

## **Duration of exclusive breastfeeding and some effective factors among infants in Ardabil Health Care Centers, 2020**

### ***Abstract***

**Background:** Infancy is one of the most sensitive periods in human life in terms of growth and development, and exclusive breastfeeding in the first 6 months of life plays an important role in promoting children's health.

**Aim:** To evaluate the duration of exclusive breastfeeding and some effective factors among infants in Ardabil Health Care Centers, 2020

**Materials and methods:** The study was descriptive cross-sectional. The statistical population included all breastfeeding women who had infants over 6 months and referred to one of the health centers in Ardabil city. A total of 380 mothers were selected by simple random sampling. The information of these mothers and their infants was included in the pre-prepared checklists. This information was statistically analyzed by SPSS17 software.

**Results:** The mean age of mothers was  $31.0 \pm 5.8$  years. The mean duration of exclusive breastfeeding was  $4.73 \pm 1.63$  months and the frequency of exclusive breastfeeding up to infants 6 months of age was 51.7%. The duration of exclusive breastfeeding was not related to the following factors ( $P > 0.05$ ): mother's age, mother's education, mother's underlying disease, mother's number of pregnancies and deliveries and distance from previous childbirth, spouse's education, spouse's job, family income, child gender, rank and birth weight, while it was significantly related to maternal employment status ( $P = 0.038$ ), type of delivery ( $P = 0.009$ ), and initiation time of first breastfeeding ( $P < 0.001$ ).

**Conclusion:** The results of the present study showed that 51.7% of the infants of mothers referring to health centers in Ardabil city had exclusive breastfeeding until the age of 6 months. The duration of exclusive breastfeeding was directly

related to the mother being a housewife, the normal delivery, and the initiation of the first breastfeeding without delay.

**Keywords:** Exclusive breastfeeding, breastfeeding, Ardabil.