

DETERMINANTS OF EXCLUSIVE BREASTFEEDING DURATION: A POPULATION-BASED STUDY FROM SOUTHERN PORTUGAL

Flávia Oliveira¹, Sónia Vicente²

¹Unidade Local de Saúde do Algarve; Alcoitão School of Health Sciences

²Egas Moniz Center for Interdisciplinary Research (CiiEM); Egas Moniz School of Health & Science, 2829-511, Caparica, Almada, Portugal

Contact: foliveira@ulsalg.min-saude.pt

1 Introduction

- Exclusive breastfeeding (EBF) for the first six months is recognised as the gold standard in public health [1] .
- EBF rates remain below WHO targets, especially in Europe [2].
- Maternal sociodemographic, prenatal, perinatal, and psychosocial factors are associated with shorter EBF duration [3,4].
- No studies have investigated breastfeeding (BF) determinants in the Algarve region.

2 Aim

To determine the prevalence and the factors influencing Breasfeeding during the first six months of life in the Algarve region.

3 Materials and Methods

Study Design: Observational, descriptive, cross-sectional

Sample: Convenience sample of 464 mothers of infants aged 6–24 months, residing in the Algarve.


Inclusion criteria: Portuguese language skills and informed consent. **Exclusion criterion:** Contraindication to breastfeeding.


Data collection: 1 July to 30 September 2023. Pre-tested, self-administered online questionnaire adapted from Caldeira et al.[5] and validated by a Delphi panel.

Recruitment: Via social media, daycare centres, health centres and maternal and child healthcare professionals.

Ethical approval: Health Ethics Committee of the Regional Health Administration of Algarve, 5/5/2023 (No. 06/2023)

Predictors of EBF duration

**Use of formula in the hospital**
(Beta = 0,373, p < 0,001)

**Duration of previous experience**
(Beta=0,213, p = 0,002)

4 Results

