

Determinants of exclusive breastfeeding continuity among mothers of infants under six months in Plateau State, Nigeria

ABSTRACT

Introduction: Exclusive breastfeeding practice is of public health significance as it improves child health and growth. This study was aimed at determining factors associated with exclusive breastfeeding practices among mothers of infants under six months.

Materials and Methods: This was a cross-sectional study. 310 mother-infant pairs were selected from three primary health care facilities in Jos North LGA. A validated questionnaire was administered to mothers. Main outcome measures were factors associated with exclusive breastfeeding practice.

Results: 39.7 % practiced exclusive breastfeeding. Determinants of exclusive breastfeeding identified included mother's ethnicity, level of education, marital status, and religion. Others included the time at which breastfeeding was initiated after birth, colostrum feeding and time at which counselling was received by mothers.

Conclusion: Exclusive breastfeeding rates are still low and so interventional studies and programs are necessary and should be targeted at mothers of infants under six to increase exclusive breastfeeding prevalence.

Keyword: Exclusive breastfeeding; Infants; Determinants; Nigeria