

**9th One Asia Breastfeeding Partners Forum
LAO PDR
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**Infant and Young Child Feeding
(IYCF)
Practices in Myanmar**

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Presentation Points for IYCF Practice



- 1. Myanmar Strategy on IYCF**
- 2. Breast Feeding Practices**
- 3. Complementary Feeding Practices**
- 4. IYCF in Nargis Affected Area**

Presentation Points for IYCF Practice



1. Myanmar Strategy on IYCF

Myanmar Strategy on IYCF



- 2002 April
 - 55th World Health Assembly (WHA)
- 2003 April 9-11
 - First National Workshop on IYCF in Myanmar
 - in Myanmar Medical Association clinical,
 - Public Health & related sectors

Recommendations of 1st Ws 2003



- 1. To adopt** proper feeding of IYCF **as a long term strategy** for improving the nutritional development, health and survival
- 2. To develop a National Strategy** for IYCF based upon the Global Strategy **and a plan of action** to implement it
- 3. To strengthen** Baby Friendly Hospital Initiative (BFHI), BFHD and BFCI and **appropriate complementary feeding activities** under the umbrella of IYCF
- 4. To take necessary measures to adopt, monitor and enforce** the implementation of International **Code of Marketing of Breast Milk Substitutes**

Recommendations of 1st Ws 2003



5. To advocate the authorities for accomplishing maternity protection legislation which will support exclusive breastfeeding for the recommended duration and continued feeding thereafter

6. To strengthen research and technology transfer activities on production of affordable and nutritious foods made from **local items for complementary feeding**

7. To get support from all parties concerned including the MOH and relevant ministries, UN agencies and international organizations, private sector and the community

Recommendations of 1st Ws 2003



8. To undertake **effective monitoring and evaluation** of the IYCF activities using international indicators

9. To carry out **research activities**

10. To include **nutrition education** as an important component within the existing pre- and in-service training curriculum as well as for the community

Mile stones after 1st National workshop



- Developed National strategy for IYCF in 2003 & approved by the MOH
- Dev & Production of training materials and IEC (2004)
- Training of SDNT (2004)
- Survey on IYCF for under 3 children (2004)
- Training for BHS & NGOs (2005 & onwards)

Working Group for IYCF Strategy (2011-2015)



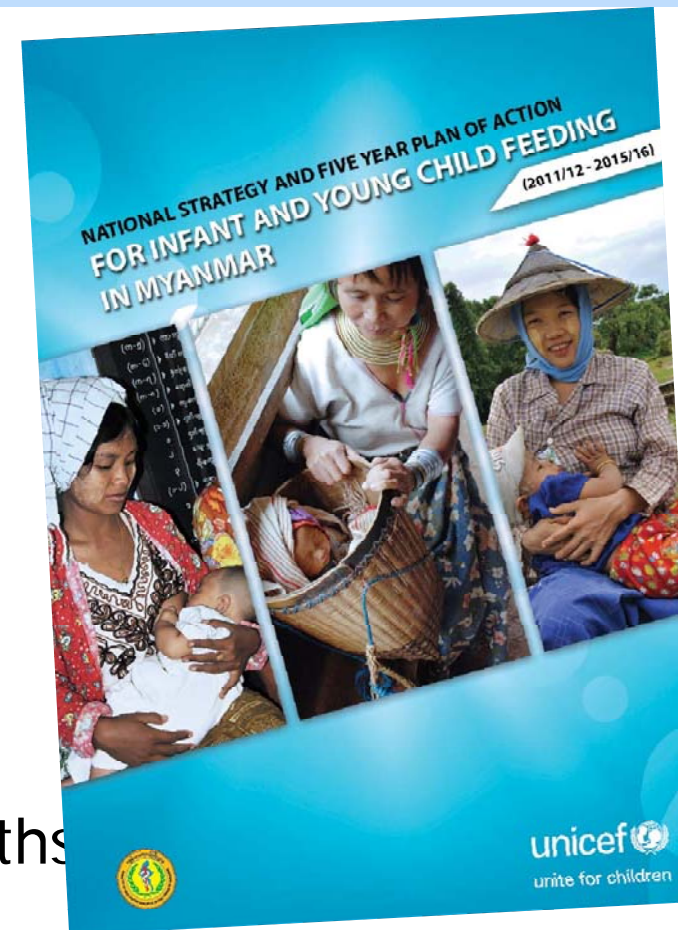
- (1) NNC -National Nutrition Centre
- (2) UNICEF United Nation Children Emergency Fund
- (3) WHO World Health Organization
- (4) Attorney General Office
- (5) OG Obstetric and Gynaecologist
- (6) Pediatrician
- (7) MMA Myanmar Medical Association
- (8) FDA Food and Drug Administration
- (9) MNTN Myanmar Nutrition Technical Network
- (10) DCPFT

National Strategy for IYCF and POA



2011 (by UNICEF technical/financial support)

- National Strategy was developed/revised
- First ever Plan of Action was developed and costed
- Review meeting was conducted
- Key interventions implementing are
 - Update preservice and inservice curriculum and capacity building
 - Revised strategy and implementation of BFHI and BFHD
 - Legislation on marketing of BMS
 - Extend Maternity leave upto 6 months
 - Maternity break
 - Infant Feeding in Emergency
 - Community IYCF
 - Communication for Development



Presentation Points for IYCF Practice



2. Breast Feeding Practices

IYCF Indicators



Core indicators

- 1. Early initiation of breastfeeding**
- 2. Exclusive breastfeeding under 6 months**
- 3. Continued breastfeeding at 1 year**
- 4. Introduction of solid, semi-solid or soft foods**
- 5. Minimum dietary diversity**
- 6. Minimum meal frequency**
- 7. Minimum acceptable diet**
- 8. Consumption of iron-rich or iron-fortified foods**

IYCF Indicators



Optional indicators

- 1. Children ever breastfed**
- 2. Continued breastfeeding at 2 years**
- 3. Age-appropriate breastfeeding**
- 4. Predominant breastfeeding under 6 months**
- 5. Duration of breastfeeding**
- 6. Bottle feeding**
- 7. Milk feeding frequency of non-breastfed children**

Breastfeeding practices in Myanmar



	Particular	1997	2000	2003	2010
1	Breastfeeding at 12-15 m.	84.5%	89%	85%	91%
2	Breastfeeding at 20-23 m.	74.6%	67.4%	67.1%	65.4%
3	Exclusive breastfeeding (0-3m)		15.8%	14.7%	29.3%

Source: DHP, MICS , MED&NP

Breastfeeding practices in Myanmar



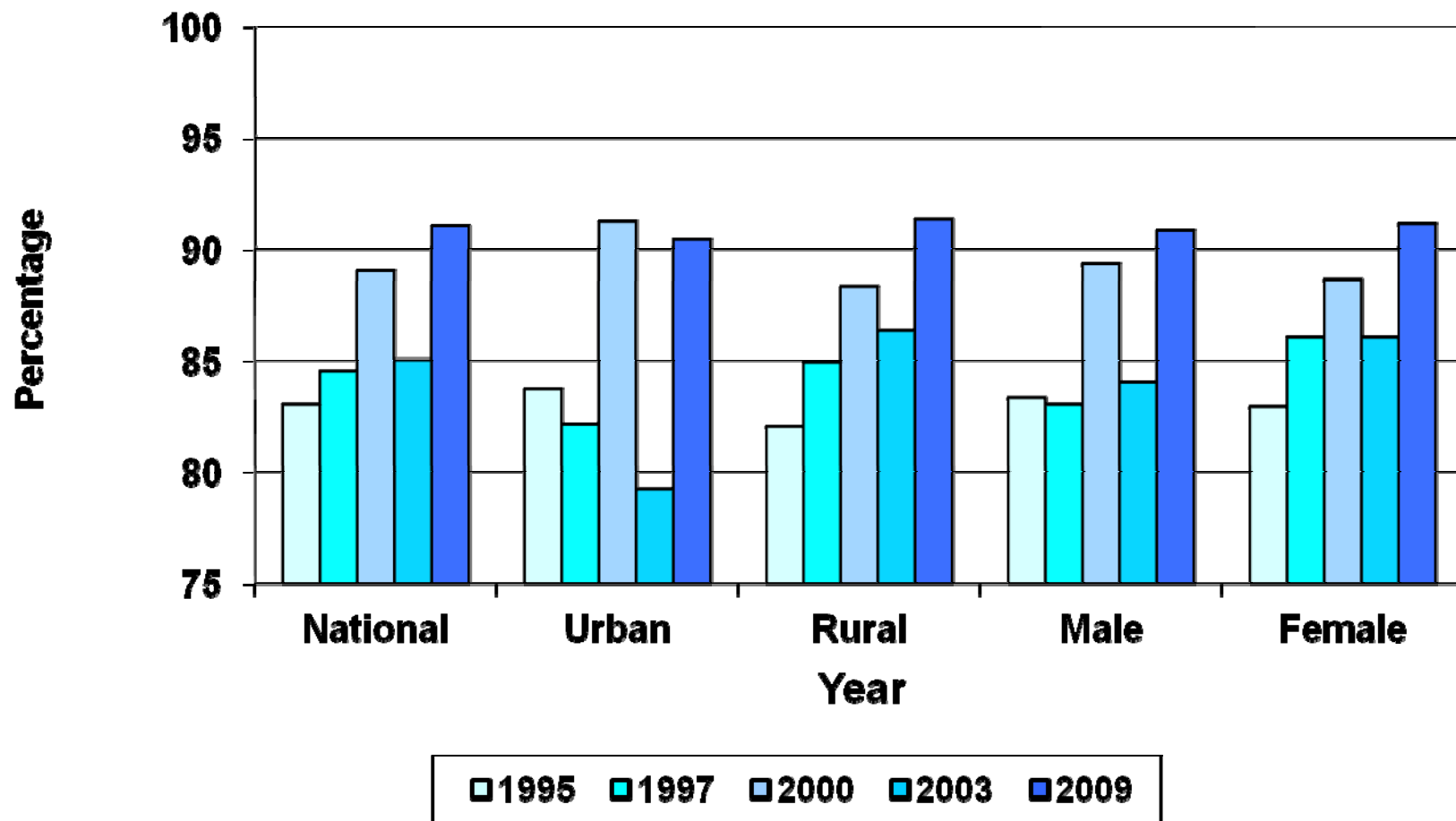
	1997	2000	2003	2010
Early Initiation of BF				75.8
EBF (0-3 months)		15.8	14.7	29.3
EBF (0-5 months)				23.6
CBF (12-15 months)	84.5	89	85	91
CBF (20-23 months)	74.6	67.4	67.1	65.4
CF		67.3	66.4	69.2

Source: DHP, MICS

Percentage of children 12-15 months of age who are breast fed



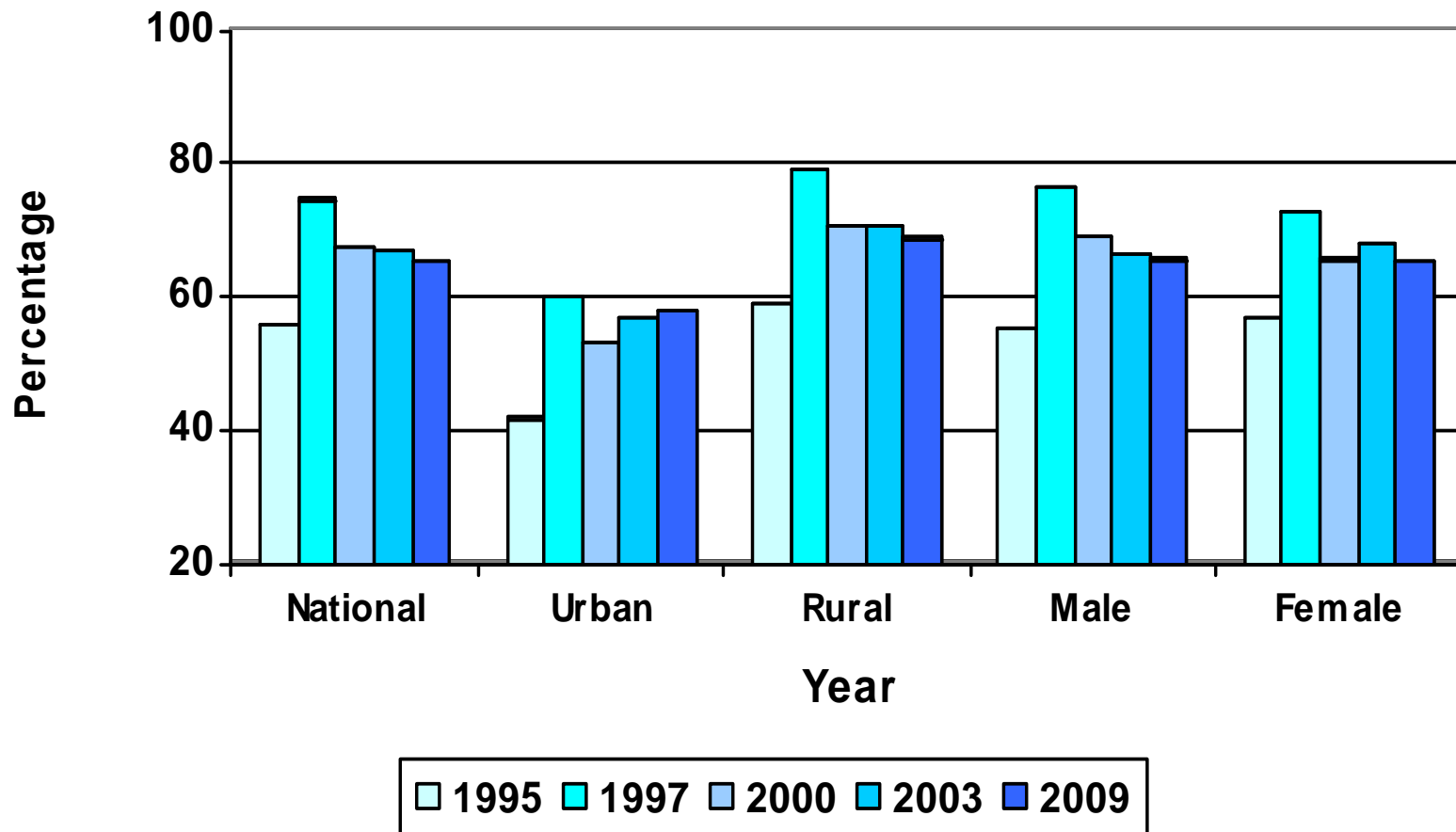
Percentage of children 12 to 15 months of age who are breastfed
(Continued breastfeeding at 1 year)



Percentage of children 20-23 months of age who are breast fed



Percentage of children 20 to 23 months of age who are breastfed
(Continued breastfeeding at 2 year)



Infant feeding practices in Myanmar



Infant and young child feeding practices survey, *National nutrition Centre, 2004*

- ❖ four regions of the country
(**H**illy, **C**oastal, **P**lain, **D**elta)
- ❖ 11 townships (**H** = 4; **C** = 2; **P** = 2; **D** = 3)
- ❖ 100 nursing mothers in each township
(**R**ural : **U**rban = **70:30**)
- ❖ Total number of subjects = 1100

Breastfeeding practices in Myanmar



❖ Breastfeeding	93.4%
❖ Mixed feeding	5.7%
❖ Bottle feeding alone	0.9%
❖ Initiation of BF within one hour	83.9%
❖ Colostrum feeding	96.4%
❖ Exclusive breastfeeding (<6m)	7.8%
❖ Predominant breastfeeding (<6m)	74.2%
❖ Continued breastfeeding (Up to 1 yr)	96.0%
	(Up to 2 yr) 44.9%

Source: NNC, IYCF Survey, 2004,

IYCF Practices in Myanmar



Breastfeeding = 93.4%

- **Study Areas** -- Loikaw, Yesagyo, Mawlamyaing, Taungyi, Pathein, Haka, Sittwe, Mandalay, Kyi-Myin-Daing, Pa-an

Highest rate = 100%

- Lowest Rate = 86%

Mixed feeding (breast + bottle)(63) = 5.7%

Artificial feeding alone (10) = 0.9%

Major reasons for not breastfeeding;

death of mother; illness of mother; mother working outside home

IYCF Practices in Myanmar



Initiation of breastfeeding within one hour = 83.9%

Highest Rate = 100%

Lowest Rate = 86%

IYCF Practices in Myanmar



Predominant breastfeeding for 6 months = 74.2%

Highest Rate = 84%

Lowest Rate = 57%

Reasons for giving water:

- prevent thirst;
- cooling the stomach;
- a drop during bath;
- before milk comes out;
- advised by the elders;
- for health;
- prevent jaundice

IYCF Practices in Myanmar



Exclusive breastfeeding for 6 months = 7.8%

Highest Rate = 38 %

Lowest Rate = 1%

IYCF Practices in Myanmar



- Continued breastfeeding

- Up to 6 months = 98.5%
- Up to 11 months = 96.0%
- Up to/ beyond 2 years = 44.9%
- Mean age of cessation of BF = 22 months

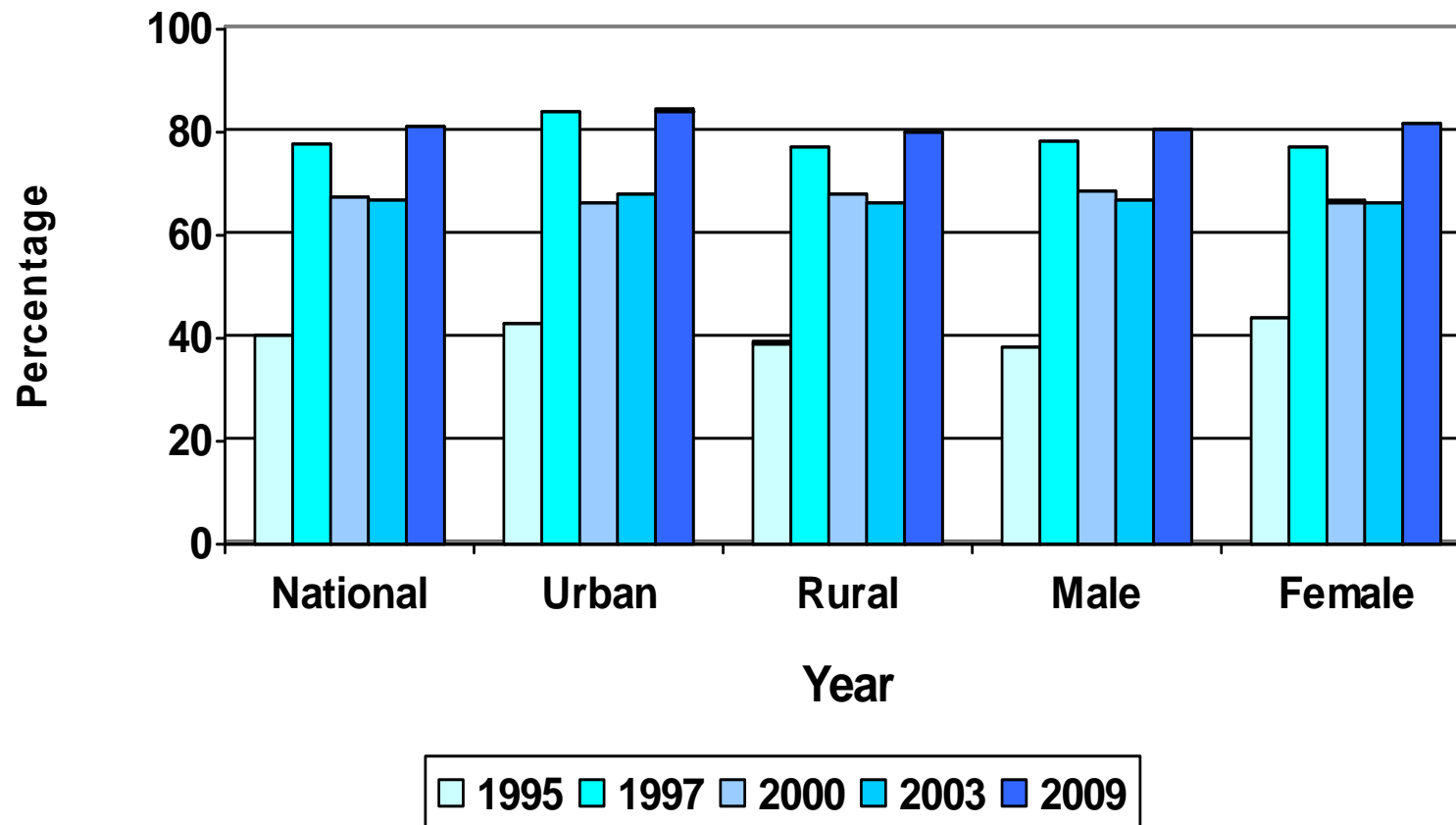
Reasons for cessation of breastfeeding

- less milk flow; next pregnancy; child can eat solid foods well; child has grown up; child refuses to take breast milk; fear of dental caries

Percentage of infant 6-9 months of age who receive breast milk and complementary food



Percentage of infants 6 to 9 months of age who receive breast milk and complementary food (Timely complementary feeding)



Presentation Points for IYCF Practice



3. Complementary Feeding Practices

Complementary feeding practices in Myanmar



Introduction of complementary foods

- **before 6 months** **26%**
- **6-11 months** **69%**
- **one year and after** **5%**

Source: NNC, IYCF Survey, 2004,

Complementary feeding practices in Myanmar



Adding oil to complementary food

- Always 17%
- Sometimes 25%
- Never 57.7%

Source: NNC, IYCF Survey, 2004,

Complementary feeding practices in Myanmar



• Age of introduction of protein-rich foods

Food	<6m	6-11m	>12 m
Eggs	25.7%	54.9%	19.4%
Beans	6.6%	17.7%	75.7%
Meat & fish	4.4%	15.3%	80.4%

Source: NNC, IYCF Survey, 2004,

Complementary feeding practices in Myanmar



• Age of introduction of fruits and vegetables

Food	<6m	6-11m	>12 m
Fruits	25.7%	54.9%	19.4%
Vegetables	6.6%	17.7%	75.7%

Complementary feeding practices in Myanmar



	<6m	6-11m	12-18 m	>18m
Giving water with spoon and cup	11.9%	53%	28%	6.7%
Eating food (self)	0	3.4%	28.5	68.1%

Source: NNC, IYCF Survey, 2004

Adequately Fed Infants



Region	MICS 2009 Percentage				
	National	Urban	Rural	Male	Female
0-5 months exclusively breastfed	23.6	20.8	24.8	23.5	23.8
6-8 months who received breast milk and complementary food at least 2 times in prior 24 hours	69.2	69.4	69.2	67.4	71.2
9-11 months who received breast milk and complementary food at least 3 times in prior 24 hours	45.2	49.7	43.6	46.3	44.0
6-11 months who received breast milk and complementary food at least the minimum recommended number of times per day	56.5	59.4	55.4	56.6	56.4

Thank you