PREDICTORS OF EXCLUSIVE BREASTFEEDING PRCTICE IN URBAN KIGALI

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ABSTRACT

Background: Children face many challenges during their early period of life and are prone to have nutritional deficiency disorders and other forms of malnutrition, infectious diseases such as diarrhea and respiratory infections. Exclusive breastfeeding for the first six months of life is one way of fighting against them. In Rwanda the duration of exclusive breastfeeding in urban is shorter than in rural areas.

Aim: This study aimed to evaluate the predictors of exclusive breastfeeding in urban Kigali

Methods: A cross-sectional study was done in five health facilities: CHUK, KFH, Muhima DH, Kibagabaga DH and Muhima HC. We targeted mothers of infants aged 6-12 months old. Multivariate logistic regression was used to determine the factors associated with exclusive breastfeeding.

Results: On total**,** 221 mothers were included in this study, 55.7% have done exclusive breastfeeding for the first six months of life, and 80.5% have initiated breastfeeding within the first hour of life. Employed mothers (aOR 0.245, 95% C.I 0.16-0.62, p=0.003), feeding EBM (aOR 8.500; 95% C.I .64-27.37; p<0.001), single gestation (aOR 71.635; 95% C.I 6.56-789.95; p<0.001), and planning for exclusive breastfeeding (aOR 4.602; 95% C.I 1.89-11.23; p=0.001), breastfeeding and formula milk (aOR 0.12; 95% C.I 0.03-0.45; p=0.002) have been found to be significantly associated with exclusive breastfeeding.

Conclusion: Exclusive breastfeeding for the first six months of life is suboptimal in Kigali and there is a need to emphasize on mothers education and advocacy to employers in order to promote exclusive breastfeeding.

Key words: *Predictors; Exclusive, breastfeeding; urban; Kigali*