

Prevalence and predictors of 6-month exclusive breastfeeding in a rural area in Egypt

Abstract

This study was conducted to determine prevalence of exclusive breastfeeding during the first 6 months of life and to identify factors that interfere with this practice in the study area. A retrograde cross sectional study included 109 mothers who attended the rural health unit to immunize their young children (6–24 months) in Al Der village in Kaliubia governorate. We found 90.8% of mothers (100 out of 109) breastfeeding their babies while only 9.7% (10) were exclusively breastfeeding their infants for 6 months. Among different studied sociodemographic, maternal and infant factors only antenatal care (ANC \geq 4 visits), early breastfeeding initiation after delivery, male infant and absence of breastfeeding difficulties were the significant predictors associated with higher chance for exclusive breastfeeding. This study indicating that the prevalence rate of exclusive breastfeeding is low in Egypt and interventions are needed to bridge the gap between the current practices of breastfeeding and the World Health Organization recommendation.

Keywords: Exclusive breastfeeding, prevalence, cross sectional study, Egypt