

NIGERIA C-IYCF EVALUATION

Insights into Optimal Breastfeeding Practices in Nigeria

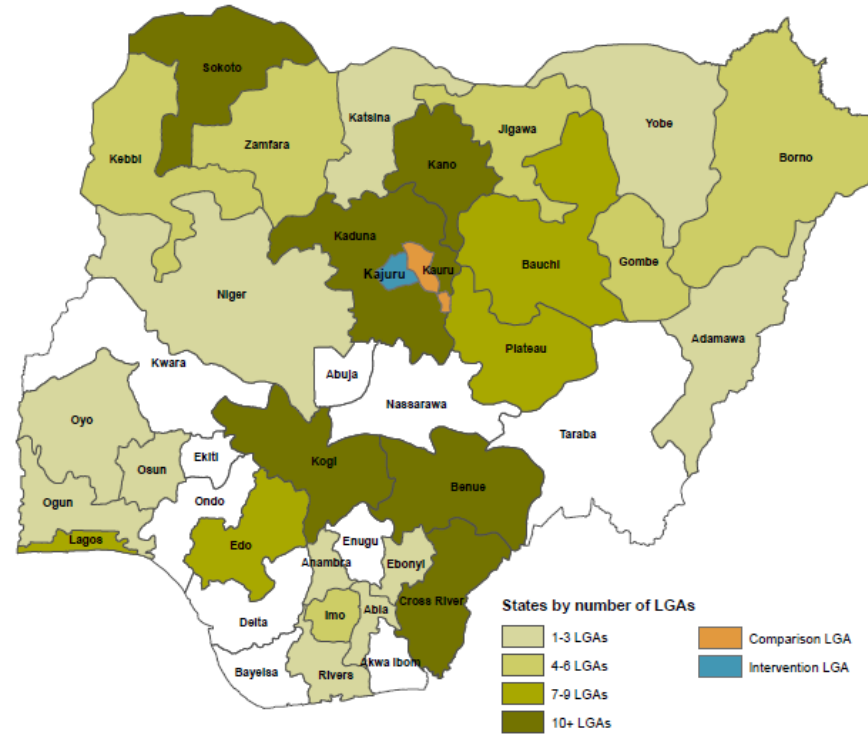


Sascha Lamstein, Peggy Koniz-Booher, & Sarah Cunningham | World Breastfeeding Symposium (Aug 2016)

Nigeria adapted and adopted the *Community Infant and Young Child Feeding (C-IYCF) Counselling Package*, starting in 2011.



Many groups have been involved in rolling it out across the country.

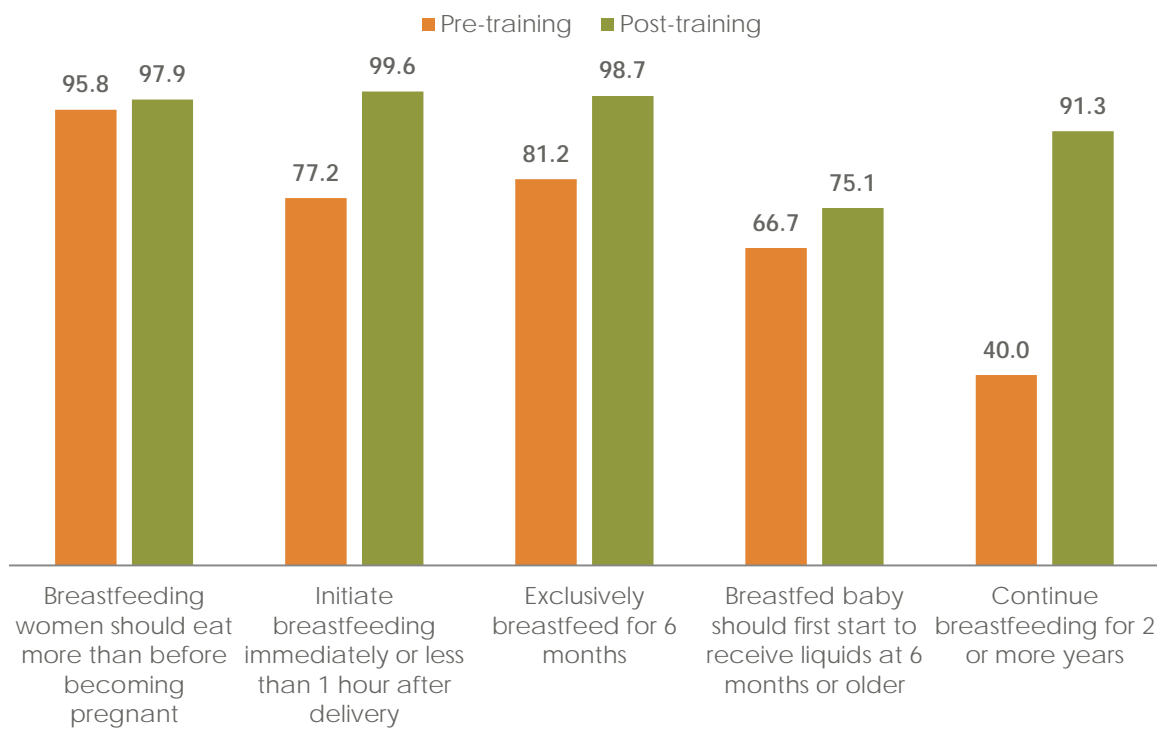


The Nigerian Federal Ministry of Health (FMOH) has partnered with SPRING and UNICEF to evaluate the package when implemented at scale in Kaduna State.

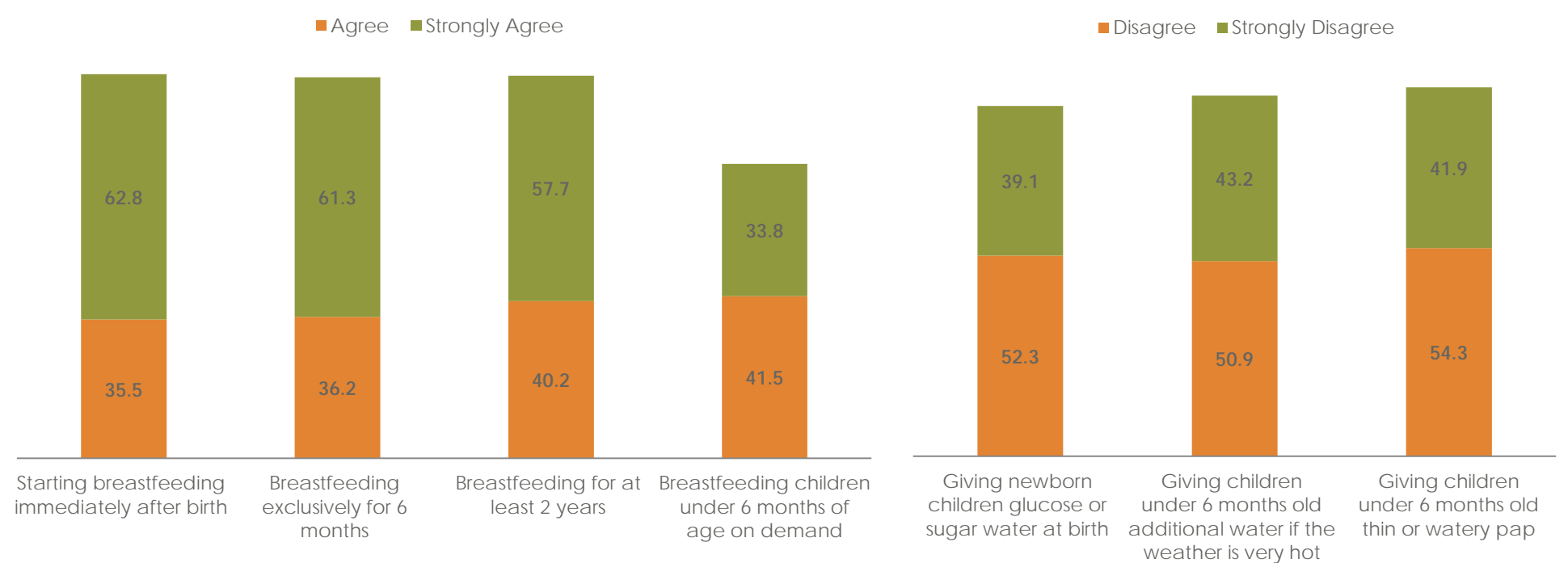


Our baseline findings show that while **community volunteers** may learn key messages from the training, they may not fully grasp the importance of these behaviors.

Knowledge of behaviors, pre and post-training



Attitudes toward behavior importance, post training

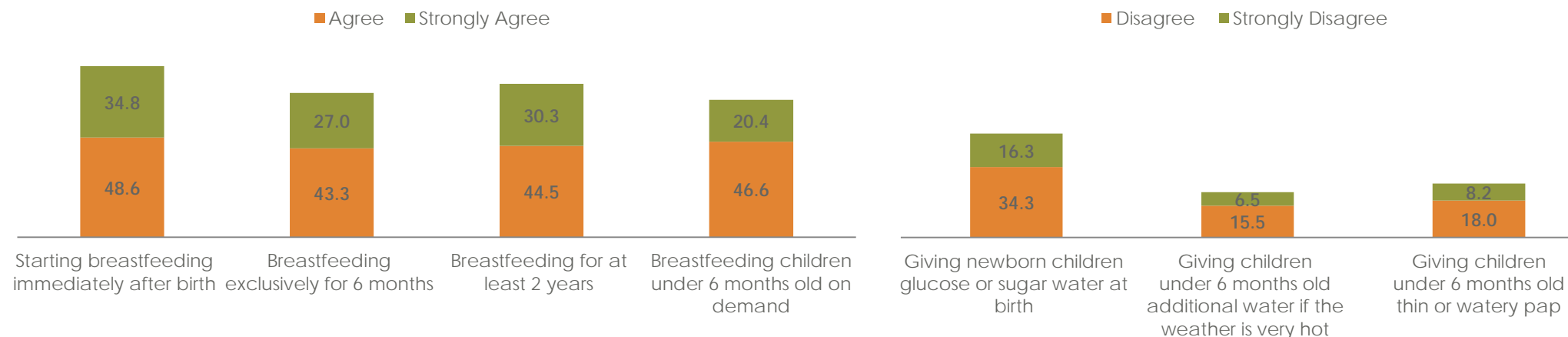


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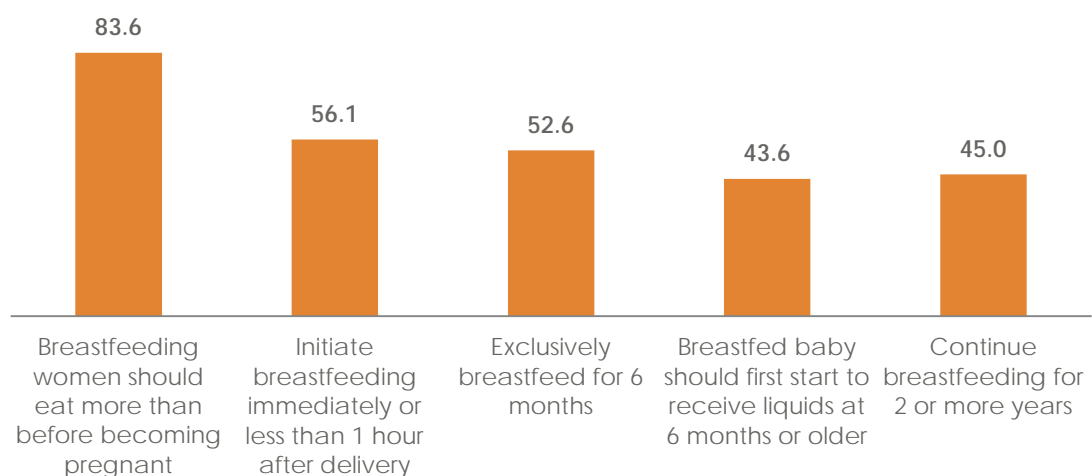
Baseline findings underscore the importance of **going beyond trainings to unpack entrenched behaviors and address the misconceptions, barriers, and enablers to optimal breastfeeding practices.**

While 64.9% of community leaders knew that breastfeeding should be initiated immediately after birth, **few strongly agreed with the importance of this practice.**

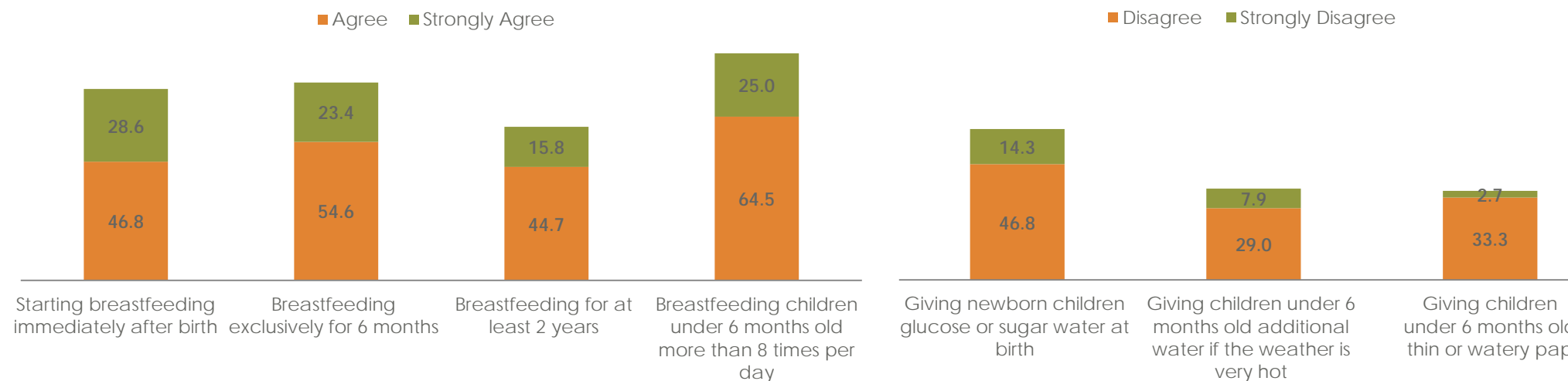
Attitudes among Community Leaders toward behavior importance



Knowledge of behaviors among Pregnant Women & Mothers of Children under Two

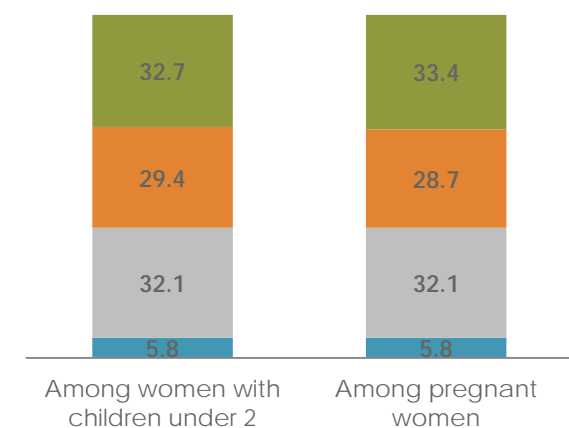


Attitudes among Pregnant Women & Mothers of Children under Two toward behavior importance

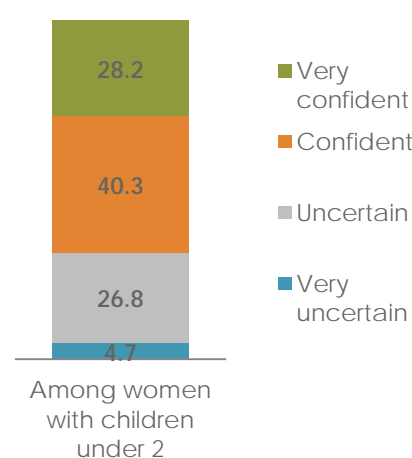


Many women are **not very confident in their ability to follow optimal breastfeeding practices**, which may not be surprising given that **their decision-making power is limited.** Turning knowledge into action will require social change to support women and families to adopt optimal IYCF practices.

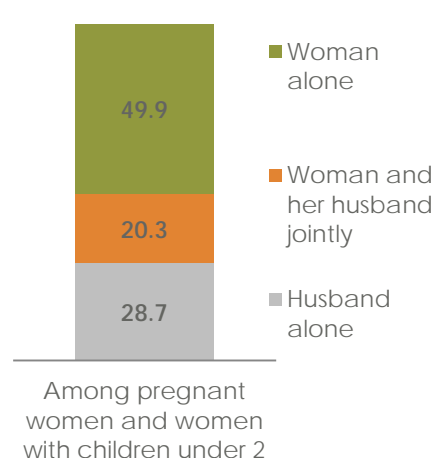
Women's confidence in their ability to breastfeed exclusively for 6 months



Women's confidence in their ability to continue breastfeeding for 2 years



Who decides when a woman stops breastfeeding



While 62.5% of pregnant women report intending to exclusively breastfeed for 6 months, **only 20.4% of children under 6 months old are exclusively breastfed. Only 14.5% are exclusively breastfed up to 4-5 months.**

Exclusive breastfeeding rates by age group

