



World Breastfeeding Trends Initiative (WBTi)

Assessment Tool



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WBTi UK Working Group

<http://www.lcgb.org/wbti/>

Coordinators

Clare Meynell RM (rtd) IBCLC

01243512327

07584 160892

claremeynell@gmail.com

Helen Gray MPhil IBCLC

helengray123@yahoo.co.uk

07973 262659

88 Drakefield Road

London SW17 8RR

Indicator 11: Early Initiation of Breastfeeding

Key question: What is the percentage of babies breastfed within one hour of birth?

Definition of the indicator: Proportion of children born in the last 24 months who were put to the breast within one hour of birth

Background

Many mothers, in the world, deliver their babies at home, particularly in the developing countries and more so in the rural areas. Breastfeeding is started late in many of these settings due to cultural or other beliefs. According to the new guidelines in Baby Friendly Hospital Initiative (BFHI) “Step” 4 of the *Ten Steps to Successful Breastfeeding* recommends placing all babies in skin-to-skin contact with their mothers immediately following birth for at least an hour and encouraging mothers who have chosen to breastfeed to recognize when their babies are ready to breastfeed, offering help if needed.

If the mother has had a cesarean section the baby should be offered breast when mother is able to respond and it happens within few hours of the general anesthesia also. Mothers who have undergone cesarean sections need extra help with breastfeeding otherwise they initiate breastfeeding much later. Optimally, the baby should start to breastfeed before any routine procedure (such as bathing, weighing, umbilical cord care, administration of eye medications) is performed. Early breastfeeding helps better temperature control of the newborn baby, enhances bonding between the mother and the baby, and also increases chances of establishing exclusive breastfeeding early and its success. Evidence from trial has shown that early initiation of breastfeeding could reduce neonatal mortality by 22%.¹⁵

Source of data: Demographic and Health Surveys, MICS survey, national and sub-national survey, national health information systems

Guideline:

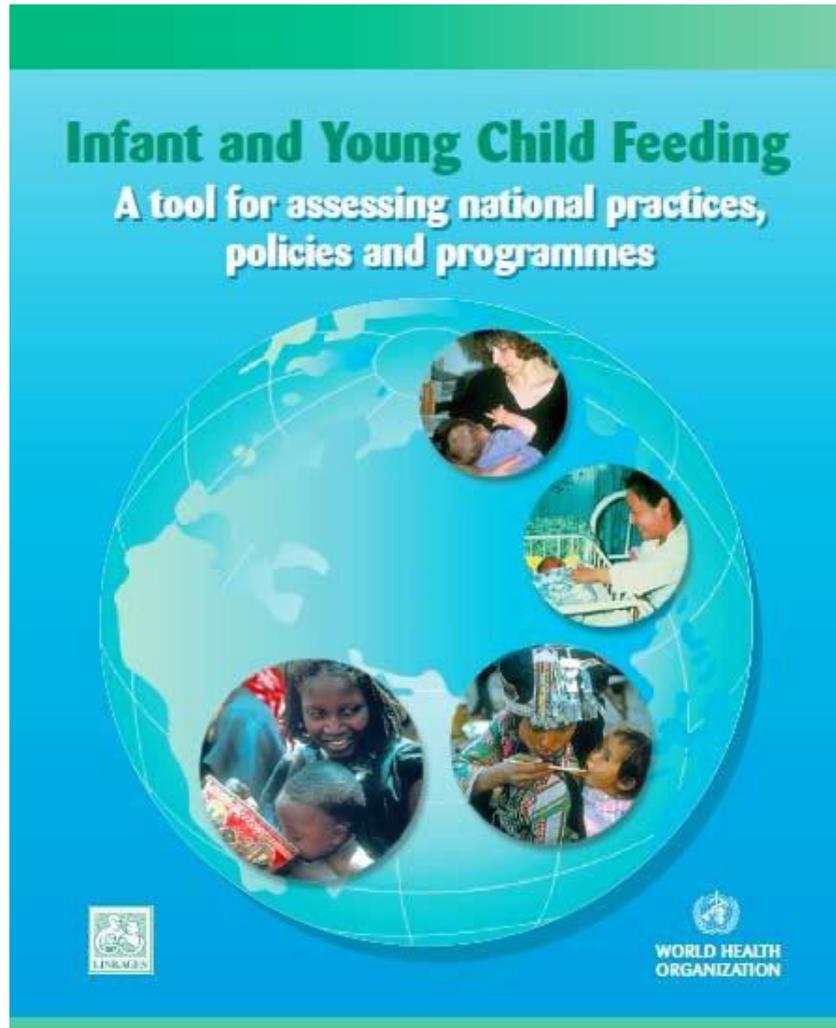
Indicator 11	Key to rating adapted from WHO tool (see Annex 11.1)	IBFAN Asia Guideline for WBTi	
		Scores	Colour-rating
Initiation of Breastfeeding (within 1 hour)	0.1-29%	3	Red
	29.1-49%	6	Yellow
	49.1-89%	9	Blue
	89.1-100%	10	Green

¹⁵ Edmond KM, Zandoh C, Quigley MA et al. Delayed breastfeeding initiation increases risk of neonatal mortality. *Pediatrics* 2006; 117: 380-386

Data Source (including year):

WHO (2003). Infant and young child feeding - A tool for assessing national practices, policies and programmes. Available at:

<http://www.who.int/nutrition/publications/infantfeeding/9241562544/en/>



Indicator 12: Exclusive Breastfeeding for the First Six Months

Key question: *What is the percentage of babies 0<6 months of age exclusively breastfed¹⁶ in the last 24 hours?*

Definition of the indicator: Exclusive breastfeeding under 6 months: Proportion of infants 0–5 months of age who are fed exclusively with breast milk

Background

Exclusive breastfeeding for the first six months is very crucial for survival, growth and development of infant and young children. It lowers the risk of illness, particularly from diarrheal diseases. It also prolongs lactation amenorrhea in mothers who breastfeed frequently. WHO commissioned a systematic review of the published scientific literature about the optimum duration of exclusive breastfeeding and in March 2001, the findings were submitted for technical review and scrutiny during an Expert Consultation. This Expert Consultation recommended a change to “exclusive breastfeeding for 6 months” from earlier recommendation of 4 months. The World Health Assembly (WHA) in May 2001 formally adopted this recommendation through a Resolution 54.2 /2001. The World Health Assembly in 2002 approved another resolution 55.25 that adopted the Global Strategy for Infant and Young Child Feeding. Later the UNICEF Executive Board also adopted this resolution and the Global Strategy for Infant and Young Child Feeding in September 2002, bringing a unique consensus on this health recommendation. An analysis published in *Lancet*¹⁷ clearly points to the role of exclusive breastfeeding during first six months for Infant survival and development.

Source of data: Demographic and Health Surveys¹⁸, MICS survey, national and sub-national survey, national health information systems.

Guideline:

Indicator 12	Key to rating adapted from WHO tool (see Annex 11.1)	IBFAN Asia Guideline for WBTi	
		Scores	Colour-rating
Exclusive Breastfeeding (for first 6 months)	0.1-11%	3	Red
	11.1-49%	6	Yellow
	49.1-89%	9	Blue
	89.1-100%	10	Green

¹⁶ Exclusive breastfeeding means the infant has received only breastmilk (from his/her mother or a wet nurse, or expressed breastmilk) and no other liquids or solids with the exception of drops or syrups consisting of vitamins, mineral supplements or medicines (2)

¹⁷ Robert E Black, Saul S Morris, Jennifer Bryce. Where and why are 10 million children dying every year? *THE LANCET* 2003; 361 : 2226-34.

¹⁸ Exclusive breastfeeding rate (EBR) calculator may be used, if required, to calculate data for exclusive breastfeeding for babies <6 months. The calculator may be seen at: WHO (2003). *Infant and Young Child Feeding - A tool for assessing national practices, policies and programmes*. Available at <http://whqlibdoc.who.int/publications/2003/9241562544.pdf>

Indicator 13: Median Duration of Breastfeeding

Key question: *Babies are breastfed for a median duration of how many months?*

Background

The “*Innocenti Declaration*” and the Global Strategy for Infant and Young Child Feeding recommends that babies continue to be breastfed for two years of age or beyond along with adequate and appropriate complementary foods starting after six months of age. Breastmilk continues to be an important source of nutrition and fluids and immunological protection for the infant and the young child. The continued closeness between mother and child provided by breastfeeding helps in optimal development of the infant and young child.

Source of data: Demographic and Health Surveys, MICS survey, national and sub-national survey, national health information systems

Guideline:

Indicator 13	Key to rating adapted from WHO tool (see Annex 11.1)	IBFAN Asia Guideline for WBTi	
		Scores	Colour-rating
Median Duration of Breastfeeding	0.1-18 Months	3	Red
	18.1-20 ”	6	Yellow
	20.1-22 ”	9	Blue
	22.1- 24 or beyond ”	10	Green

Data Source (including year):

Indicator 14: Bottle feeding

Key question: *What percentage of breastfed babies 0-12 months of age, who are fed with any foods or drinks (even breastmilk) from bottles?*

Definition of the indicator: *Proportion of children 0–12 months of age who are fed with a bottle*

Background

Babies should be breastfed exclusively for the first six months of age and they need not be given any other fluids, fresh or tinned milk formula as this would cause more harm to babies and replace precious breastmilk. Similarly after six months babies should ideally receive mother's milk plus solid complementary foods. If a baby cannot be fed the breastmilk from his/her mother's breast, s/he should be fed with a cup (if unable to swallow, breastmilk can be given by means of an infant feeding tube). Bottle feeding means the proportion of children 0–23 months of age who are fed with a bottle having nipple/teat. Information on bottle feeding is useful because of the potential interference of bottle feeding with optimal breastfeeding practices and the association between bottle feeding and increased diarrhoeal disease morbidity and mortality. Bottles with a nipple are particularly prone to contamination.

Source of data: Demographic and Health Surveys¹⁹, MICS survey, national and sub-national survey, national health information systems

Guideline

Indicator 14	Key to rating adapted from WHO tool (see Annex 11.1)	IBFAN Asia Guideline for WBTi	
		Scores	Colour-rating
Bottle Feeding (<6 months)	29.1-100%	3	Red
	4.1-29%	6	Yellow
	2.1-4%	9	Blue
	0.1-2%	10	Green

Data Source (including year):

¹⁹ Bottle feeding rate (BOT) calculator may be used, if required, to calculate data for bottle feeding for babies 0-<12 months. The calculator may be seen at: WHO (2003). Infant and Young Child Feeding - A tool for assessing national practices, policies and programmes. Available at <http://whqlibdoc.who.int/publications/2003/9241562544.pdf>

Indicator 15: Complementary feeding --- Introduction of solid, semi-solid or soft foods

Key question: *Percentage of breastfed babies receiving complementary foods at 6-8 months of age?*

Definition of the indicator: *Proportion of infants 6–8 months of age who receive solid, semi-solid or soft foods*

Background

As babies grow continuously and need additional nutrition along with continued breastfeeding, after they are 6 months of age, complementary feeding should begin with locally available indigenous foods being affordable and sustainable. They should be offered soft or mashed foods in small quantities, 3-5 times a day. Complementary feeding should gradually increase in amount and frequency as the baby grows. Breastfeeding, on demand, should continue for 2 years or beyond. Complementary feeding is also important from the care point of view, the caregiver should continuously interact with the baby and take care of hygiene to keep it safe.

The indicator proposed here measures only whether complementary foods are provided in a timely manner, after 6 months of age along with breastfeeding. Complementary feeds should also be adequate, safe and appropriately fed, but indicators for these criteria are not included because data on these aspects of complementary feeding are not yet available in many countries. It is useful to know the median age for introduction of complementary foods, what percentage of babies are not breastfeeding at 6-9 months and also how many non-breast-feeding babies are receiving replacement foods in a timely manner. This information should be noted, if available, although it is not scored. It is also possible to generate more information as additional and help guide local program.

Source of data: Demographic and Health Surveys, MICS survey, national and sub-national survey, national health information systems

Guidelines

Indicator 15	WHO's	IBFAN Asia Guideline for WBTi	
	<i>Key to rating</i>	<i>Scores</i>	<i>Colour-rating</i>
Complementary Feeding (6-9 months)	0.1-59%	3	Red
	59.1-79%	6	Yellow
	79.1-94%	9	Blue
	94.1-100%	10	Green

Data Source (including year):