

Factors associated with breastfeeding among a sample of Chinese mothers gave birth in Ireland

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1. Background

Factors associated with breastfeeding practices Demographic Cultural Perceptional Social Awareness of the Attitude towards Family support Maternal age Education Health advantages of colostrum Social class Traditional postprofessionals' breastfeeding •Formula is more partum practice •Economic status support Traditional post-Returning to work Smoking convenient Child's order Public facilities Embarrassment of partum diet Mother herself Advertisements breastfeeding in the public Attitudes towards was breastfed Perceived insufficient the breast breast-milk

The factors influencing breastfeeding practices are complex [1,2].

Aim: This study sought to determine factors affecting breastfeeding initiation and duration of Chinese immigrant mothers who gave birth in Ireland.

2. Methods

Samples

- Chinese mothers Born in China
- Have been in Ireland for > 6 months

Instrument

Cross-sectional selfadministrated survey (written in Chinese)

Data Collection Mailed questionnaires

Data analysis (SPSS15)

Cross tabulation Binary logistic regression (breastfeeding initiation) Multivariate linear regression (breastfeeding duration)

Breastfeeding indicated any breastfeeding in this analysis

Figure 1. Study Procedure Advertisement Subject Recruitment Snowball (Chinese markets, Language Schools, Church organizations) technique Returned questionnaires: Follow-up telephone call Excluded 21 Questionnaire used: 322 Mothers gave **Mothers gave** birth in Ireland: birth in China:

275 (Data used in this analysis)

47 (Data were NOT used in this analysis)

3. Results

Table 1. Factors associated with breastfeeding practices from univariate analyses (n=275)

Factors associated with breastfeeding duration **Demographic:** Maternal birthplace, Duration in Ireland, Education, Occupation, **Demographic:** Maternal age when childbirth, Maternal birthplace, Accommodation, Husband's education, Mother herself was breastfed, Family type when childbirth, Child's order

Social: Infant feeding information from Internet, Mother's mother, Health professionals, Ante-natal classes, Post-natal classes. Mother's mother' & Doctors' attitude influenced maternal infant feeding choice. Support from mother-in-law

Factors associated with breastfeeding initiation

Perceptional: Awareness of the advantage of breastfeeding, Attitudes towards breastfeeding

Cultural: Attitudes towards colostrums

Education, Occupation, English level, Mother herself was breastfed, Husband's nationality, Husband's occupation, Husband's education, Family income, Child's age, Child's sleeping place

Social: Infant feeding information from Her mother, Friend, Ante-natal class. Support from her mother. Mother-in-law supported baby care

Practical: Baby was fed on demand. Time of the first feed of Breastmilk, Water, Infant formula. Planned duration

Perceptional: Reasons for breastfeeding and stopping breastfeeding

Breastfeeding prevalence among the participants was 75.6%.

Univariate analyses also indicated that mother's marital status, delivery mode and previous breastfeeding experience were NOT associated with breastfeeding initiation or duration.

Table 2. Factors associated with breastfeeding initiation after adjustment for potential confounders (n = 275)

Variables [‡]	Р	Odds Ratio	95% Confidence Interval
Source of infant feeding information: Internet	0.016	3.276	1.247-8.601
Supports from mother-in-law	0.005	5.078	1.631-15.808
Attitude towards colostrums: Important	0.000	6.555	2.695-15.939
I do not like breastfeeding (Agree)			
Disagree	0.000	10.447	4.509-24.205
Don't know	0.100	4.094	0.765-21.914
If husband/partner objects to breastfeeding, I will give up (Don't know)			
Agree	0.106	3.593	0.763-16.927
Disagree	0.011	6.357	1.531-26.402
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Table 3. Factors associated with breastfeeding duration after adjustment for potential confounders (n = 275)

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Variables [‡]	Р	Coefficient	95% Confidence Interval
Baby was fed on demand during the milk-fed period	0.021	1.019	0.157 to 1.881
Time to introduce infant formula	0.001	0.332	0.139 to 0.524
Perceived breastfeeding the normal practice for Chinese mother	0.000	1.751	0.889 to 2.613
Planned breastfeeding duration (months)	0.000	1.444	0.932 to 1.956
Insufficient breast-milk was the reason for breastfeeding discontinuation	0.007	-1.229	-2.112 to -0.347
Perceived the adequate time to stop breastfeeding	0.000	-3.871	-4.834 to -2.907

Table 2. Binary logistic regression model. -2LL=204.985, χ^2 (7, n=275) = 93.643, p< 0.001. Table 3. Multivariate regression model. df = 6, F = 43.075, P < 0.001. ‡All variables in the final models were variables for which, when excluded, the change in deviance compared with the corresponding x2 test statistic on the relevant degrees of freedom was significant.

>Mothers who attained infant feeding information from the internet, who received support from mother-in-law, who were aware of the importance of colostrum, who liked breastfeeding, who would not stop breastfeeding even if husband objected, were more likely to initiate breastfeeding.

>Planned breastfeed duration, the practices of feeding the baby on demand, later introduction of infant formula and the perception that breastfeeding was the normal practice for the Chinese mothers were positively associated with breastfeeding duration. The perceptions of insufficient breast-milk supply and the adequate time to stop breastfeeding were negatively associated with breastfeeding duration.

4. Conclusions

Multivariate analyses suggested that maternal attitudes were more important than sociodemographic factors in influencing breastfeeding practices among Chinese mothers in Ireland.

Promotion and education of breastfeeding should focus on modifiable factors, e.g. reversing the negative attitudes towards breastfeeding and correcting the misconceptions. Language specific prenatal education would be useful in prolonging breastfeeding duration.

5. References

[1] Kong SK & Lee DT (2004) Factors influencing decision to breastfeed. J Adv Nurs 46, 369-379. [2] Scott JA, Landers MCG, Hughes RM & Binns CW (2001) Factors associated with breastfeeding at discharge and duration of breastfeeding. J Pediatr Child Health 37, 254-261.

This project is funded by Postgraduate R&D Skill, Strand I, Republic of Ireland.