



Increasing exclusive breastfeeding rates among adolescent mothers: a successful intervention involving grandmothers.

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Brief biography

Elsa Giugliani – MD, PhD, IBCLC – Pediatrician; Professor of Pediatrics at Medical School of Federal University of Rio Grande do Sul; Coordinator of Child Health Department of Ministry of Health – Brasília, Brazil. Research priorities on breastfeeding epidemiology and evaluation of intervention to promote breastfeeding.

Abstract

Background:

Breastfeeding is influenced by several factors. Among them, mothers' age and influence of grandmothers have been shown to have impact on duration of breastfeeding. In Brazil, adolescent mothers and presence of grandmothers in the house may have a negative impact on exclusive breastfeeding rates. Therefore it is necessary to test breastfeeding promotional strategies among adolescents including grandmothers when they share the same house.

Objective:

To assess the impact of an intervention to promote exclusive breastfeeding among adolescents mothers with participation of the grandmothers when they live in the same house.

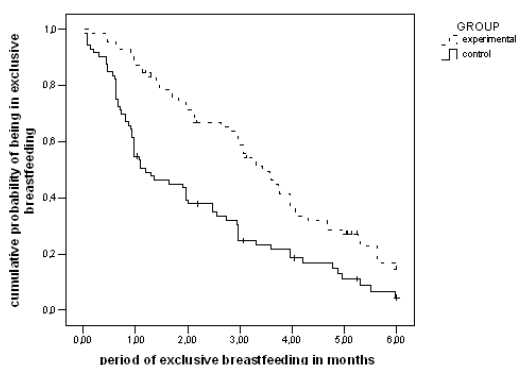
Methods:

A randomized trial was done with 323 adolescent mothers, 169 of them living with their mothers (grandmothers) in Porto Alegre, Brazil. 160 were randomized to control group and 163 to the group who received the intervention, which consisted of educational sessions promoting breastfeeding targeting adolescent mothers and their mothers, when they share the same house, at the maternity ward and at 7, 15, 30, 60 and 120 days at home. Breastfeeding practices were studied monthly by phone by researches unaware of group allocation. The primary outcome measure was the rates of exclusive breastfeeding in the first 6 months. The impact of the intervention was measured by comparing exclusive breastfeeding survival curves of the groups. Analyses were by intention to treat. *Results:*

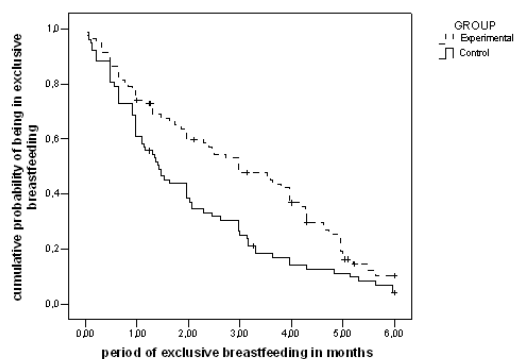
The rates of exclusive breastfeeding in the two trial groups for the first 6 months differed significantly.



adolescent mother



adolescent mother with grandmother



The intervention reduced by 48% and 32% the early interruption of exclusive breastfeeding among the mothers not living with their mothers (only mothers received the intervention) and among those living with their mothers (mothers and grandmothers received the intervention), compared with the control groups, respectively.

Conclusion:

The intervention promoting exclusive breastfeeding was successful in increasing the rates of exclusive breastfeeding among adolescent mothers in the group of mothers not living with their mothers as well as in the group in which grandmothers were involved.