Supporting Mothers to Successful Breastfeeding

By

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Presentation Outline

• Status of Key Nutrition Indicators in Kenya
• Breastfeeding Status in Kenya
• Breastfeeding Status for Children less than 6 months
• Enabling Environment for Breastfeeding
Children <5y
- 26% stunted
- 11% underweight
- 4% wasted
- 61% (<6m) Excl breastfed
- 4% overweight or obese

Kenya: Nutrition Situation & Target

1. Achieve a 40% reduction in the number of children under-5 who are stunted;
2. Achieve a 50% reduction of anaemia in women of reproductive age;
3. Achieve a 30% reduction in low birth weight;
4. Ensure that there is no increase in childhood overweight;
5. Increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%;
6. Reduce and maintain childhood wasting to less than 5%.
Breastfeeding Status in Kenya

IYCF indicators on breastfeeding (%)

- Initiation of BF (within 1 day): 90.6%
- Continued BF at 1 yr: 90%
- Introduction of solid, semisolid (6-8 months): 80%
- Predominant BF (0-5 months): 75%
- Age-appropriate BF (0-23 month): 73%
- Initiation of BF (within 1 hr): 62.2%
- EBF below 6 months: 61%
- Continued BF at 2 yrs: 53%
- EBF 4-5 months: 42%
- Bottle feeding (0-23 months): 22%
- 3 IYCF practices: 21.8%
- Prelacteals: 15.5%

Median duration of EBF (months): 3.3
Mean duration EBF (months): 4.3
Breastfeeding and mortality trends in Kenya

Improvement in breastfeeding rate, observed corresponding reduction in mortality rate
Creating an Enabling Environment for Breastfeeding
An Integrated Approach to Promote, Protect, and Support Breastfeeding

**Legislation and Policy**
- MIYCN Policy
- Breast Milk Substitutes Act, 2012

**Improving Family and Community Practices**
- BFCl

**Improving Health Systems**
- Baby Friendly Hospital Initiative (BFHI), In-service training
- Integrate MIYCN Indicators to HIS, MIYCN Counseling, IMCI
1. Policy and Legislative framework

Stunting indicator is included in Medium-Term Expenditure, Funding Plan and the Big Four Agenda
Operationalizing the legislative frameworks
2. Baby Friendly Community Initiative (BFCI)

• A community-based intervention to promote, protect and support, **breast feeding, optimal complementary feeding and maternal nutrition**

• It also includes sanitation and hygiene, early childhood stimulation, referral to MCH, HIV services among others

• Works through
  
  i. Formation and training community mother support groups (CMSG), mother to mother support groups (M2MSG) and close links to Health Centers and local authorities.
  
  ii. Home visitation
  
  iii. Community campaigns for MIYCN

• Developed to expand the 10th step of baby friendly hospital Initiative (BFHI)

• Focuses on support for MIYCN at community level
Baby Friendly Community Initiative

- Mother Support Group
- Husband
- Family
- Media
- Friend
- Work
- Household help
- Health Professional

- Baby Friendly Community Initiative
3. Workplace Support for Breastfeeding

• Women workforce is estimated at 62%
• Kenya Employment Act 2007 provides for 90 days paid maternity leave and 14 days paternity leave plus annual leave.
• Guidelines for securing a breastfeeding friendly environment at workplace in place
• Private sector protecting, promoting and supporting breastfeeding under the auspices of Better Business Practices for Children.
• 38 private sector companies established lactation stations by August 2018.
Next steps

• Advocacy for ratification of ILO Convention 183 – Increase maternity protection to 14 weeks
• Have social protection breastfeeding mothers working in informal sector equivalent to paid maternity leave

Ongoing studies
• Linking nutrition and ICCM “Integrating treatment of uncomplicated SAM and MAM into ICCM)
• A pilot study on optimising Breastfeeding to treat nutritionally vulnerable Infants under 6 months –
• Pilot Netcode “Protocol for the assessment and monitoring of “the code” and relevant national measures”
• Human Milk Banking
At county level

Role of national level at county is capacity building, policy guidance

Provides support to the capacity building of health care workers on MIYCN including the support to Kangaroo mother care both at the health facility and the community health extension workers
Integration of breastfeeding in the continuum of care

- ICCM – assessing breastfeeding by CHVs (unable to breastfeed/feeding is a danger sign for referral)
- Mother and Child Health (MCH) Handbook – feeding during and after illness
- Community health strategy – number of mothers with newborn counselled on exclusive breastfeeding
# Acknowledgements to Kenya Delegation

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Thank You

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