

Prevalence and associated factors affecting exclusive breast feeding among women having under six month children, in Jigjiga town, Somali region Ethiopia, 2017

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Key word: Infant Exclusive breast feeding, Factors, Jigjiga, Town, Ethiopia, 2017

Background: According to WHO, exclusive breastfeeding is defined as the practice of feeding only breast milk (including expressed breast milk) and no other liquids or solids with the exception of drops or syrups consisting of vitamins, mineral supplements or medicine, breastfeeding renders many health and developmental advantages through promoting and protecting maternal and child health, optimal breastfeeding is one of the most effective preventive health measures against diarrheal diseases and child mortality. Studies indicate that breast milk protects infants from infectious and chronic diseases.

Objectives: To assess prevalence and associated factors affecting exclusive breast feeding among mother having child less than six month, in Jigjiga town of Somali Region Ethiopia.

Methodology: descriptive community based cross-sectional study was used aimed at establishing breastfeeding practices and related factors among mothers having children under six months from Feb,2017_March,2017 in Jigjiga town of, Somali region Ethiopia, Structured questionnaire was used to collect the questionnaire includes questions on socio-demographic characteristics, factors related to EBF practice of mothers. Jigjiga town has 20 kebeles of which 6 kebeles was selected randomly From the chosen 6 kebeles, study participants was drawn proportionally, which is 396 mothers having under six months child finally by using systematic random sampling eligible households which fulfill the inclusion criteria was selected.

1.1 Ethical consideration: Ethical clearance was obtained from school of Graduate studies, College of Health Science, jigjiga University Research and Ethical Committee (REC). An official letter has been written from school of Public Health to Jigjiga city administration to get permission and support letter to each respected kebeles. Permission to conduct the study in the local area was also being obtained from the District health office head and leaders of selected areas. Written consent was sought from every participant. For illiterate women, a right thumb print was taken as a signature the purpose of the study was explained to the study participants and a written consent was taken from participants to confirm whether they are willing to participate. Confidentiality of responses was also ensured throughout the research process.

Result: In this study the rate of exclusive breastfeeding in infants aged less than six months was 41.9 % place of delivery (AOR=2.294, 95% CI (1.330 4.255), information on breastfeeding (AOR=1.834, 95% CI (1.099 3.059), household average monthly income (AOR=2.069, 95% CI (1.207 3.549), morbidity of the (AOR=2458, 95% CI (1.334 4.531), Antenatal care utilization (AOR=2.236, 95% CI (1.044 4.787), educational status of the Mother (AOR=3.63, 95% CI (1.145 11.506), were the independent factors associated with exclusive breastfeeding practice.

The variables with a p-value ≤ 0.2 at bivariate analysis such as: Age of the child, mothers Educational status, husbands education, Antenatal care

utilization, place of delivery, information of breast feeding, ethnicity, child morbidity, household average monthly income and Age of the mother and were entered to multiple logistic regression using enter method.

But in the enter method of multivariable logistic regression, place of delivery (AOR=2.294, 95% CI (1.330 4.255), information on breastfeeding (AOR=1.834, 95% CI (1.099 3.059), household average monthly income (AOR=2.069, 95% CI (1.207 3.549), morbidity of the (AOR=2458, 95% CI (1.334 4.531).

Antenatal care utilization (AOR=2.236, 95% CI (1.044 4.787), educational status of the Mother (AOR=3.63, 95% CI (1.145 11.506), were the independent factors associated with exclusive breastfeeding practice whereas age mother, ethnicity and educational status of the husband were not associated with EBF practice of the mother.

Discussion: In this study the rate of exclusive breastfeeding in infants aged less than six months was 41.9 % Socio demographic/economic, infant and maternal attributes associated with EBF practice for infants less than six months of age in the mothers having less than six month child in Jigjiga town of Somali region were also investigated.

The finding of this study is comparable to EDHS of Ethiopia, Somali region exclusive breast feeding provenance (49%), studies done in 27 countries of sub-Saharan Africa (36%), mollo district of Kenya (38%), in Woldiya town, Ethiopia (45.2%), Dollo ado woreda in Somali region, Ethiopia (48%).

Conclusion: Despite WHO and UNICEF recommendation of the exclusive breast feeding of 90% and above the prevalence of exclusive breast feeding in Jigjiga town of Somali region, Ethiopia is only 41.9% which is also below the national prevalence of EBF in EHDS(2016) which is 58%.according this study among different socio economic, maternal and child factors only infant age, educational status of the other, information on child feeding, antenatal care utilization, child morbidity and average monthly house hold were significantly associated.

Strength: Since the study is community based it has no any invasive application of procedure to the individual selected, it identifies the very factors associated with prevalence of exclusive breast feeding, the fact that the study was population base, the result of the current study may lay the foundation to develop information necessary to cope with the challenges of prevalence of exclusive breast feeding, as representative sample size were used the result can be generalized

Limitation: Since the study is cross-sectional it may not be strong to demonstrate direct cause and effect relationship between risk factors and outcome ,the duration intended to conduct the proposal and research was not enough so there was time constraint, Since the budget intended for this research is self-sponsored, so resource was little pit challenging and again the prevalence of exclusive breast feeding was assessing 24 hours so recall bias may occur all the variables affecting prevalence of exclusively breast feeding are not exhaust listed.