



Applicant Information

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Abstract Details

Title:

Factors Associated with Exclusive Breastfeeding among Mothers in the Ho Municipality: A Cross-Sectional Study

Category:

Maternal and child health

Authors:

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Objectives:

The rate of exclusive breastfeeding remains low, with only 20% of women in Sub-Saharan Africa practicing it. This study assessed the factors influencing exclusive breastfeeding among mothers within the Ho Municipality.

Method:

A cross-sectional study was conducted among 200 mothers attending child welfare clinics in the Ho Municipality using a well-structured questionnaire. The analysis was performed using Statistical Package for Social Sciences (SPSS) software, version 26. Descriptive statistics were used to determine the prevalence of exclusive breastfeeding, while logistic regression analyses were employed to identify significant factors associated with the barriers to exclusive breastfeeding. A p-value of less than 0.05 was considered statistically significant.

Results:

About 59.0% (n=118) practiced exclusive breastfeeding, with 96.5% (n=193) being aware of it and 97% (n=194) recognizing its importance. Healthcare providers served as the primary source of information (n=196, 98%). Mothers who breastfed more than 10 times per day had the highest exclusive breastfeeding rates (71.4%, p<0.001). Additionally, mothers who attended more than four antenatal visits were significantly more likely to practice exclusive breastfeeding (p=0.016) than those with fewer visits. Single mothers were 67% less likely to breastfeed exclusively compared to cohabiting mothers (AOR = 0.33, 95% CI: 0.12-0.99, p = 0.049), and mothers living in urban areas were 66% less likely to breastfeed exclusively than those in rural areas (AOR = 0.34, 95% CI: 0.12-0.94, p = 0.037).

Conclusion:

The study findings emphasize the positive trend in exclusive breastfeeding practices among mothers in Ho Municipality, aligning with WHO recommendations. The hospital setting may have influenced breastfeeding rates.

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