



# **Prevalence of breastfeeding and factors affect its practice in women attending primary health care units in Cairo**

**Thesis**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# قالوا

لَسْبَحَانَكَ لَا يَعْلَمُ لَنَا  
إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ  
الْعَلِيمُ الْعَظِيمُ

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# *List of Abbreviations*

<b>Abb.</b>	<b>Full term</b>
<i>ANC:</i>	<i>Antenatal Care</i>
<i>BF:</i>	<i>Breastfeeding</i>
<i>BFHI:</i>	<i>Baby Friendly Hospital Initiation</i>
<i>BMI:</i>	<i>Body Mass Index</i>
<i>CS:</i>	<i>Caesarian Section</i>
<i>EBF:</i>	<i>Exclusive Breastfeeding</i>
<i>EDHS:</i>	<i>Egypt Demographic and Health Survey</i>
<i>EIBF:</i>	<i>Early Initiation Of Breast Feeding</i>
<i>EPI:</i>	<i>Expanded Program on Immunization</i>
<i>FE:</i>	<i>Fisher Exact</i>
<i>FGD:</i>	<i>Focus Group Discussion</i>
<i>HE:</i>	<i>Health Education</i>
<i>HIV:</i>	<i>Human Immunodeficiency Virus</i>
<i>ICU:</i>	<i>Intensive Care Unit</i>
<i>IQ:</i>	<i>Intelligence Quotient</i>
<i>Kcal:</i>	<i>Kilo Calories</i>
<i>MOH:</i>	<i>Ministry Of Health</i>
<i>NCDs:</i>	<i>Non Communicable Diseases</i>
<i>Non-EBF:</i>	<i>Non_ Exclusive Breastfeeding</i>
<i>ORS:</i>	<i>Oral Rehydration Salts</i>
<i>PHC:</i>	<i>Primary Health Care</i>
<i>PKU:</i>	<i>Phenyl ketonuria</i>
<i>PUFA:</i>	<i>Poly Unsaturated Fatty Acids</i>



## *List of Abbreviations (Cont...)*

<b>Abb.</b>	<b>Full term</b>
<i>RCT:</i> .....	<i>Randomized Control Trial</i>
<i>RUB:</i> .....	<i>Ringling Up About Breastfeeding</i>
<i>SD:</i> .....	<i>Stander Deviation</i>
<i>SIDS:</i> .....	<i>Sudden Infant Death Syndrome</i>
<i>SIF:</i> .....	<i>Soya Based Infant Formula</i>
<i>UNICEF:</i> .....	<i>United Nations International Children's Emergency Fund</i>
<i>USA:</i> .....	<i>United State Of America</i>
<i>WHO:</i> .....	<i>World Health Organization</i>

# INTRODUCTION

Breast milk is the ideal nutrition created for the infant (*Wu et al., 2018*). It is the best gift a mother can give for her child. It is an important public health strategy for reducing infant and child morbidity and mortality (*Woldie et al., 2014*). The World Health Organization (WHO) and UNICEF recommend that children should be exclusively breastfed during the first 6 months of life (*WHO, 2010*).

Breastfeeding is one of the most important determinants of child survival, birth spacing, and the prevention of childhood infections (*Gihan et al., 2014*). It is a complete food available at no cost and an effective way to provide infant protection in a caring environment (*Veerbhan et al., 2013*). In developing country more than 800,000 child deaths a year could be prevented by breastfeeding, according to a new report released by UNICEF child protection unit in developing countries, poorer mothers tend to breastfeed longer than others (*Setegn et al., 2012*). In addition, breastfeeding has declined worldwide in recent years, due to urbanization and maternal employment outside the home, early initiation of breastfeeding is not seen in over 75% of the children and over 50% of children are not exclusively breastfed (*Poredi et al., 2015*).

Many factors affect breastfeeding as maternal age, education, employment, residency, cultural, religious practices, living arrangement, antenatal care practices, home delivery,

professional assistance at birth were found to affect breastfeeding practices. The way the factors influence EBF practice differ from one setting to the other, necessitating the need for setting specific data (*Maonga et al., 2016*). *Besides*, mothers believe that her milk is not enough, delicate nipples, lack of adequate draining, nipple chaps and plain nipple are among the problems faced during breastfeeding (*Seval et al., 2018*). These factors should be recognized in order to support the baby to grow healthy.

## **RATIONALE OF THE STUDY**

**I**n Egypt, the EDHS (**Egypt Demographic and Health Survey**) **2014**, showed that among infants under two months of age, 71% received only breast milk. However, the proportion dropped off rapidly. By age 4-5 months, only 13% of children were exclusively breastfed.

There are gaps in understanding how many factors in Egypt affect breastfeeding pattern. Therefore, exploring these factors can help promote breastfeeding and hence decrease infant morbidity and mortality.

## RESEARCH HYPOTHESIS

The prevalence of exclusive breastfeeding is low among women attending primary health care units in Cairo.

## RESEARCH QUESTIONS

- 1- What is the prevalence of breastfeeding among mothers attending El Tagamoa El Khames and El Zawia primary health care centers (PHC)?
- 2- What are the factors that affect breastfeeding among mothers attending El Tagamoa El Khames and El Zawia primary health care centers?

## AIM OF THE STUDY

To promote breastfeeding among mothers attending Primary Health Care centers. Hence, decrease infant morbidity and mortality.

### **Objectives of the study:**

1. To determine prevalence of breastfeeding among mothers attending El Tagamoa El Khames and El Zawia primary health care centers.
2. To determine factors that may affect breastfeeding practice among mothers attending El Tagamoa El Khames and El Zawia primary health care centers. These factors as socioeconomic factors, maternal age, parity, health education of mothers about breastfeeding and antenatal care.