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Barriers of exclusive breastfeeding in HIV exposed infants under 6 mo of age in Dilla town, Ethiopia: A survival analysis

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Background: Exclusive breastfeeding up to the completion of the sixth month of age with or without HIV exposure is a national infant feeding recommendation for Ethiopia. The objective of the study was to collect data on barriers of exclusive breastfeeding up to six months and to describe the association between mixed feeding and HIV exposure.

Methods: A clinic based cross-sectional study was conducted in mothers who had postnatal pediatric ART follow up, Dilla Hospital, Ethiopia in Sep 2011. HIV infected mother with infants aged 6 to 18 months, attending the clinic were included in the study. Infants with specific feeding problems were excluded. Cluster sampling technique was used and infants fulfilling the inclusion criteria were enrolled. A total of 190 mothers participated in the study. The statistical tests used were survival analysis.

Results: 112 mothers had initiated breastfeeding at birth. Breastfeeding was reconsidered and initiated early 3rd month in 7.7 % (6/78) of those who had chosen formula milk at birth. The median duration of exclusive breastfeeding was 3 months (95% CI 2.75, 3.25). The rate of exclusive breastfeeding at 6 month was 25.9% (29/112). Bivariate analysis showed that maternal misunderstanding of infant feeding options ($p=0.005$) and being HIV infected mother ($p=0.022$) were important associations of early cessation of exclusive breastfeeding.