



Effect of parenting intervention for improving breast feeding practices in rural setting of India

Khatib Mahalaqua Nazli

Datta Meghe Institute of Medical Sciences, India

Abstract

Background: Optimal breastfeeding practices, comprising early initiation of breastfeeding (EIBF) within one hour of birth, exclusive breastfeeding (EBF) for the first six months of age are vital for child survival, growth, and development. Over 50% of child mortality due to under-nutrition globally have been attributed to insufficient breastfeeding. CDC's 2018 Breastfeeding Report Card states that in US less than 50% of infants were exclusively breastfed through 3 months and about 25% were exclusively breastfed through six months.

Aim: This project aimed to improve the early initiation and exclusive breast-feeding practices of rural women of Central India.

Methodology: This was a community-based cluster-randomized effectiveness trial, which was conducted through the peer mentors. 360 mother-child dyads from 36 AWC coverage areas were enrolled for the study. The study population was randomized into intervention (n=180) and control groups (n=180) with one Anganwadi Center (AWC) as unit of randomization (18 cluster in each group). Parenting intervention included a component on counselling of women on breastfeeding practices through scheduled, customized home visits by trained and certified peer mentors. The control group received only standard care. The mothers were assessed for early initiation of breast feeding and exclusive breast feeding till six months of delivery. Analysis was by intention to treat.

Results: Early initiation of breast feeding and exclusive breast feeding in intervention group were significantly higher than in control group ($p < 0.05$). Score gains remained significant when controlling for mother's education, wealth score and family size.

Conclusion: Breastfeeding counselling intervention delivered through community peer mentors can improve breastfeeding practices in a rural set-up and can be scaled-up sustainably.

Biography

Khatib MN has completed her PhD at the age of 35 years from Datta Meghe Institute of Medical Sciences. She is the Head, Division of Evidence Synthesis, School of Epidemiology and Public Health, Datta Meghe Institute of Medical Sciences, India. She has over 50 publications that have been cited over 385 times, and his/her publication H-index is 12 and has been serving as an reviewer of reputed Journals. In her leadership; the division has produced high quality systematic reviews, with recognized national and international impact. Along with researchers; her division has received joint funding from ICMR, DFID, AusAID, USAID, Grand Challenge Canada. She has joint publications and collaborations on systematic reviews with authors from Cochrane South Asia Centre (CMC Vellore, India); Public Health Evidence South Asia, Indian Institute of Public Health (Gandhinagar, India); Harvard School of Public Health (USA); Liverpool John Moores University (UK).



Publication

1. Early Childhood Shigellosis and Attention Deficit Hyperactivity Disorder: A Population-Based Cohort Study with a Prolonged Follow-up, Eugene Merzon, Yuval Gutbir, Shlomo Vinker, Avivit Golan Cohen, Dana Horwitz, Shai Ashkenazi, and Yair Sadaka.
2. Shigella ADHD, Authors: Yair Sadaka, Dana Horwitz, Eugene Merzon, Shlomo Vinker, Avivit Golan Cohen, Shai Ashkenazi, Yuval Gutbir

14th International Conference on Pediatrics & Neonatal Healthcare
March 11-12, 2020 | Zurich, Switzerland

Author Citation: Khatib Mahalaqua Nazli, *Effect of parenting intervention for improving breast feeding practices in rural setting of India*,

Pediatrics Healthcare 2020, 14th International Conference on Pediatrics & Neonatal Healthcare, Zurich, Switzerland, March 11-12, 2020