

EXCLUSIVE BREASTFEEDING

Definition

Breast milk is the ideal food for newborns. A prevailing recommendation is to provide infants with breast milk exclusively for the first six months of life. This practice is referred to as exclusive breastfeeding (EBF) (1).

Importance

Breastfeeding provides multiple short- and long-term benefits for both mother and child. Specifically, exclusive breastfeeding (EBF) during the first six months of life helps reduce the incidence of asthma, allergies, respiratory diseases, and infections of the ear, gastrointestinal tract, and urinary tract, leading to lower morbidity and mortality rates in the first year of life. In the long term, EBF decreases the risk of chronic diseases and improves cognitive development and intelligence quotient. For the mother, it reduces the risk of breast and ovarian cancers, as well as chronic diseases (2).

References

1. World Health Organization. Global Nutrition Targets 2025: Breastfeeding Policy Brief. 2014. Available at: http://www.who.int/nutrition/topics/globaltargets_breastfeeding_policybrief.pdf.
2. UNICEF. Benefits of Breastfeeding: Why Breastfeed? UNICEF [Internet]. 2016; 1–6. Available from: [https://www.unicef.org/Beneficios_de_la_Lactancia_Materna\(1\).pdf](https://www.unicef.org/Beneficios_de_la_Lactancia_Materna(1).pdf).
3. Sample Design. National Survey of Demographic Dynamics 2014, p. 9. Module for Women. National Survey of Demographic Dynamics 2014, p. 18.

Data sources

The 2014 National Survey of Demographic Dynamics (ENADID) was used, following the framework established in the module for women as the basis for constructing the indicator.

Indicator estimation

The prevalence of EBF was estimated exclusively at the national, regional, and urban and rural levels

Results

