

## **PP 11 Study on early cessation of breast feeding in children among Nallur MOH area**

*Krisshnakumar A<sup>1</sup>, Vijayarajnam D<sup>1</sup>, Thirumagal S<sup>2</sup>, Coonghe PAD<sup>1</sup>*

*<sup>1</sup>Dept. of Community and Family Medicine, Faculty of Medicine, University of Jaffna*

*<sup>2</sup>RDHS Office Jaffna*

**INTRODUCTION:** Early cessation of breastfeeding is a cause of significant concern in many developing countries. Premature discontinuation of breastfeeding is known to be associated with avoidable childhood morbidity and mortality as well as high levels of parity and avoidable pregnancies. The aim of this study was to evaluate the age of cessation of breast feeding and influence of certain factors on the duration of breastfeeding.

**OBJECTIVES:** To describe the pattern and factors influencing cessation of breast feeding among mothers in Nallur MOH area.

**METHODS:** Community based descriptive study among mothers of two to three year old children in Nallur MOH area. Three hundred samples were collected through the direct interview. Data was analyzed with SPSS and Chi squared test.

**RESULTS:** This study showed mean age at cessation of breast feeding was 19.23 months. The findings of the study were as follows: partnered mothers (49.7%) breast fed longer than single mothers ( $p=0.023$ ). Younger mothers (52%) breast feed longer than the older mothers ( $p=0.001$ ). The higher the mother's education level (50.5%), the longer was the breastfeeding duration ( $p=0.021$ ). The mother's work status (43.2%) played a significant role in the early termination of breastfeeding ( $p<0.001$ ). Earlier the age at introduction of complementary feeding (66.7%), the

shorter is the duration of breast feeding ( $p < 0.001$ ). Having post partum complications (37.6%) ( $p = 0.006$ ) and high number of children more than three of mother (34.5%) ( $p < 0.001$ ) played a significant role in early termination of breast feeding whereas the type of family, religious factors, economical status and working hours of mothers, are not significantly affecting whether or not a mother would breastfeed

**CONCLUSION:** Health education programs to promote and facilitate optimal breastfeeding practices and to highlight the benefits of breastfeeding in terms of improving child and maternal health are important strategies to encourage women to breastfeed.