

JOINT EVENT

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Socio-demographic factors influencing the initiation and continuation of exclusive breastfeeding in a regional hospital in Kuwait

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Introduction: Breastfeeding (BF) has been recognized by WHO to be the optimal nutrition in infants exclusively for the first six months of life. However, every culture has challenges so it is important to assess socio-demographic factors which influence mothers' intention and ability to continue Exclusive Breast Feeding (EBF).

Objective: To assess prevalence of EBF and socio-demographic factors affecting, among the mothers from different cultures delivered at a regional hospital in Kuwait.

Patients & Methods: A cohort study on mothers of infants delivered in Adan hospital, Kuwait, between March 1st, 2014 and May 31st, 2014. Respondents were grouped according to age, nationality, parity, education, occupation and mode of delivery. BF data was collected at different stages during the first 6 month of infants' life and analyzed.

Results: Of 1492 deliveries in Adan hospital, 856 mothers were included in the study. Overall, EBF was 88.5%, 74%, 49.8% and 38.6% for infants aged one week, one month, 3 months and 6 months respectively. Significantly higher proportions of EBF was at six months in mothers with secondary education or higher, caesarean section, maternal age >30 years, non-Kuwaiti, non-working and primipara mothers. Logistic regression analysis to identify excluding factors for EBF at the age of 6 months showed that the most influencing factors are Kuwaiti national, working mothers and mother's age < 30 years. But mode of delivery, parity and the educational level has a small influence on the continuation for EBF at six months.

Conclusion: Understanding of different socio-demographic factors in the community and modification of local policies are critical factors for initiation and continuation of EBF.

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