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Association between breastfeeding support and other factors affecting exclusive breastfeeding in Barangays Commonwealth and Payatas in district II, Quezon City, Philippines

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Objective: To determine the association of the presence of breastfeeding support, as well as the socio-demographic maternal and infant factors, to exclusive breastfeeding.

Design & Setting: This is a cross sectional study. Questionnaires were distributed in four areas: Barangay NGC Commonwealth Health Center, Payatas B Health Center, Holy Trinity Parish Community Clinic in Commonwealth QC and at EAMC OPD.

Patients/Participants: 181 mothers who are 18 years old and above with infants aged 6-12 months old, who are residents of Barangays Commonwealth and Payatas in District II Quezon City.

Main Outcome Measure: To show the association of maternal, infant sociodemographic factors and the type of breastfeeding support associated to duration of exclusive breastfeeding.

Results: Characteristics of mothers with and without exclusive breastfeeding had significant differences with respect to attendance to prenatal breastfeeding lectures ($p=0.035$), Unang Yakap program (0.024), parity ($p=0.002$), employment ($p<0.0001$), presence ($p<0.0001$) and types of breastfeeding support ($p=0.007$) and participation in breastfeeding activities ($p=0.030$). After regression analysis and adjustment for parity and employment was done, independent factors that were found to be associated with exclusive breastfeeding are: attendance to prenatal breastfeeding lectures ($p=0.011$), peer support from other breastfeeding mothers (0.014) and participation in breastfeeding activity ($p=0.013$)

Conclusions: Maternal parity, occupation and a strong social support are factors which determine the duration of exclusive breastfeeding. Breastfeeding education and support which is given early in prenatal care, readily available and with active maternal participation was shown to be more effective in prolonging the duration of exclusive breastfeeding in infants six months and older.

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