

ASSESSING THE IMPLEMENTATION OF THE "BABY-FRIENDLY HOSPITAL INITIATIVE" IN HUNGARY

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OBJECTIVES

The global goal of the Baby Friendly Hospital Initiative is to support breastfeeding during maternity care and hospital stays by implementing the "Ten Steps to Successful Breastfeeding". There are currently no maternity institutions with a valid Baby-Friendly Hospital certificate in Hungary. According to Hungarian data collected according to the WHO definition, in 2019 only 34.4% of newborns discharged from hospital were exclusively breastfed until the age of six months.

METHODS

Our quantitative, cross-sectional research was conducted in Hungary with an online, anonymous, self-reported questionnaire between 03.2021 and 07.2021. During the non-random, targeted expert sampling, biological motherhood and the presence of at least one child were determined as selection criteria. The exclusion criteria were premature birth, pregnancy with the first child, omission of mandatory questions, or reporting of a disease that makes breastfeeding impossible (n= 2008). The implementation of baby-friendly measures was analysed separately among mothers feeding on breast milk and mothers who are not feeding on breast milk. Data processing was carried out in SPSSv2.5, descriptive statistics, χ^2 -test, ANOVA, t-test were calculated (p<0.05).

RESULTS

With regard to formula feeding as recommended by a healthcare professional (p=0.624) and assistance in breast placement during hospitalization or recommended breastfeeding positions (p=0.413), we found no significant difference between breastfed and non-breastfed groups. There were significant differences between breastfed and non-breast-feeding groups between breastfeeding-friendly recommendations made by healthcare workers (p=0.006), keeping breastfeeding important (p<0.001), skin-to-skin contact within 1 hour (p=0.002), complementary feeding (p<0.001), 24-hour co-housing (p<0.001), on-demand feeding and hunger signal recognition (p<0.001), pacifier/bottle use (p<0.001) and availability to support lactation (p=0.005).

CONCLUSIONS

Following baby-friendly steps is proving to be an effective way to promote breastfeeding.

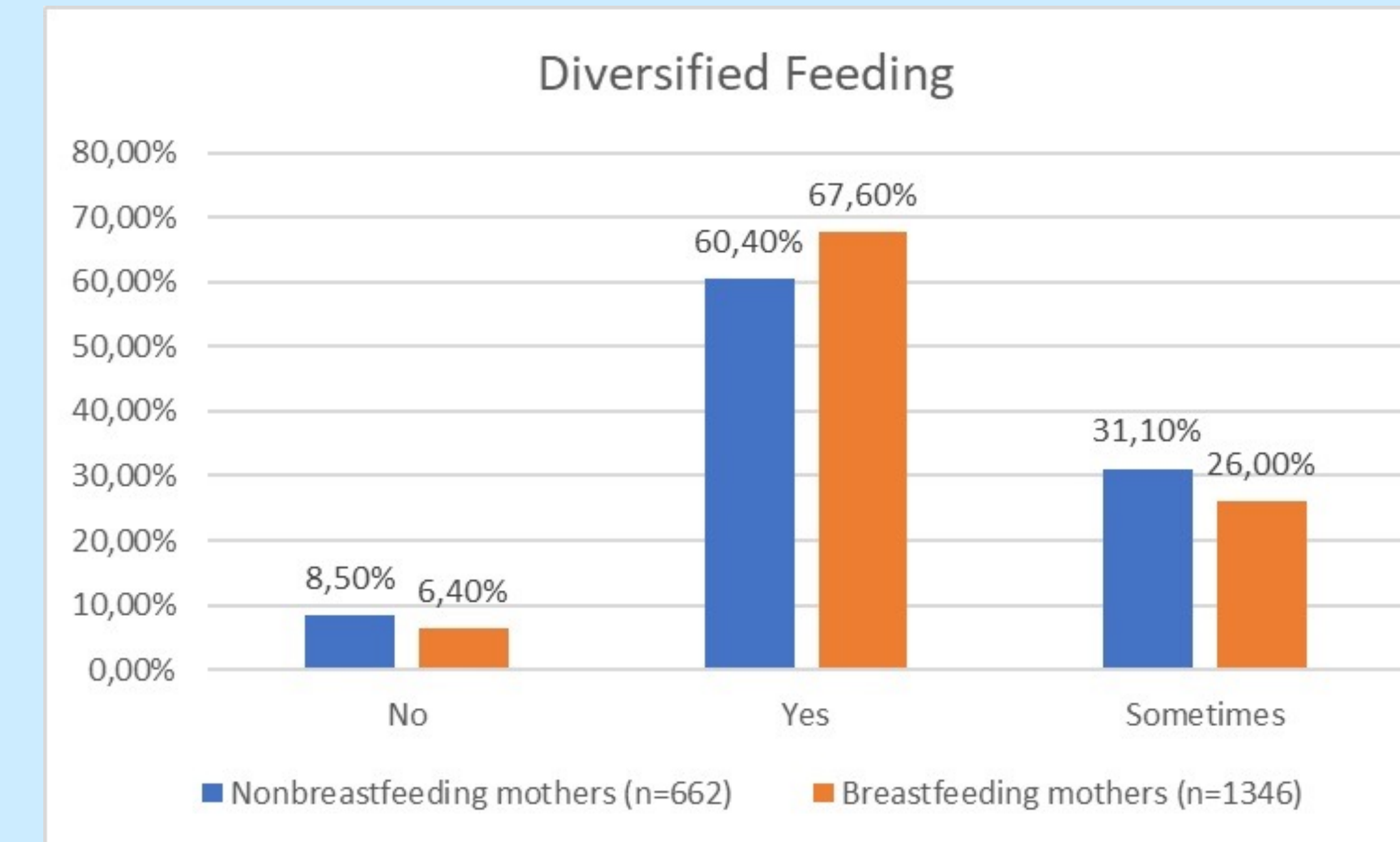


Figure 1.
Characteristics of nonbreastfeeding (n=662) and breastfeeding (n=1346) mothers' attention to diversified feeding (n=2008)

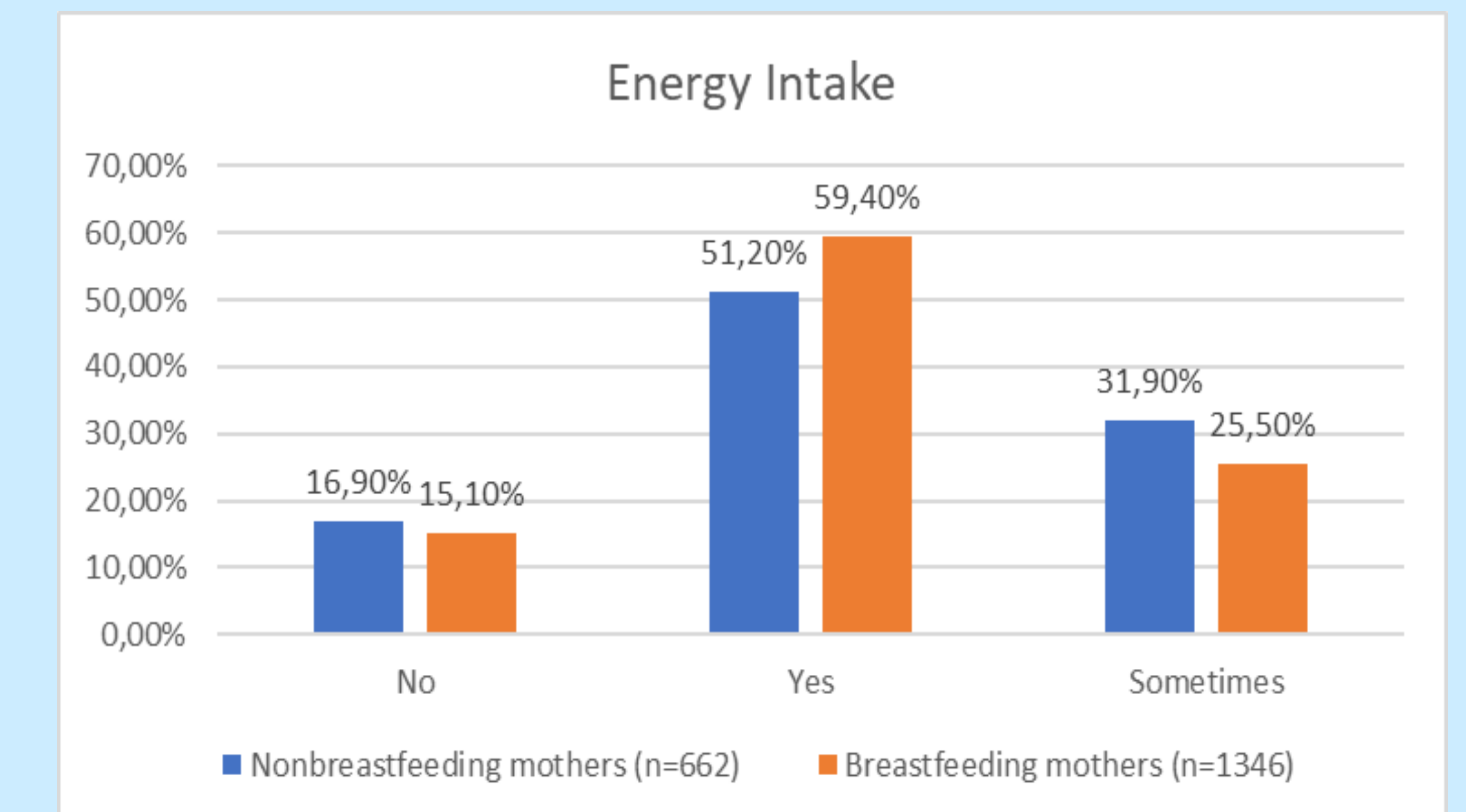


Figure 2.
Characteristics of nonbreastfeeding (n=662) and breastfeeding (n=1346) mothers' energy intake (n=2008)

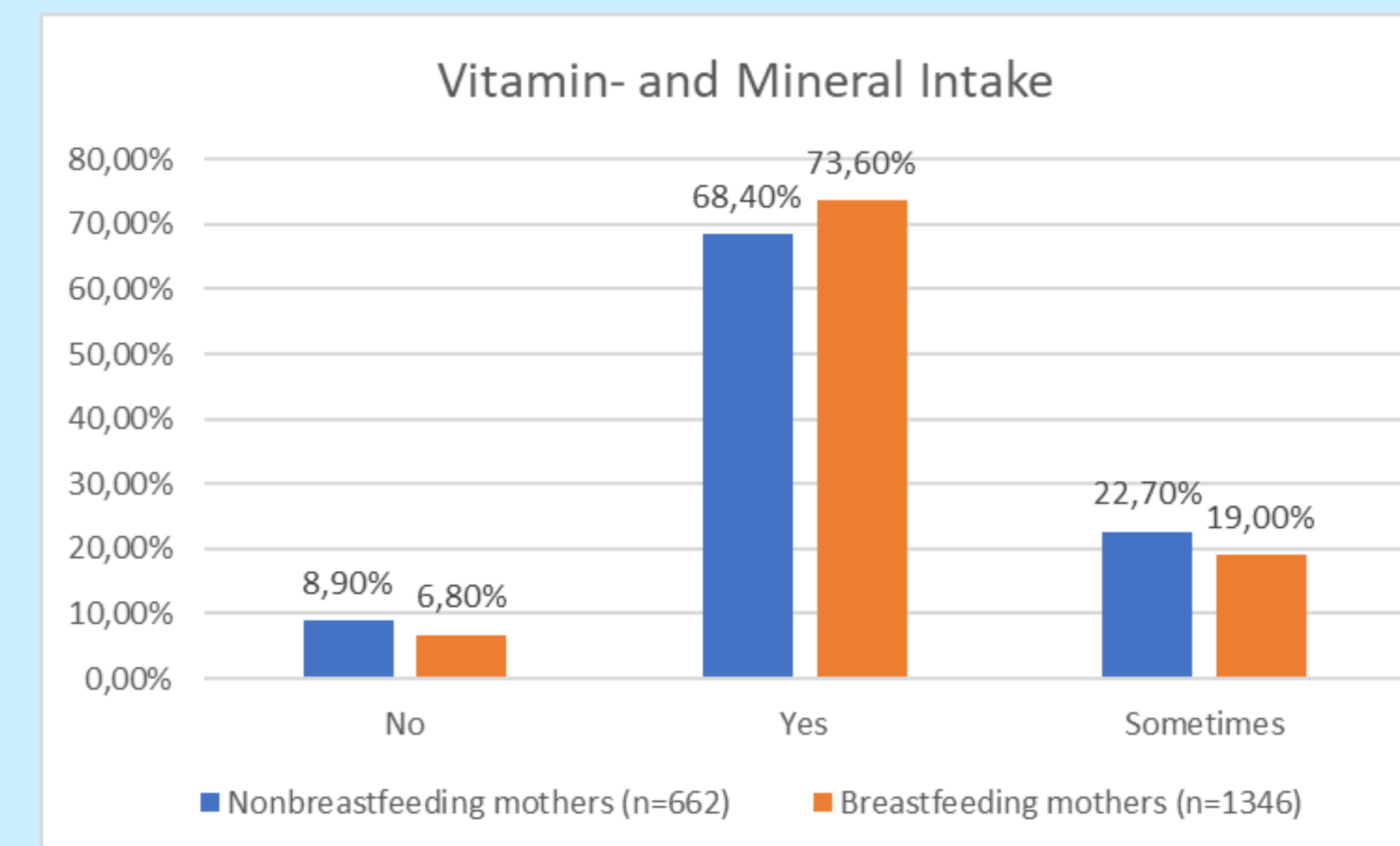


Figure 3.
Attention characteristics of nonbreastfeeding (n=662) and breastfeeding (n=1346) mothers according to vitamin and mineral intake (n=2008)

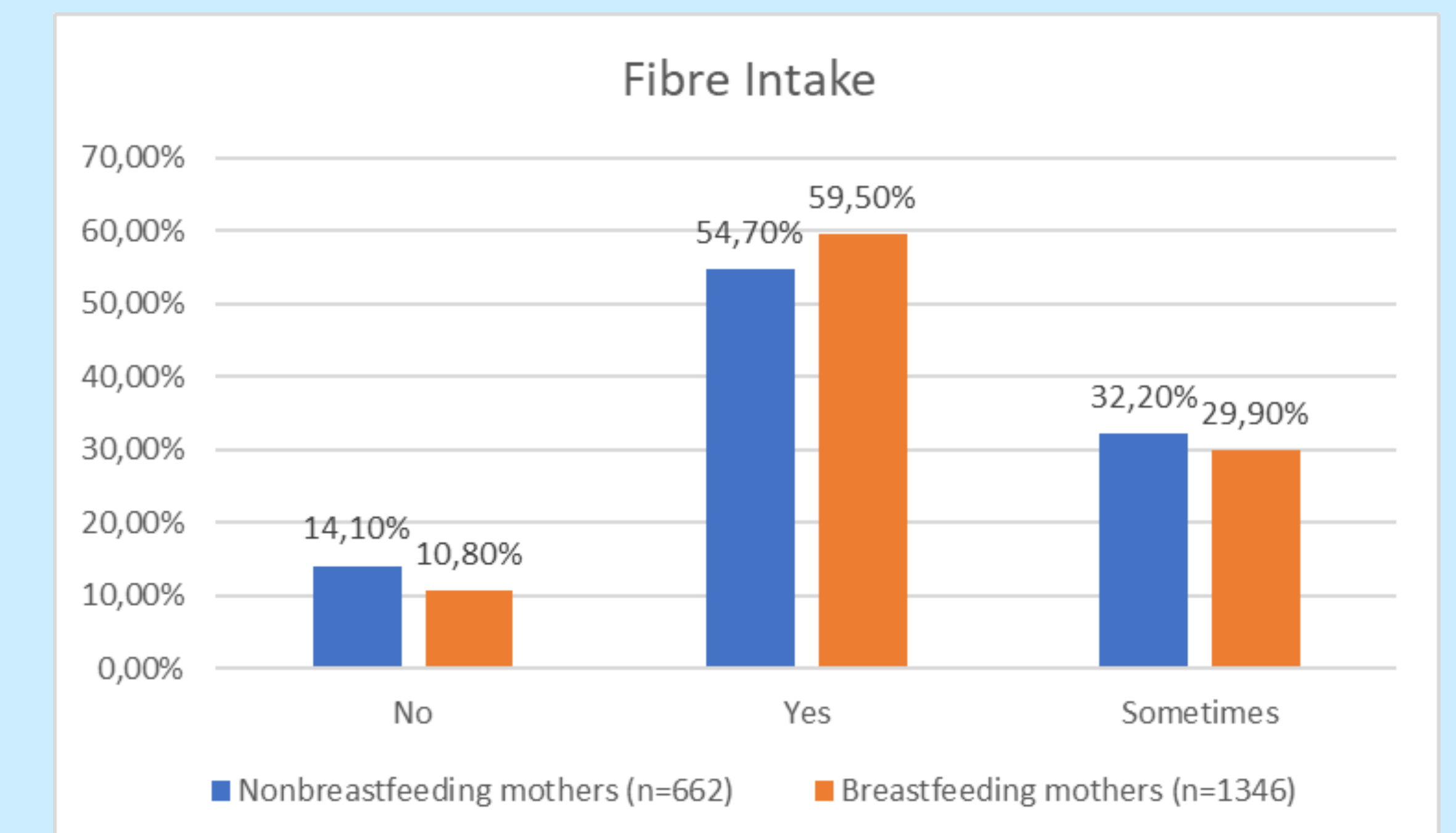


Figure 4.
Characteristics of nonbreastfeeding (n=662) and breastfeeding (n=1346) mothers' attention to fibre intake (n=2008)

ISPOR 2024
May 5-8, 2024 | Atlanta, GA, USA



Funding:

The research was financed by the Thematic Excellence Program 2021 Health Sub-programme of the Ministry for Innovation and Technology in Hungary, within the framework of the EGA-10 project of the University of Pécs.

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