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Predictors of optimal breastfeeding practices among mothers who have less than 24 months of age children in Hermina Hospital Balikpapan, Indonesia

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Background: The prevalence of exclusive breastfeeding (EBF) for the first six months of life has remained low worldwide. The result of Basic Health Research Indonesia 2010 showed that the coverage of exclusive breastfeeding until 6 months were lower than the exclusive breastfeeding coverage target in Indonesia that 80 %. Even though breast feeding is accepted and praised behaviour, mothers do not always follow the recommendations on breast feeding in Indonesia. Thus, this study aims to determine the optimal breastfeeding practices and associated factors among mothers of children age less than two years in Hermina Hospital Balikpapan, Indonesia.

Methods: Community-based cross-sectional study was conducted in Hermina Hospital Balikpapan using structured interviewer administered questionnaire. The collected data was analyzed using SPSS version 16.0. Logistic regression analysis was used to identify factors associated with optimal breastfeeding practices.

Results: A high proportion 67 (65.6%) of mothers were breastfed their infants sub-optimally while only 48 (47.1%) mothers were breastfed their infants optimally. Wealth index, Educational level of mothers, knowledge and partner Support of EBF were predictors of optimal breast-feeding practices.

Conclusions: Below half (47,1 %) of the mothers were breastfed their infants optimally. Breastfeeding promotion program is essential to encourage the practice of timely initiation of breastfeeding. Breastfeeding promotion programs are needed for mothers, and should include health extension workers, low socio-economically, health-care providers and maternity institutions.

Biography

Izzah Baridah is a pediatrician in Hermina Hospital Balikpapan, Indonesia. She completed her MBBS in Islamic University of Indonesia studies. She has published 5 papers in reputed journals, more than 10 articles medicine on national medical magazine.

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