7: Chi-square χ^2 result showing proper exclusive breastfeeding on improving the health status of infants among women of childbearing age in Fate Tanke Ilorin.

Variable	N	df	Calculated χ^2 value	Critical/Table χ^2 value	Remark
Exclusive breastfeeding and improvement of health status of infants among women of childbearing age in Fate Tanke Ilorin.	202	6	273.24	12.59	Ho Rejected

Results

Table 8: Chi-square χ^2 result showing exclusive breastfeeding on protecting infants among women of childbearing age in Fate Tanke Ilorin.

Variable	N	df	Calculated χ^2 value	Critical/Table χ^2 value	Remark
Exclusive breastfeeding and protection of infants among women of childbearing age in Fate Tanke Ilorin.	202	6	209.42	12.59	Ho Rejected

Results

Table 9: Chi-square χ^2 result showing exclusive breastfeeding on reduction of child morbidity of infants among women of childbearing age in Fate Tanke Ilorin.

Variable	N	df	Calculated χ^2 value	Critical/Table χ^2 value	Remark
Exclusive breastfeeding on reduction of child morbidity of infants among women of childbearing age in Fate Tanke Ilorin.	202	6	148.29	12.59	Ho Rejected

DISCUSSIONS

High level of support, confidence and a natural determination of breastfeed had a connection to positive attitude. The mothers were able to list several advantages with exclusive breastfeeding and that it was the natural and healthiest choice for both themselves and their infants. They also felt that they enjoyed it and it created a closer bond between mother and infant.

DISCUSSIONS

This study reveals the following:

1. There is knowledge of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin. This corroborates with the findings of Brown & Lee, (2011) which explored the knowledge and experiences in mothers who successfully breastfed exclusively for six months. A positive attitude towards breastfeeding was associated with a longer duration for breastfeeding.

DISCUSSIONS

2. There is practice of exclusive breastfeeding among women of child bearing age in Fate-Tanke Ilorin. This finding is in agreement with the findings of Wojcik (2010), who investigated maternal attitudes towards breastfeeding in San Francisco, California, by interviewing mothers who recently delivered healthy new-born. He discovered that breastfeeding mothers practice breastfeeding, but may be hindered by elements that promoted the negative attitudes like instant formula, embarrassment of breast feeding in public, physical concerns, uncomfortable feelings and negative influence from family/friends

DISCUSSIONS

3. The study also reveals that exclusive breast feeding improves the health status of infants among women of child bearing age in Fate Tanke Ilorin. This finding is an improvement on the findings of Sandoval-Priego et al. (2012). Malnutrition is one of the biggest health problems that the world currently faces and is associated with more than 41% of the deaths that occur annually in children from 6 to 24 months of age in developing countries which total approximately 2.3 million. World Health Organization in 2001 reported that 54% of all childhood mortality was attributable, directly or indirectly, to malnutrition. Sub-Saharan Africa has a high prevalence of the different types of malnutrition, namely stunting, wasting and under weight (Lutter & Rivera, 2015).

DISCUSSIONS

4. Exclusive breastfeeding protects infants among women of childbearing age

In Fate Tanke Ilorin. This finding is in treaty with the findings of Lawrence and Lawrence (2011), which opined that: human milk is the best source of nutrition for most new born and infants and immunologic protection against many infections during infancy

Given the importance of breastfeeding for the health and well-being of mothers and children

DISCUSSIONS

5 The study also reveals that exclusive breastfeeding reduces child morbidity of infants born by women

Of childbearing age in fate-Tanke Ilorin. This corroborates with the findings of WHO,(2010) which states that exclusive breastfeeding has been well-recognized as an important public health tool for the primary prevention of child morbidity and mortality . Exclusive breastfeeding means that the infant receives only breastmilk. No other liquids or solids are given ,not even water, with the exception of oral rehydration solution, or drops/syrups of vitamins, minerals or medicines

CONCLUSION

The study revealed that there is high level of knowledge and practice of exclusive breastfeeding among women of childbearing age in Fate Tanke Ilorin because the wer seen

Recommendation

Based on the conclusion of the study ,the following recommendations were made:

1. Infant should be exclusively breastfed for 6 months without artificial food or water This is in line with in WHO (2001) which recommended that infants should be exclusively breastfed for 4-6 months with the introduction of complementary foods (any fluid or food other than breastmilk) thereafter which was later reviewed in

2001, after a systematic review and expert consultation ,this advice was changed and exclusive breastfeeding was then recommended for the first 6 months of life to achieve optimal growth, development and health (Futrell & Morgan, 2014

Recommendation

2.Strong reinforced messages about the health benefits of exclusive breastfeeding in social and strategic environments will to increase the duration and the length of breastfeeding. This is in line with the opinion of Steuben & Bonuck (2011).

3.Knowledge of exclusive breastfeeding among women of child bearing age should be improved upon during antenatal care services through health education in order to encourage them to continue with exclusive breastfeeding.

Recommendation

4. Women of childbearing age should continue to breastfeed so as to improve the child/ren health status.
5. Women of childbearing age must continue to exclusively breastfeed their infants for full protections against diseases and infections.
5. There should be increase in maternity leave from 3 months to 6 months for all public servants of women of child bearing age to make it easy for them to exclusively breastfeed their babies for six months.
6. All stakeholders (Government, health worker, caregiver, society) should show willingness and commitment to making exclusive breastfeeding work.