



REPORT

Knowledge, Attitudes, and Practices (KAP) Survey on Exclusive Breastfeeding and Infant and Young Child Feeding in Barangay Alabang, Muntinlupa City



Save the Children



Sun Life
FOUNDATION

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BACKGROUND

One of the initiative projects implemented by Save the Children is the “**Supporting Nanay in Exclusive Breastfeeding and Infant/Child Feeding for Growing Healthy Tsikiting**” (SUNBRIGHT). SUNBRIGHT is focused on addressing malnutrition through the promotion of optimal infant and young child feeding practices. The project has a specific target audience, including pregnant women, lactating mothers, single mothers, first-time mothers, teenage mothers, working mothers, and husbands/male caregivers. Its overarching goals and objectives encompass identifying the causal factors that contribute to undernutrition, advocating for appropriate feeding practices, expanding coverage through community support groups, and strengthening the capacity of local government units. To ensure effective intervention planning and design, the project employs a Knowledge, Attitudes, and Practices (KAP) survey to gather comprehensive insights into the prevailing situation among the target population. The survey findings serve as a cornerstone for developing tailored information campaigns, Socio-Behavioral Change Communication materials, and training initiatives. By leveraging this evidence-based approach, the SUNBRIGHT Project aims to promote healthy feeding practices and enhance the well-being of infants and young children.

This study aimed to assess the knowledge, attitude, and determinants of exclusive breast feeding and infant/child feeding among members of the community who were identified as pregnant, lactating mothers, single mothers, first-time mothers, teen-age mothers, working mothers and husband/male caregivers in Barangay Alabang, Muntinlupa, Philippines.

OBJECTIVES

The primary objective is to assess the current knowledge, attitudes, and practices (KAP) among the community regarding exclusive breastfeeding and infant and young child feeding (IYCF).

- Analyze needs and assessment of trainings for the community
- Identify gaps and challenges in the knowledge, attitude and practices of the local community
- Design the SBCC intervention based on the findings of the survey

METHODOLOGY

A community based cross-sectional study was conducted in Barangay Alabang, Muntinlupa City in June 2023. The survey targeted specific groups including pregnant women, lactating mothers, single mothers, first-time mothers, teenage mothers, working mothers, and husbands/male caregivers. A total of 57 questionnaires and 11 Focus Group Discussions (FGDs) were conducted as data collection methods.

The questionnaires were carefully designed to include both open-ended and closed-ended questions, aiming to assess the participants' knowledge, attitudes, and practices related to infant and young child feeding (IYCF). The questionnaires employed in this research underwent a pilot testing phase in Pasay City, incorporating participant feedback to refine and finalize the questionnaire design. Additionally, open-ended questions for the FGDs were formulated and tested.

The data collection took place over two days, specifically on June 1st and 2nd, 2023, in Barangay Alabang, Muntinlupa City. The participants' demographic distribution and grouping can be found in Table 1 (not provided here). These demographic factors were considered to ensure representation and diversity among the respondents.

Table 1. Demographic Distribution and Grouping

Questionnaire	
Total Respondents	57
Male	14
Female	43
Pregnant Women	22
Lactating Mothers	21
Single Mothers	5
First time Mothers	5
Teenage Mothers	7
Working Mothers	9
Husband/Male Caregiver	14
FGD	
Total Respondents	11
Male	3
Female	8
Pregnant Women	1
Lactating Mothers	7
Single Mothers	2
First time Mothers	3
Teenage Mothers	3
Working Mothers	4
Husband/Male Caregiver	3

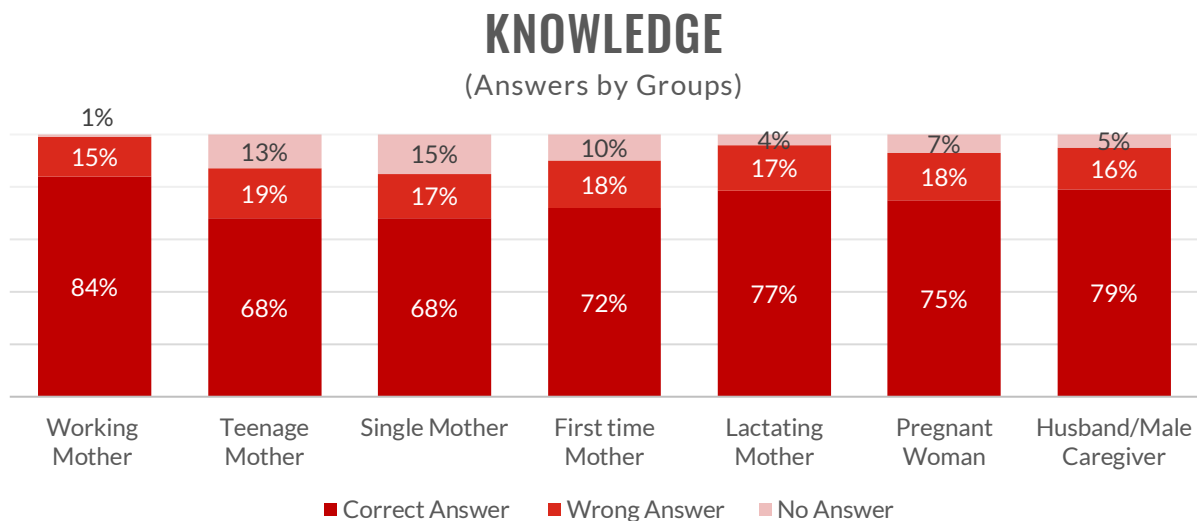
SCOPES AND LIMITATIONS

This study focuses on respondents' understanding of IYCF guidelines, their attitudes towards breastfeeding, and their actual practices. However, the findings are limited to the specific population of caregivers in Alabang, Muntinlupa in June 2023, and may not be generalizable to other regions. The study's outcomes rely on self-reported data, and the sample size may restrict broader generalizations.

RESULTS AND DISCUSSIONS

Knowledge on IYCF

Majority of the respondents demonstrated good knowledge on IYCF and Breastfeeding. Overall, the respondents managed to have **75%** correct answers to all the questions related to knowledge. The scorecard for answers provided by the various groups is:

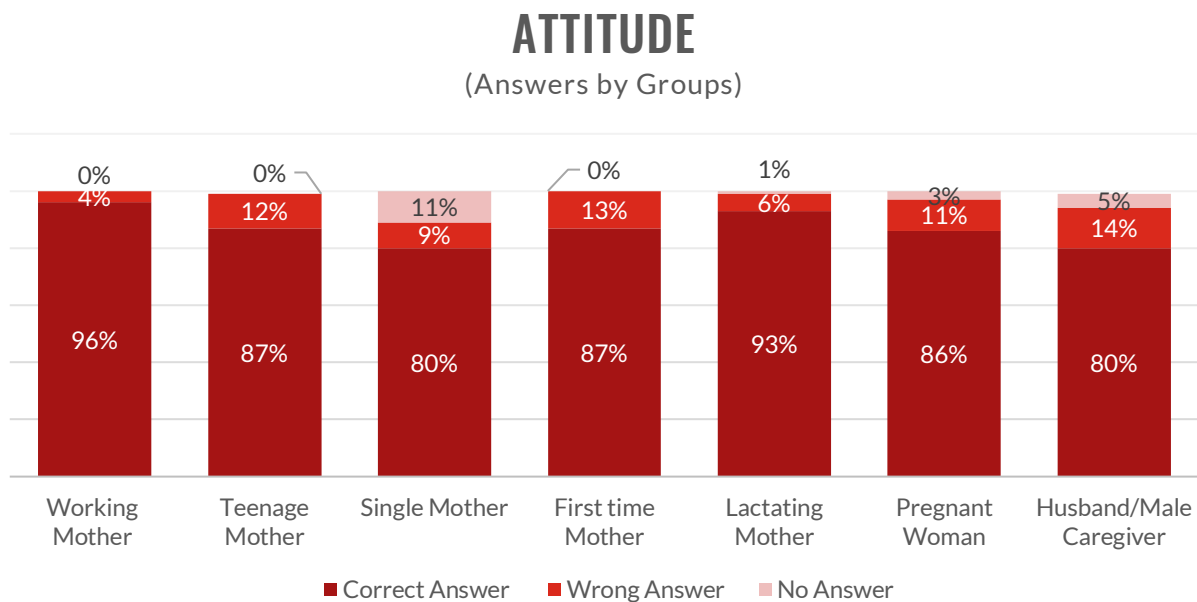


- Working Mothers were able to answer questions related to knowledge on IYCF with the highest score of **84%**
- Teenage and Single Mothers got the lowest score of **68%** each
- **82%** of the respondents gave an incorrect answer to the question: For how long should you/your wife practice infant Exclusive Breastfeeding only?
- **45%** of the respondents gave an incorrect answer to the question: What do you feed your baby for the first 6 months?
- **32%** of the respondents gave an incorrect answer to the question: Do you give a newborn child other food like porridge, fruits, soup?
- **23%** of the respondents gave an incorrect answer to the question: Introduction of complementary feeds before 6 months of age poses health risk to your child.
- **19%** of the respondents gave an incorrect answer to the question: When should a mother start exclusive breastfeeding?
- **15%** of the respondents gave an incorrect answer to the question: When is the right time to start complementary foods?
- **12%** of the respondents gave an incorrect answer to the question: Breastfeeding should continue up to two years and beyond.

- 14% of the respondents did not provide an answer to the question: For how long should you/your wife practice infant Exclusive Breastfeeding only?

Attitude Towards IYCF

Amongst the three (knowledge, attitude and practice) respondents managed to score the highest in attitude towards IYCF. Overall, the respondents managed to get a score of **88%** for all questions related to attitude towards IYCF. The scorecard for answers provided by the various groups is:



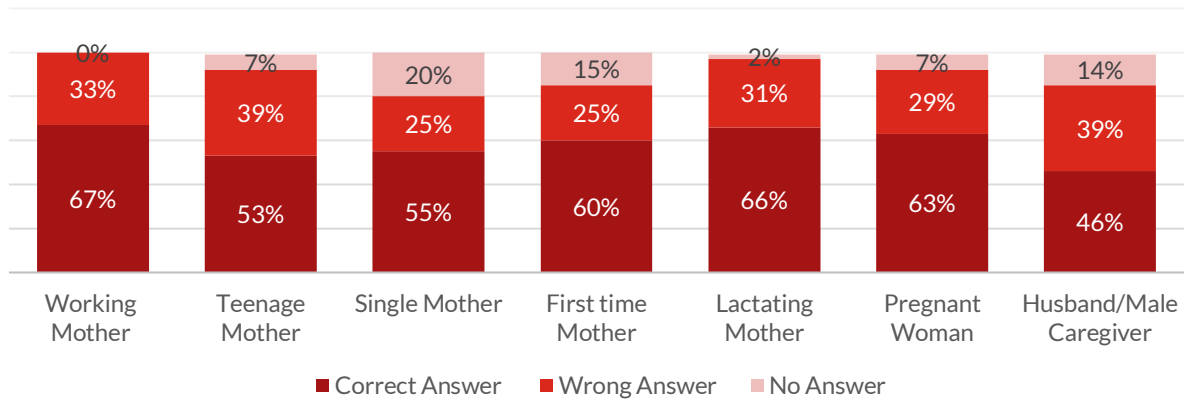
- Working Mothers were able to answer questions related to attitude towards IYCF with the highest score of **96%**
- Single Mothers and Husband/Male Caregivers got the lowest score of **80%** each
- **39%** of the respondents gave an incorrect answer to the question: *You should start complementary food before 6 months*
- **23%** of the respondents gave an incorrect answer to the question: *Only breastmilk may not be sufficient for 3 months old baby*
- **11%** of the respondents gave an incorrect answer to the question: *Do you encourage mothers to Breastfeed their baby up to two years old?*

Practice of IYCF

Amongst the three (knowledge, attitude and practice) respondents managed to score the lowest in practice of IYCF. Overall the respondents managed to get a score of **61%** for all questions related to practice of IYCF. The scorecard for answers provided by the various groups is:

PRACTICE

(Answers by Groups)



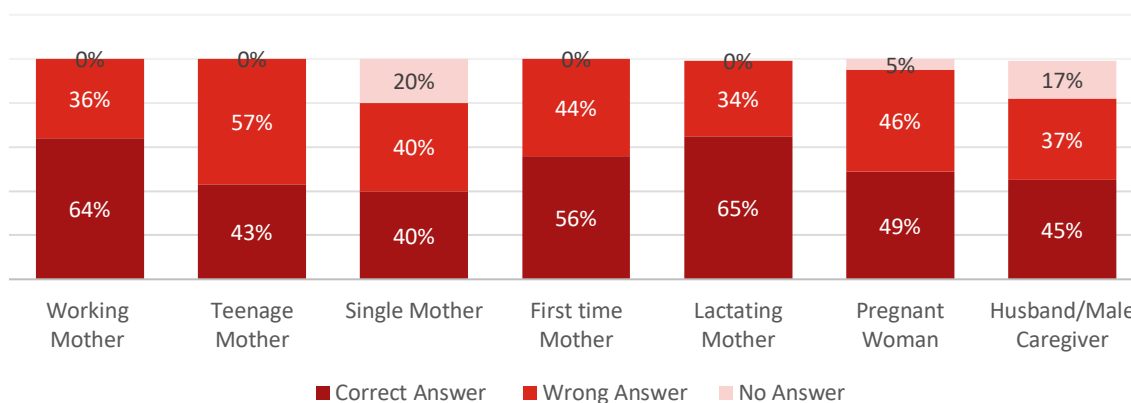
- Working Mothers were able to answer questions related to practice of IYCF with the highest score of **67%**
- Husband/Male Caregivers got the lowest score of **46%**
- **55%** of the respondents gave an incorrect answer to the question: *What is the daily frequency of breastfeeding?*
- **48%** of the respondents gave an incorrect answer to the question: *Until what age have you been breastfeeding your child?*
- **19%** of the respondents gave an incorrect answer to the question: *Breastfeeding for 12 or more months lowers your risk of breast cancer, ovarian cancer, rheumatoid arthritis, high blood pressure, heart disease, and diabetes.*

Myths and Misconceptions About Breastfeeding

Common myths and misconceptions are still prevalent in the community and the low score of the respondents (**54%**) proves its prevalence. The scorecard for answers provided by the various groups is:

MYTHS AND MISCONCEPTIONS

(Answers by Groups)



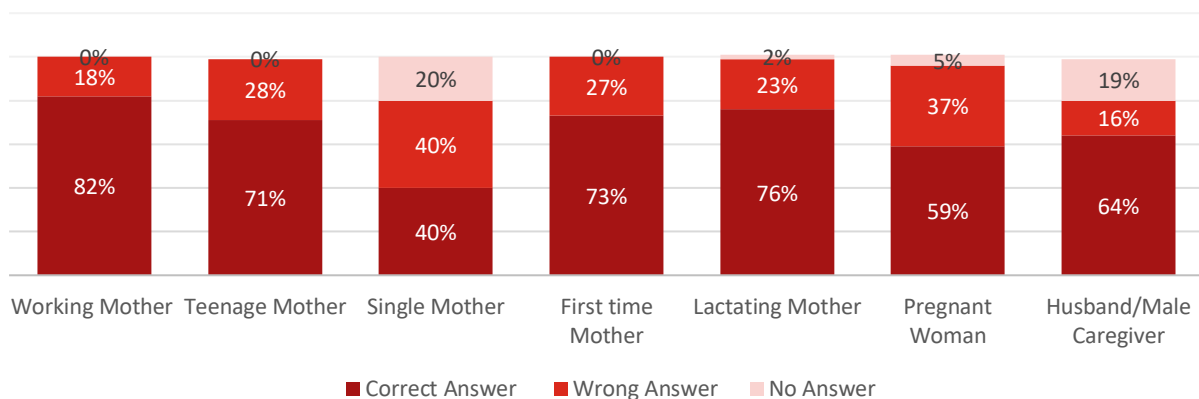
- Myths and Misconception about breastfeeding was the highest among Single Mothers, as they got the lowest score of **40%**
- Myths and Misconception about breastfeeding was the lowest among Working Mothers, as they got the highest score of **67%**
- **58%** of the respondents gave an incorrect answer to the question: *You should not breastfeed if you are sick?*
- **51%** of the respondents gave an incorrect answer to the question: *If the mother is tired, she's not allowed to breastfeed her child?*
- **40%** of the respondents gave an incorrect answer to the question: *A malnourished mother can't breastfeed her child?*
- **26%** of the respondents gave an incorrect answer to the question: *The formula milk is better than breastmilk because it makes your baby fat*
- **23%** of the respondents gave an incorrect answer to the question: *When your breast is small, you don't have enough milk*

Common Breastfeeding Problems

The awareness of respondents regarding the common breastfeeding problems was quite low as all the respondents only managed to score **66%**. The scorecard for answers provided by the various groups is:

COMMON BREAST FEEDING PROBLEMS

(Answers by Groups)



- Awareness on common breastfeeding problems was the highest among Working Mothers, as they got the highest score of **82%**
- Awareness on common breastfeeding problems was the lowest among Single Mothers, as they got the lowest score of **40%**
- **30%** of the respondents gave an incorrect answer to the question: *Will you stop breastfeeding your child if you don't have enough milk?*

- 25% of the respondents gave an incorrect answer to the question: *Can you use alcohol to clean a sore/crack nipple?*
- 25% of the respondents gave an incorrect answer to the question: *Can you continue breastfeeding if you have breast engorgement?*

Other Key Findings

<p>Working Mothers</p> <p>4 respondents, FGD</p>	<ul style="list-style-type: none"> ● All of the respondents mentioned that early initiation of breastfeeding was the most nutritious and energetic food for their children. They breastfed their child right after birth and mentioned vitamins and nutrition as the major advantage of breastfeeding. With the exception of one respondent, the others mentioned colostrum to be yellowish, whitish, milky liquid. ● All of the respondents understood exclusive breastfeeding as giving the child only the mother's milk. They learnt this from the Barangay Nutrition Scholar or the hospital. They stated that exclusive breastfeeding should start right after birth for 0-6 months and all of them have sufficient breastmilk and participated in milk letting. ● One of the respondents did not know what complementary feeding was while the rest mentioned that it was additional food for their child such as vegetables, soups, fish, vitamins and fruits. 3 respondents felt that this should be started after 6 months from birth, while 1 stated it should be 6 months to 2 years. All of them stated that food should be given gradually to introduce other food to their children. They mostly feed their child nutritious food like vegetables, chicken, fruits, rice, potatoes, squash, eggs and they believe this gives the baby more nutrition and also makes it tasty. ● The respondents faced challenges of having fever, headache, tiredness, sore nipples, heavy and engorged breasts during the early initiation of breastfeeding. All of them delivered their babies in the hospital where the doctors and nurses assisted and taught them about breastfeeding, and none of them had any complications during delivery. ● While practicing exclusive breastfeeding the respondents are always tired and hungry and one of them had to discontinue breastfeeding because of her job. All of them handle household chores such as cooking, cleaning, laundry, etc. and they are used to it. With the exception of 1 respondent the others have time to breastfeed. Their
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	<p>husbands, mother-in-law and siblings help them with household chores.</p> <ul style="list-style-type: none"> ● 1 respondent stated that she has enough time to cook complementary food for the child and her challenge was getting water from outside. She also mentioned that sometimes the child does not like the food, making it a challenge to feed him/her. ● The respondents mentioned that they take their child to work or come back home to breastfeed. At work they cover their breasts with a cloth to breastfeed and when they go to malls, health centers or hospitals they use the breastfeeding corner which they find very useful. ● When they have sore nipples they still continue to breastfeed and use hot compress and massage. If they have insufficient breastmilk they perform lactation massage on themselves and continue feeding their baby.
<p>Teenage Mothers and First Time Mothers 3 respondents, FGD</p>	<ul style="list-style-type: none"> ● 1 respondent mentioned that early initiation of breastfeeding gave nutritious food to children according to the health center. 1 of them breastfed their child right after birth but the other 2 did not have milk for a couple of days. They felt that breastfeeding also brought the baby closer to the mother and none of them knew what colostrum is. ● None of the respondents knew the meaning of exclusive breastfeeding and 1 of them stated that you should start it 1 hour after childbirth. All of them stated that the duration of exclusive breastfeeding should be 0-6 months and 1 of them stated that it would protect the baby from illnesses. While 1 of them has sufficient breastmilk, the other 2 try lactation massage and continue breastfeeding to have more milk. ● None of the respondents understood the term Complementary Feeding. One of them guessed that it must be to feed vegetables to their baby to keep them healthy and make them taste something other than breastmilk. ● The respondents faced challenges of headache, tiredness, hunger, heavy and engorged breasts during the early initiation of breastfeeding. They delivered their baby in the hospital and the nurse assisted and educated them on breastfeeding. None of them had any complications during childbirth. ● While practicing exclusive breastfeeding they face the challenges of tiredness and lack of sleep. They also do household chores such as cooking, cleaning, laundry and they have time to breastfeed their

	<p>child. Their mothers help look after the baby while they do the household chores.</p> <ul style="list-style-type: none"> • The mothers of the respondents help them prepare complementary food for the child and the biggest challenge is the child not wanting to eat. • When they have insufficient breastmilk they carry out lactation massage and continue to breastfeed.
<p>Single Mothers 2 respondents, FGD</p>	<ul style="list-style-type: none"> • All of the respondents mentioned that early initiation of breastfeeding was the most nutritious and energetic food for their children and it would protect their children from diseases. 1 respondent couldn't breastfeed their child right after birth since the baby was in NICU but she managed to extract her milk using breast pump. However, they had no knowledge about what colostrum is. • All of the respondents understood exclusive breastfeeding as giving the child only the mother's milk and showing their love to their child. They learnt this in the hospital and they stated that exclusive breastfeeding should start right after birth for 0-6 months. Both of them have sufficient breastmilk and they feel it is more healthy than formula milk. • The respondents did not know the meaning of the term Complementary feeding, but they felt that other food should be given to the child from 6 months to 2 years after birth. They stated that the baby should slowly be introduced to other food, by first smashing and mixing vegetables with milk and the child should be fed vegetables, fruits and fish for him/her to get more nutrition. • The respondents faced challenges of tiredness, hunger, heavy and engorged breasts during the early initiation of breastfeeding. They delivered their baby in the hospital and the nurse assisted and educated them on breastfeeding. One of the respondents faced the complication of pneumonia during childbirth. • While practicing exclusive breastfeeding 1 respondent faced the challenges of tiredness, lack of sleep and hunger and the other had to discontinue because of her job. They also do household chores such as cooking, cleaning, laundry and their mothers help them with the chores. • 1 respondent mentioned that she has enough time to prepare food for the child and for both of them the challenge is the baby not liking the food or the baby liking different types of food.

<p>Husbands/Male Caregivers 3 respondents, FGD</p>	<ul style="list-style-type: none"> ● All of the respondents mentioned that early initiation of breastfeeding is helpful for the wife and the baby as the baby is hungry as soon as they are born. All of the respondents confirmed that their wives breastfed the baby right after birth. 1 respondent stated that colostrum is a disease that you can acquire through breastfeeding and the others had no idea. ● The respondents got information about exclusive breastfeeding from their wives, neighbors and the television. They feel that the baby needs to start exclusive breastfeeding right after birth for a period of 6 months to 3 years, or depending on the baby. They stated that the mother's milk contains vitamins and nutrition and their wives have enough milk. ● The respondents understand Complementary Feeding to be nutritious food or solid food. They feel that this should be started between 6 months and 2 years of age, where they should slowly start it with their child. For them, complementary foods are biscuits, Cerelac, vegetables and fruits. They mentioned that they add eggs, vegetables, fish and fruits to the diet of their child as it is nutritious. ● During early initiation of breastfeeding, along with their partners, they faced the challenges of tiredness, lack of sleep and while 2 of the respondent's babies were delivered at home one of them went to the hospital. They were assisted and educated on breastfeeding by the doctors and nurses. ● According to the participants the challenges faced by their partners in exclusive breastfeeding is the inability to move a lot and dependency on others to help them. They stated that their wives' role at home is to take care of the family, clean, cook and do the laundry. They stated that they too help their wives in taking care of the baby. ● The respondents mentioned that although they have time to prepare food for their baby, they face the challenges of the baby not wanting to eat or not liking the food. ● 1 respondent stated that his wife used to cry a lot as breastfeeding was painful and he would help comfort her.
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*Lactating and Pregnant Mothers have the same responses as the Other female groups since they are also part of those groups, hence they are not included in the table.

CONCLUSION

The study provided valuable insights from specific groups of participants. Working mothers emphasized the benefits of early initiation of breastfeeding, understanding exclusive breastfeeding, and managing household responsibilities. Teenage mothers and first-time mothers highlighted their limited understanding of exclusive breastfeeding and complementary feeding. Single mothers expressed challenges related to breastfeeding initiation, misconceptions, and food preferences of their babies. Husband/male caregivers shared their perspectives on the benefits of breastfeeding and their roles in supporting their partners.

Overall, the findings gave us a better understanding of topics that needed to be discussed with the targeted population during trainings. It also indicated a need for targeted interventions and education programs to improve knowledge, attitude, and practice related to IYCF. Addressing misconceptions, promoting accurate knowledge, and providing support to overcome challenges can contribute to better outcomes in infant and young child feeding practices within the community.

CHALLENGES AND LIMITATIONS

This study conducted in Alabang, Muntinlupa has several limitations that should be acknowledged. Firstly, the small sample size used in the study may limit the generalizability of the findings to a larger population. Additionally, focusing solely on Alabang, Muntinlupa introduces sampling bias and restricts the representation of other regions or communities.

Another limitation is the reliance on self-reporting, which may introduce response bias and affect the accuracy of the data collected. The study's scope also had certain limitations, as it may not have covered all relevant factors influencing infant and young child feeding practices. Future research should address these limitations by using larger and more diverse samples, employing longitudinal designs, exploring a broader range of factors, and ensuring the validity and reliability of data collection methods. This will contribute to a more comprehensive understanding of infant and young child feeding practices.

RECOMMENDATIONS

- Present KAP survey results to LGU and City health office for them to be able to use it for planning of their projects.
- Conduct targeted education and awareness campaigns to promote accurate knowledge and practices and reduce myths and misconceptions.
- Reach out to the targeted population using different methods such as text messaging, social media, flyers, home visits, etc. (which would include fathers/male caregivers).

- Issues such as insufficient milk supply, sore/cracked nipples, and breast engorgement require attention and support to ensure successful breastfeeding experiences.
- Conduct an in-depth study with a bigger sample size to identify other prevailing issues.
- Involve youth organizations and teenagers in project activities such as becoming a member of CSG. This will help them learn through practice and give them an opportunity to connect and empower teenage mothers.
- Create gender neutral SBCC materials and assure key messages are targeted to different groups such as male, female, teenage mothers, single- and first-time mothers, working mothers, etc.
- Encourage males to join health programs and be part of CSG/BHW.
- Devise a means of recognition/award from the barangay/government for male and female CSG/BHW workers who actively participate in health and nutrition programs.
- Recognize males who have rendered services such as giving free tricycle rides to pregnant women, during BNC meetings.
- Include sessions on breastfeeding concepts during the regular meetings of barangay police, TODA, etc (where there is a majority of male participants).
- Devise couple engagement activities and ensure that these are scheduled during weekends so that the working males can also participate.



KAP Survey on Exclusive Breastfeeding and Infant and Young Child Feeding in Barangay Alabang, Muntinlupa City