

Source of Information in Regard of Starting Breast_Feeding in Baghdad

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Summary:

This study. was done on three hundred mothers who has a child less than 5 year old in AL-Nahryn University Teaching Hospital for the period of three months 1-1-2001 to 31-3-2001. The study showed that 48% were Breast-feeding, 11% Bottlefeeding, & 41% Mixed breast and bottle-feeding. The family plays a major role (97.2%) in deciding the type of feeding and the doctor role was only 2% in that regard and 21.2% in advice for artificial feeding. The study also showed that there is a decline in breast feeding among -the three generations studied 100%, 96.4%, 48%; which represent around 52% o decline in breast feeding.

Introduction:

Breast milk is the *natural food for full-term infants during the first months of life* It is always readily available at the proper temperature & needs no time for preparation. The milk is fresh & free of contaminating bacteria, which reduce the chance of gastrointestinal tract disturbances. ~"

Allergy & intolerance to cow's milk create significant disturbances & feeding difficulties that are not seen in breast-fed infants. A decreased incidence in otitis media in the first year of life has been reported in infant breast-fed exclusively for at least 4 months. Similarly, Meningitis as well as a reduced frequency in certain allergic & chronic diseases in later life has been reported."

Human milk contains bacterial & viral antibodies, including high concentration of secretory IgA antibodies, which prevents microorganism from adhering to intestinal mucosa. m'm Macrophages normally present in human colostrum & milk may be able to synthesize complement, lysozyme, & lactoferrin. Breast milk is also a source of lactoferrin, the iron-binding whey protein that is normally about one-third saturated with iron which has an inhibitory effect on the growth of *Escherichia coli* in the intestine. The stool of the breast-fed infant has a pH lower than that of the infant fed cow's milk. The intestinal flora of infants fed human milk may protect them against infections caused by some species of *B. coli*. Bile salts-stimulated lipase kills *Giardia lamblia* & *Entamoeba histolytica*. (')

The psychological advantages of breast feeding for both mother & infant are well recognized, & successful breast-feeding is a

satisfying experience for both. 0' There is a study done in 1989 in Baghdad University about feeding practice; the results of that study were compared with the result of this study.

Material & Method:

This study was done, on three hundred women in AL-Nahryn University Teaching Hospital at the year 2001. The target of the study was any woman who has a child less than 5 years. The method used was direct interview with the mother *by* using a special form prepared for this reason which included the name, age, education, occupation of the mother, & the education and occupation of the husband. Also the type of feeding, cause of choosing a specific type, and the source of information for choosing this specific type. Also type of feeding of the mother's mother & grandmother, figure (2).

Table (1) showed the feeding patterns through the three generations studied and the breast-feeding was 100% *in* the grandmothers to end to 48% *in* the mothers now. The reasons for choosing the type of feeding and the source for breast-feeding are shown in table (2). While table (3) showed the source of information for *bottle* and mixed feeding. The role of the *family* in deciding the type of feeding is shown in table (4) with great role in deciding the practice of breast-feeding. The education level and the age of the mothers is shown in tables (5) and (6) respectively, while the occupation of the mother was a house wife in 84.7% as shown in table (7) with high percentage of them were breast-feeding (50.3%).

Previous experience in practicing of breast-feeding was shown in table (8) with high rate of success in breast-feeding in those who has the experience of breast-feeding a baby.

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Results:

Table (1) feeding among generations

Type of feeding	Grand mother		Mother		Daughter Mother	
	No.	%	No.	%	No.	%
Breast	300	100	289	96.4	144	48
Bottle	-	-	-	-	33	11
Mixed	-	-	11	3.6	123	41

Table (2) source of information in Breast- feeding

cause	No	%	Source					
			Family	%	Doctor	%	Media	%
Feeding is good	136	94.4	132	91.6	3	2	1	0.6
habit	6	4.1	6	4.1	-	-	-	-
Economic	2	0.6	2	1.3	-	-	-	-

Table (3) source of information in Bottle & Mixed feeding

cause	Bottle				Mixed			
	Total No.	Family	Dr	Herself	Total No	Family	Dr	Herself
good	5	3	1	1	2	1	1	-
No time	7	7	-	-	27	18	4	5
Breast milk is not enough	-	-	-	-	84	82	-	2
No time & not enough	1	1	-	-	7	7	-	-
No milk	7	6	1	-	1	-	1	-
Medical case	4	1	3	-	2	-	2	-
CS	5	3	2	-	-	-	-	-
Did not take breast	1	1	-	-	-	-	-	-
Others	4	2	-	2	-	-	-	-

Table(4) Role of Family & Dr. in feeding

Type of feeding	Family Role		Doctor Role	
	No.	%	No.	%
Breast feeding	132	97.2	3	2
Bottle feeding	24	72.7	7	21.2
Mixed feeding	108	87.8	8	6.5

Table (5) Education level

Education	Mother		Father	
	No.	%	No.	%
Illiterate	14	4.6	8	2.6
Primary	78	26	39	13
Secondary	115	38.4	143	47.6
university	93	31	110	36.6

Table (6) Age of the mother

Age interval	No.	Percent
15-<25	60	20
25-<35	169	56.4
>35	71	23.6

Table(7) Occupation of the mother

Occupation	Total no.	%	Breast feeding	Bottle feeding	Mixed feeding
House wife	254	84.7	128	26	99
Employ	39	13	14	7	19
Worker	3	1	1	-	2
student	4	1.3	1	-	3

Table(8) previous experience of breast-feeding

previous experience of breast-feeding	Total no.	%
yes	128	26.7
No	92	42.7
The child is the first child	80	30.6

Discussion:

The study was done on patient mothers admitted with their children to Saddam Teaching Hospital for different reasons. The interview was done personally face to face and the results. showed that the family plays a major role in deciding the type of feeding, 97.2% for breast-feeding as shown in table (4) this role was less in AL-Abadi study in 1989 which was only 64% in breast-feeding, 4% bottle-feeding, and 4.6% in mixedfeeding.

Source of information	In 1989	In 2001
Breast feeding	64%	97.2%
Bottle feeding	4%	72.7%
Mixed feeding	4.6%	87.8%

In the present study the doctor role was only found in 2% of the mother feeding breast, while in AL-Abadi study this role was 22% of the sample studied, this change may be explained by decrease in the role of doctors due to sanctions and embargo inflicted on Iraq as a result of decreased families visits to doctors and as result of health service in general and the poor socioeconomic status of the families.

The role of the media is very poor in educating the mothers about the advantage of breast feeding as it represent 0.7% of the of breastfeeding, it may it may had. played an indirect role on the families but a more skilled convincing programs are needed for educating mothers about the advantage of breast-feeding and the disadvantage of bottlefeeding. An encouraging result of the study is that the media did not have a role in encouraging the use of bottle-feeding.

The causes of choosing breast-feeding: majority was with the line of thinking it is good for the child while the economic cause for that was only in 0.6% as shown in table (2) and the result is quietly different from 1898 study by AL-Abadi.

The causes of choosing bottle-feeding: following caesarian section was in 5 cases (15.5%) with a doctor advice in 2 cases (40%) which is higher in comparison to 1989 study in which doctor advice was only in 22%. Medical causes for putting the child on bottle-feeding was seen in 4 cases (12.2%) which was 10.6% in AL-Abadi study in 1989. The time factor for not feeding breast was seen in 21.2% and 15.5% of them were working mothers in comparison to 32.6% in 1989 study. In 5 cases (15.5%) the mothers had wrong idea that bottle-feeding is better than breast-feeding for the baby.

The sons. given by the mother for choosing mixed-feeding was their thinking that the breast milk is not enough (68.2%) and these mothers needs education by doctors and media. While 21.9% o of the mothers complained of not having the time for breast-feeding, 55.5% of which were working mothers, while 37% were housewife.

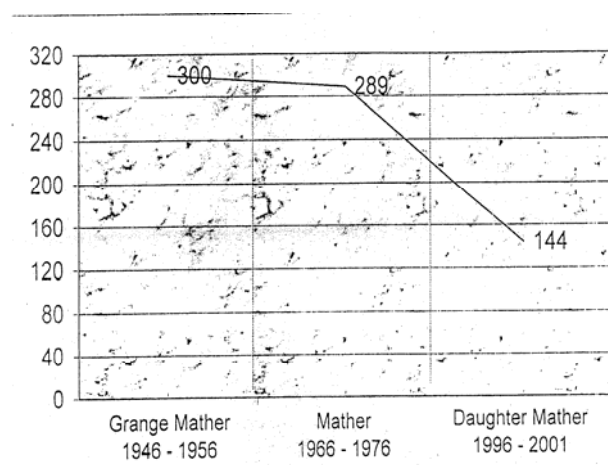
In spite of the fact that there is an increase in the education level in. comparison to 1989 study but sadly there- is a decrease in baseline of breast-feeding.

Education	Mother educ. In 2001		Mother educ. In 1989	
	No.	%	No.	%
Illiterate	14	4.6	43	2.7
Primary	78	26	54	36
Secondary	115	38.4	35	23.3
university	93	31	18	12

The ages of the mothers in this study was in the group 25-35 years which differs from the previous study with obvious increase in the age group which could be due to current. socioeconomic status.

Age interval	No.	Percent
15-<25	60	20
25-<35	169	56.4
>35	71	23.6

Feeding across generations showed very obvious decline in breast feeding 100%, 96.4%, 48% in the grandmother to the mother to the doughtier of the mother as it was shown in table (1) and figure (1). In1989 study it showed that breast-feeding was in 62%, bottle-feeding in 10%, and mixed feeding in 28%.



Figur 1

Recommendations:

- To start a national educating program for breast feeding education. To start a nation education of breast-feeding in the secondary or even in primary schools as the education level is increasing among women.
- To start a more skilled convincing educating programs in the media about the benefit of breast feeding and the disadvantage of bottle usage in feeding.

Reference:

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- 2- Razeka AL-Abadi, *Thesis for Diploma "Feeding Practice in Maternity Hospital", August 1989, Baghdad University, Baghdad.*