



**World Nutrition** *Cape Town 2016*  
Knowledge Policy Action



**Topic: The first 1000 days, infant feeding, and early childhood development**

# **The increase of frequency and extension of breastfeeding practices in Brazilian children during the last two decades**

**Ana Elisa M. Rinaldi<sup>1</sup>; Jéssica Cumpian<sup>2</sup>; Camila M. S. Mazzeti<sup>2</sup>; Wolney Lisboa Conde<sup>2</sup>**

**1-School of Medicine – Federal University of Uberlândia (UFU), Brazil**

**2-Department of Nutrition - School of Public Health – University of Sao Paulo (USP), Brazil**

**Contact: [anaelisarinaldi@gmail.com](mailto:anaelisarinaldi@gmail.com)**

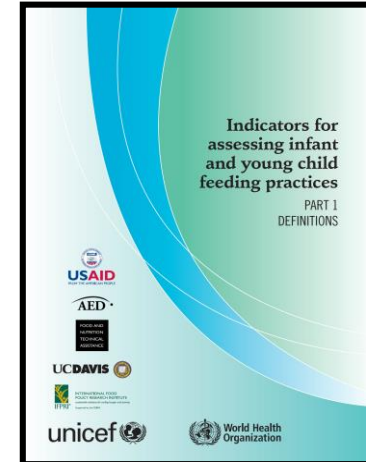
***After extensive revision, in 2008, WHO proposed a new set of breastfeeding indicators to assess:***

**Frequency**

**Earliness**

**Exclusiveness**

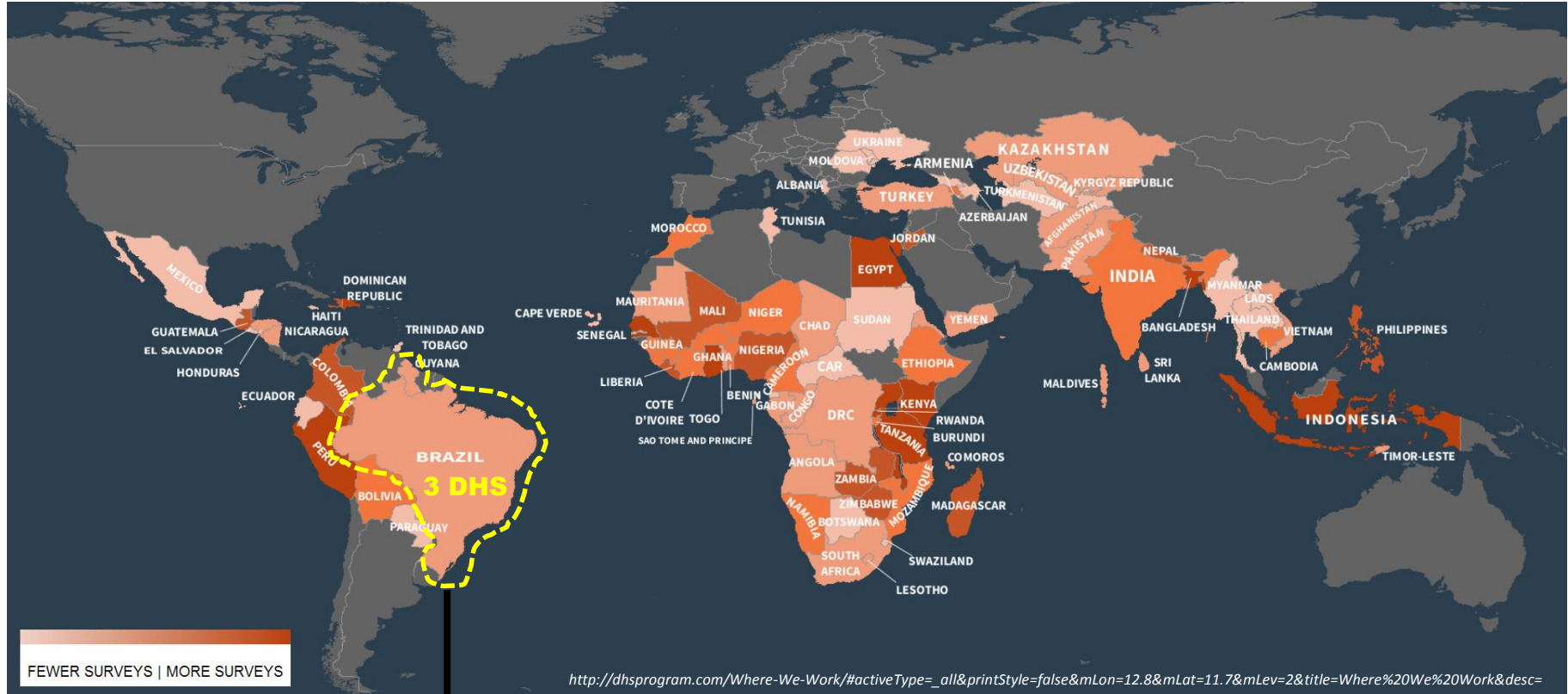
**Extension**



**Conclusions of a consensus meeting held 6–8th November 2007 in Washington D.C., USA.**

**To describe the evolution of prevalence and duration of breastfeeding for Brazilian children under 24 months**

## Monitoring and Evaluation to Assess and Use Results Demographic and Health Survey (MEASURE DHS)



Year(Phase)	Number of infants and young children
<b>1986 (I)</b>	<b>1305</b>
<b>1996 (III)</b>	<b>1941</b>
<b>2006 (V)</b>	<b>1904</b>

# ***Methods: breastfeeding indicators (WHO, 2008)***

## **FREQUENCY OF BREASTFEEDING**

**(0 to 24 months)**

**Children ever breastfeeding**

**All children born in the last 24 months**

## **EARLINESS OF BREASTFEEDING**

**(0 to 24 MONTHS)**

**Children put to the breast within 1 hour of birth**

**All children born in the last 24 months**

## **EXCLUSIVENESS OF BREASTFEEDING**

**(0 to 6 months)**

**Infants 0-5 months who received only breast milk**

**Infants 0-5 months of age**

## **EXTENSION OF BREASTFEEDING**

### **Continued breastfeeding at 1 year**

**(12 to 15 months)**

**Children 12-15 months breastfed during previous day**

**Children 12-15 months of age**

### **Continued breastfeeding at 2 years**

**(20 to 23 months)**

**Children 20-23 months breastfed during previous day**

**Children 20-23 months of age**

## WHO breastfeeding indicators



- Frequencies
- Poisson regression: prevalence ratio

- For all analysis
  - complex sample design
  - Stata 13.0

## Breastfeeding duration



- Mother's retrospective recall
- Kaplan Meier
- Infants <6 months: exclusive breastfeeding
- Infants and young children <24 months: breastfeeding

### Methodological decisions:

- 0.0164 month (0.5day/30.44): missing data, "do not know" answers, or duration of BF and EBF only one day;
- 0.000001 month to avoid zeroes for infants who had never been breastfed ;
- actual age as breastfeeding duration for infants who were still breastfeeding (exclusive and not exclusive).

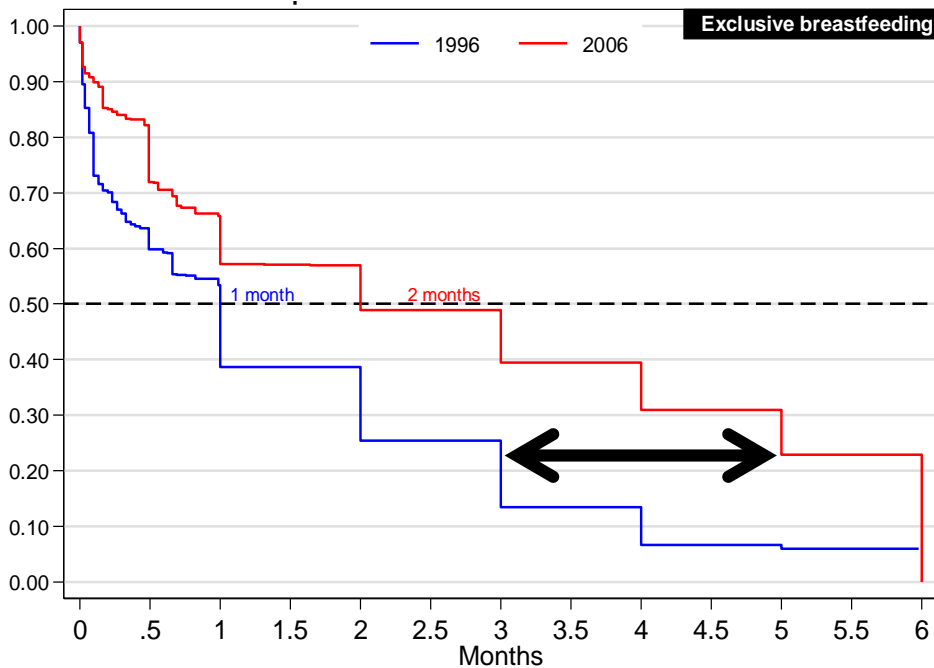
**Frequencies and prevalence ratio (PR) of breastfeeding indicators for Brazilian children. DHS-Brazil, 1986-2006.**

**FREQUENCY AND EARLINESS  
OF BREASTFEEDING**

**EXCLUSIVENESS  
OF BREASTFEEDING**

**EXTENSION OF BREASTFEEDING**

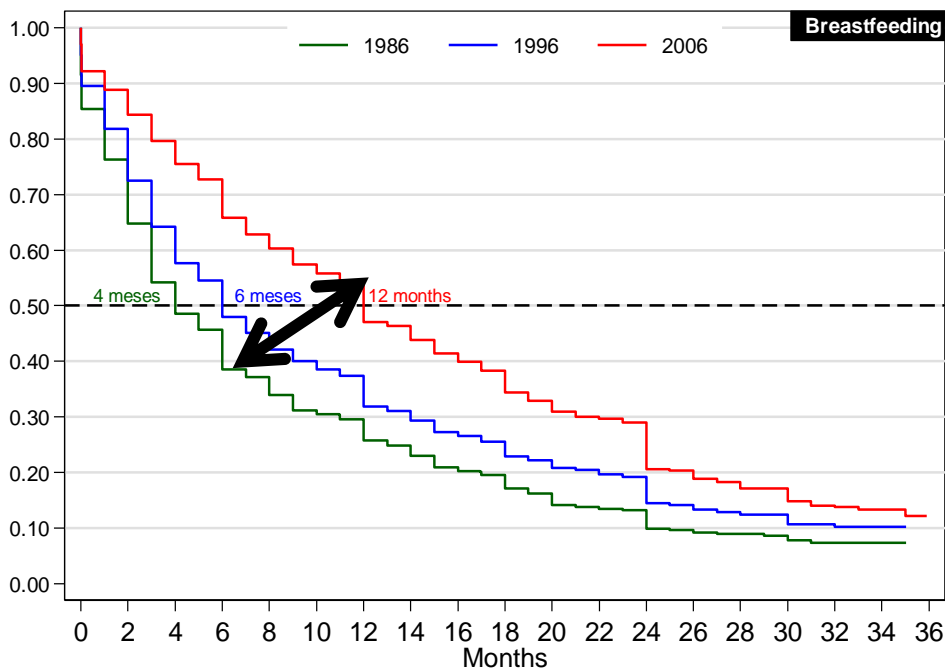
# Results: breastfeeding duration



**1996 to 2006: ↑2.00**

□ The speed of curve fall decreased throughout survey years;

□ The area under the curve was larger, meaning more infants were breastfeeding.



**1986 to 2006: ↑3.00**

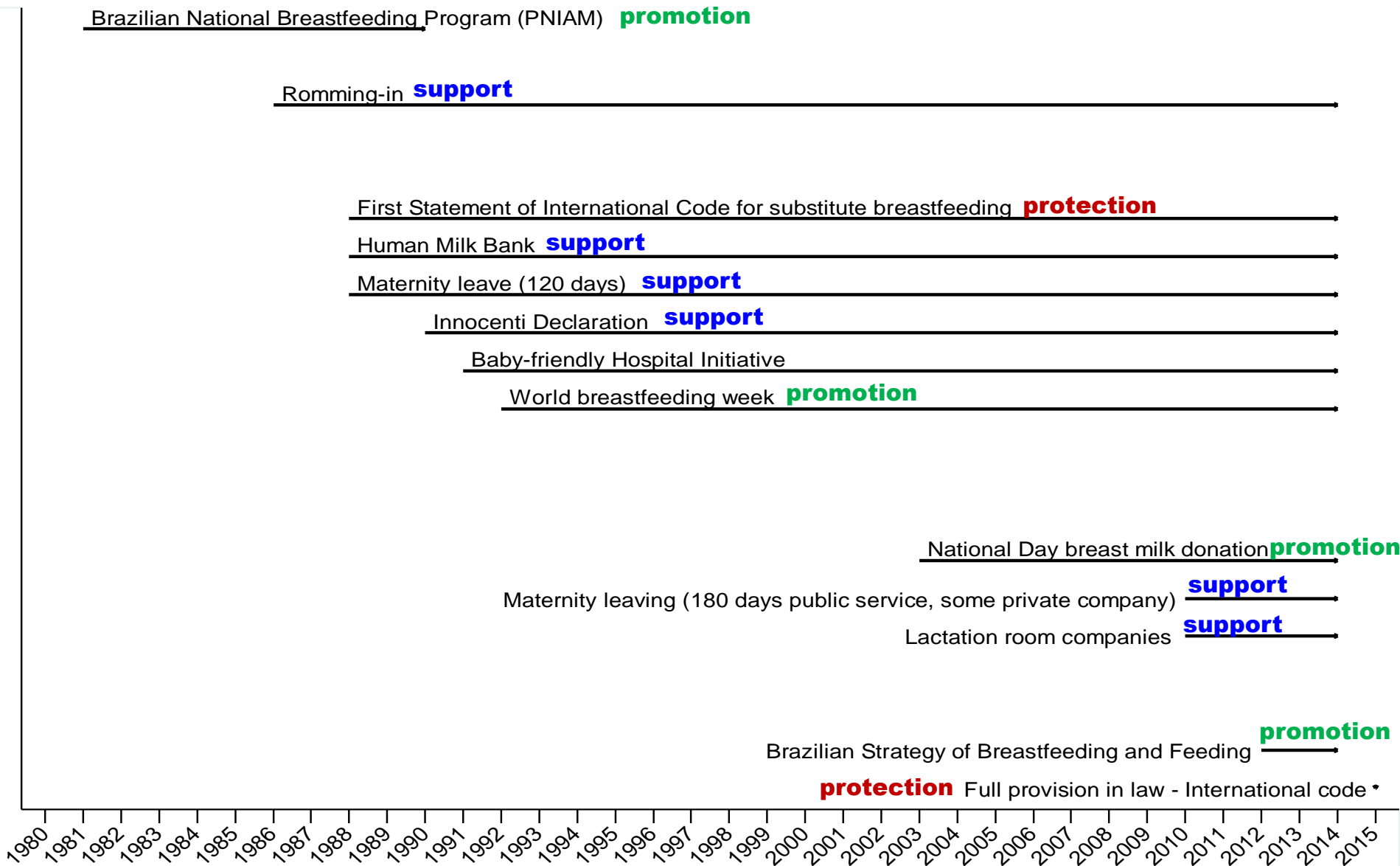
**1986 to 1996: ↑0.77/year**

**1996 to 2006: ↑0.65/year**



# Results: which drivers are fueling breastfeeding in Brazil?

The actions to promote, support and protect breastfeeding in Brazil have begun since 80's



Timeline of actions for promotion, support and protection of breastfeeding in Brazil

- ❑ The exposure to breastfeeding at least once, in Brazil, is virtually universal;**
- ❑ The median duration of BF tripled in 20 years;**
- ❑ The median duration of EBF doubled in 10 years;**
- ❑ Our challenge for the next decades is:  
to increase the EBF extension until six months  
to extend the breastfeeding after 12 months.**