



Factors associated with breastfeeding in Slovenia

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Brief biography/ies:

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Objective

The article describes the current situation of breastfeeding in Slovenia.

Method

A questionnaire with 25 questions was developed. All data were collected through structured interviews in year 2008. Sample included 592 mothers of children aged one and two years. The questions addressed mothers' breastfeeding behaviours. Systat for Windows, frequency distribution, t-test and correlation test were applied.

Results

At the end of the first month 83.1% of women breastfed exclusively and the average duration increased to 8.9 months. 94.6% of women decided to breastfeed before childbirth. Rooming-in is available to all mothers. Our survey proved that longer breastfeeding is influenced by well informed women about breastfeeding ($T=3.136$; $DF=128.0$; $p=0.002$), women who reported no breastfeeding problems ($T=3.067$; $DF=342.2$; $p=0.002$), the first breastfeed within an hour of birth ($T=2.612$; $DF=199.4$; $p=0.010$) and eight or more breastfeeds per day within the first month ($T=3.067$; $DF=342.2$; $p=0.002$). However, we could not prove statistically significant impacts of the following variables: attending antenatal school for parents, employment, living in partnership, place of residence and multiparity.

Conclusion

Exclusive breastfeeding, the initiation and duration of breastfeeding is improving in Slovenia. This can be consequence of baby friendly hospitals initiative, which was applied in 1998 and today 85% of infants are born in baby friendly hospital. It is necessary to apply policies to further promote health education of parents and health care professionals.

Keywords: breastfeeding, Slovenia