

Table 1. Socio-demographic characteristics and breastfeeding practices among mothers by BFHI status

Item	BFHI Status <i>n</i> (%)	non BFHI <i>n</i> (%)	Total <i>n</i> (%)	<i>p</i> - Value
	<i>n</i> = 62	<i>n</i> = 95	<i>n</i> = 157	
<b>SOCIO-DEMOGRAPHIC DATA</b>				
<b>Sex of the child</b>				0.360
Male	34 (54.8)	45 (47.4)	79	
Female	28 (45.2)	50 (52.6)	78	
<b>Age of infant in months</b>				0.460
0 – 6	23 (37.0)	36 (37.9)	59 (37.4)	
7 – 12	19 (30.6)	28 (29.5)	47 (30.0)	
13 – 18	13 (21.0)	18 (18.9)	31 (19.9)	
19 – 24	4 (6.5)	12 (12.6)	16 (9.5)	
25 – 36	3 (4.8)	1 (1.0)	4 (2.9)	
<b>Age of the mother</b>				0.246
<20 years	6 (9.7)	17 (17.9)	23 (13.9)	
21-25 years	21 (33.9)	30 (31.6)	51 (32.7)	
26-30 years	16 (25.8)	32 (33.7)	48 (29.7)	
35-40 years	17 (27.4)	14 (14.7)	33 (21.0)	
above 40 years	2 (3.2)	2 (2.1)	4 (2.6)	
<b>Highest level of education attained by mother</b>				0.108
Grade 1 – 7	3 (4.8)	15 (15.8)		
Grade 8 – 12	52 (83.9)	69 (72.6)		
Tertiary education	7 (11.3)	11 (11.6)		
<b>Marital status</b>				
Single/Divorced/Widow	32 (51.6)	44 (46.3)		
Married	30 (48.4)	51 (53.7)		
<b>Maternal parity</b>				0.570
0 – 1	56 (90.3)	83 (87.4)		
2 – 4	6 (9.7)	12 (12.6)		
<b>Number of children had by the mother</b>				0.805
Zero	22 (36.1)	33 (35.1)		

One	21 (34.4)	30 (31.9)		
Two	12 (19.7)	18 (19.2)		
Three	6 (9.8)	13 (13.8)		
<b>Source of income (n = 157)</b>				0.049
Husband	22 (35.5)	29 (30.5)		
Myself	17 (27.4)	14 (14.7)		
Social grants, parents in law, friends/other family members	23 (37.1)	52 (54.7)		
<b>Household income (ZAR)</b>				<b>0.000*</b>
1000 or less	10 (16.1)	42 (44.2)		
1001 – 2000	9 (14.5)	35 (36.8)		
2001 and above	43 (69.4)	18 (19.0)		
<b>BREASTFEEDING PRACTICES</b>				
<b>The child was breastfed</b>				0.061
Yes	55 (88.7)	73 (76.8)	128 (81.5)	
No	7 (11.3)	22 (23.2)	29 (18.5)	
<b>Breastfeeding initiation after delivery</b>				0.715
Immediately after delivery	55 (91.7)	80 (89.9)	135 (90.6)	
A day after birth/other	5 (8.3)	9 (10.1)	14 (9.4)	
<b>Assistance with breastfeeding initiation after delivery</b>				0.606
Nurses/Doctors	42 (70.0)	65 (73.9)	107 (72.3)	
No one help me / others	18 (30.0)	23 (26.1)	41 (27.7)	
<b>Allowed to stay with the baby all the time</b>				0.461 <sup>F</sup>
Yes	59 (95.2)	89 (96.7)	148 (96.1)	
No	3 (4.8)	3 (3.3)	6 (3.9)	
<b>Child given Vitamin A supplement before discharge</b>				0.175 <sup>F</sup>
Yes	56 (93.3)	82 (87.2)	138 (89.6)	
No	4 (6.7)	12 (12.8)	16 (10.4)	
<b>Exclusive breastfeeding duration</b>				0.150
Less than 3 months	21 (35.6)	37 (42.1)	58 (39.5)	
3 - 4 months	25 (42.4)	24 (27.3)	49 (33.3)	
6 months and more	13 (22.0)	27 (30.6)	40 (27.2)	
<b>The duration a child was breastfed</b>				0.843
6 - 12 months	5 (8.6)	12 (13.5)	17 (11.5)	
13 – 18 months	25 (43.1)	36 (40.5)	61 (41.5)	
19 - 23 months	7 (12.1)	10 (11.2)	17 (11.6)	
24 months and beyond	21 (36.2)	31 (34.8)	52 (35.4)	
<b>Breastfed in public</b>				0.501

Yes	53 (88.3)	76 (84.4)	129 (86.0)	
No	7 (11.7)	14 (15.6)	21 (14.0)	
<b>Referred to any breastfeeding support group/clinic on discharge</b>				0.057
Yes	6 (9.7)	20 (21.3)	26 (16.4)	
No	56 (90.3)	74 (78.7)	130 (83.3)	
<b>Home breastfeeding support</b>				<b>0.009*</b>
Husband	21 (36.8)	20 (23.3)	41 (28.7)	
Parents in law	19 (33.3)	18 (20.9)	37 (25.9)	
Babysitters/Others	17 (29.8)	48 (55.8)	65 (45.5)	

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Table 2: Relationship between maternal knowledge of nutrition and attendance of BFHI facilities

Measures	Crude OR (95% CI)	p - Value	Adjusted RR (95% CI)	p - Value
<b>The child was breastfed</b>				
No	1.00		1.00	
Yes	2.37 (0.94 - 5.94)	0.066	4.23 (1.08 - 16.54)	<b>0.038</b>
<b>Breastfeeding initiation after delivery</b>				
Immediately after delivery	1.00		1.00	
A day or more after delivery	0.81 (0.26 - 2.54)	0.715	0.61 (0.14 - 2.73)	0.521
<b>Assistance with breastfeeding initiation after delivery</b>				
Nurses/Doctors	1.00		1.00	
No one help me/others	1.21 (0.58 - 2.51)	0.606	0.94 (0.41 - 2.16)	0.884
<b>Allowed to stay with your baby all the time</b>				
No	1.00		1.00	
Yes	0.66 (0.13 - 3.40)	0.622	0.62 (0.12 - 3.27)	0.620
<b>Child given Vitamin A supplement before discharge</b>				
No	1.00		1.00	
Yes	2.05 (0.63 - 6.68)	0.234	0.77 (0.53 - 5.90)	0.355
<b>Exclusive breastfeeding duration</b>				
Less than 6 months	1.00		1.00	
6 months and older	1.06 (0.53 - 2.11)	2.118	1.38 (0.63 - 3.04)	0.426
<b>Breastfed in public (e.g. church, shopping complex)</b>				
No	1.00		1.00	
Yes	1.40 (0.53 - 3.69)	0.503	0.83 (0.26 - 2.60)	0.751
<b>Referred to a breastfeeding support group/clinic</b>				
No	1.00		1.00	

Yes	0.40 (0.15 - 1.05)	0.063	0.32 (0.12 - 0.88)	<b>0.026</b>
<b>Home breastfeeding support</b>				
Babysitters/others	1.00		1.00	
Husband	2.96 (1.30 - 6.78)	0.010	3.44 (1.45 - 8.16)	<b>0.005</b>
Parents in law	2.98 (1.28 - 6.67)	0.012	2.69 (1.14 - 6.36)	<b>0.024</b>

Table 3. Mother's complementary feeding practices

ITEM	BFHI Status <i>n</i> (%)	Non-BFHI <i>n</i> (%)	Total <i>n</i> (%)	<i>p</i> - Value
	<b><i>n</i> = 62</b>	<b><i>n</i> = 95</b>	<b><i>n</i> = 157</b>	
<b>Baby on infant formula</b>				0.760
Yes	22 (35.5)	36 (37.9)	58 (36.9)	
No	40 (64.5)	59 (62.1)	99 (63.1)	
<b>Child initiated on infant formula</b>				0.760
0 - 4 weeks	9 (40.9)	18 (51.4)	27 (47.4)	
1 - 2 months	5 (22.7)	6 (17.1)	11 (19.3)	
More than 2 months	8 (36.4)	11 (31.4)	19 (33.3)	
<b>The utensil used to feed baby with infant formula</b>				0.681 <sup>F</sup>
Bottle with artificial teat	21 (95.5)	34 (89.5)	55 (94.8)	
Spoon/cup/	1 (4.5)	2 (5.6)	3 (5.2)	
<b>Water consumption by the baby (with added glucose and/or salt)</b>				0.054
Yes	44 (73.3)	54 (58.1)	98 (64.1)	
No	16 (26.7)	39 (41.9)	55 (35.9)	
<b>-Timing of water consumption initiation to the baby</b>				<b>0.004</b>
0 - 4 weeks	10 (21.7)	25 (43.1)	45 (39.5)	
1 - 2 months	8 (17.4)	8 (13.8)	16 (14.0)	
2 - 5 months	25 (54.4)	14 (24.1)	39 (34.2)	
6 months and older	3 (6.5)	11 (19.0)	14 (12.3)	
<b>The utensil used to give water to the baby</b>				0.350
Bottle with artificial teat	28 (56.0)	42 (68.9)	70 (63.1)	
Cup	12 (24.0)	11 (18.0)	23 (20.7)	
Spoon/others (mug, glass)	10 (20.0)	8 (13.1)	18 (16.2)	
<b>Reasons for giving complementary foods</b>				<b>0.002</b>
Baby cries a lot	23 (42.6)	45 (51.7)	68 (48.2)	
Baby hungry	17 (31.5)	12 (13.8)	29 (20.6)	
Advised by relatives/friends	8 (14.8)	5 (5.8)	13 (9.2)	
Baby not sleeping/other, specify	6 (11.1)	25 (28.7)	31 (22)	
<b>Frequency of meals consumed by the baby per day</b>				0.244

Once/I don't know	7 (13.0)	10 (11.6)	17 (12.1)	
Two	14 (25.9)	34 (39.5)	48 (34.3)	
Three more or more times	33 (61.1)	42 (48.8)	75 (53.6)	
<b>Trained on complementary feeding</b>				0.611
Yes	27 (44.3)	46 (48.4)	73 (46.8)	
No	34 (55.7)	49 (51.6)	83 (53.2)	
<b>Source of training</b>				<b>0.1933</b> F
Health workers, specify	25 (96.2)	39 (86.7)	64 (90.1)	
Parents/parent-in-law/printed media (newspaper and magazine)/other, specify	1 (3.9)	6 (13.3)	7 (9.9)	

F=Fischer Exact test