# 40 - ANALYSIS OF KNOWLEDGE ABOUT PREGNANCY AND BREASTFEEDING OF MOTHERS AT ASSISTED AT CATAN - MACAÉ, RJ.

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## INTROCUTION

The human potential is developed mainly in the childhood, incidents and disturbances in this phase of the life cycle cause serious damage in society and individuals. Breastfeeding is the most indicated natural strategy intervention that combined with the practice of timely and adequate complementary feeding, assists in reducing infant mortality (Brazil, 2005).

Studies indicate a relationship between dietary habits in childhood and increased prevalence of non-communicable diseases and injuries (NCD's) in all stages of life, especially the adult. Researchers recommend in the first year of life, the practice of exclusive breastfeeding and complementary feeding encouragement, as prevention for such diseases (Brazil, 2010b).

Feeding practices of children in their first months of life are critical for building dietary habits. The feeding early in the children's life can be divided into two phases: during the first six months of life, when it is recommended practice of exclusive breastfeeding, and from 6 months onwards , when the child begins to receive other types of food, that will complement the breast milk. Due to changes that constitute these two phases, it is important that pregnant women, nursing mothers, caregivers and family are properly oriented in relation to the benefits of this practice being made appropriately (Brazil, 2010a).

However, a major challenge for health professionals is to know how to breastfeed and introduction of complementary food in order to assist in times of difficulties and doubts of mothers, caregivers, and individuals present in this process (Brazil, 2009a). From this perspective, these professionals must have sensibility and additional surveillance to ensure the realization of this practice.

In primary health care, the Family Health Strategy has been consolidated as one of the main principles in the Health System through its population coverage, making it very easy to access health actions for the population.

Data from the survey conducted by the Ministry of Health in 2008 showed that 41% applied the prevalence of exclusive breastfeeding (EBF) in infants under 6 months, the average duration of EBF was 54.11 days (1.8 months) and 58.7% applied the prevalence of breastfeeding in babies between 9-12 months in the Brazilian state capitals and the Federal District (Brazil, 2009b).

Although, when compared with the previous data, it has been observed an increase of prevalence of exclusive breastfeeding, there are still many challenges that must be overcome so that the breastfeeding indicators reach higher levels and to fulfill the goal set by the organization World Health Organization (WHO) and the Ministry of Health, which is the continuation of breastfeeding until the end of 24 months or more and exclusive breastfeeding up to six months of life (Brazil, 2010b).

There are many obstacles that must be overcome, including the awareness of professionals about the importance of breastfeeding and introduction of food in adequate time and protection of food marketing to children under three years, highlighting the infant formula industry. And to these challenges will be overcome, it is necessary that new strategies to encourage breastfeeding and introduction of complementary foods are prepared, and that there is a vigilance of the professionals to encourage breastfeeding in every community, as these are the elements that are crucial for the observed increased prevalence of breastfeeding and subsequent improvement in the nutritional status and health of children (Venâncio et al, 2010).

The present study describes the knowledge on breastfeeding and healthy complementary feeding for pregnant women and mothers assisted in CATAN, Macaé - Rio de Janeiro.

## SUBJECTS AND METHODS

A cross-sectional quantitative study was primarily based at the Technical Coordination and Nutrition - CATAN, Macaé, Rio de Janeiro in April 2013, with pregnant women, nursing mothers and mothers of children under 3 years who agreed to participate and signed an informed consent form (ICF).

The participants were addressed by scholars at PET Health and PIBEX UFRJ, of Campus UFRJ - Macaé Professor Aloísio Teixeira, on the day of monitoring and delivery of benefits (special basket) provided to pregnant women at nutritional risk enrolled at the Municipal Combat Malnutrition - Pregnant women, that benefiting pregnant women and nursing mothers and until the 6th month their babies are in exclusive breastfeeding.

Scholarship holders used a form with 15 closed questions, adapted from the form currently adopted by the General Coordination for Food Policy and Nutrition, Ministry of Health, to evaluate the dietary practices of children under two years (Brazil, 2009a).

The variables analyzed were: definition of exclusive breastfeeding and mixed duration of exclusive breastfeeding and early introduction of complementary feeding.

The data were consolidated and analyzed by means of absolute and relative frequencies of the selected variables, using Microsoft Excel 2010.

To ensure that all the rules and guidelines were respected for research involving human subjects contained in Resolution 196/96, the National Council of Health/Ministry of Health, the project was submitted to the Ethics Committee in Research of the Faculty of Medicine of Campos of Goytacazes.

**RESULTS AND DISCUSSION**

We interviewed 21 pregnant women and mothers of children under three years, representing 53 % of the clients assisted by the program.

Regarding the definition of exclusive breastfeeding, 76.2% said they were offering milk with no other liquids or solids, 14.3% answered exclusive breastfeeding but the child may receive other food and 9.5 % responded breast milk along with other types of milk (Figure 1).

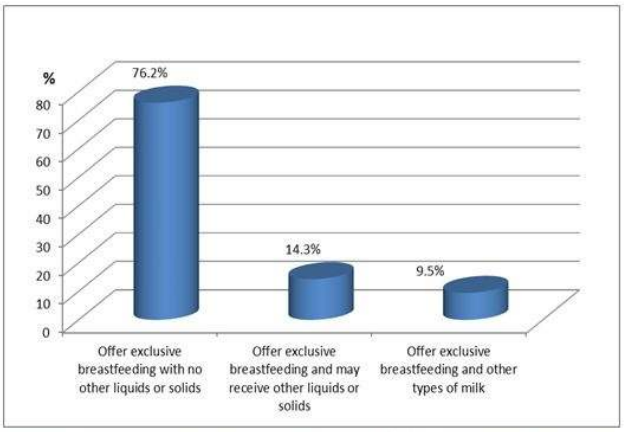


**Figure 1.** Percentage of definition of exclusive breastfeeding answered by pregnant women and mothers of children under three years, at the Technical Coordination and Nutrition – CATAN. Macaé, Rio de Janeiro. April 2013.

Figure 2 shows the percentage frequency according to knowledge about mixed feeding of the interviewed group. It was observed that 55 % answered the question about the partial breastfeeding with the correct definition. However, 45% did not answer with the correct definition.

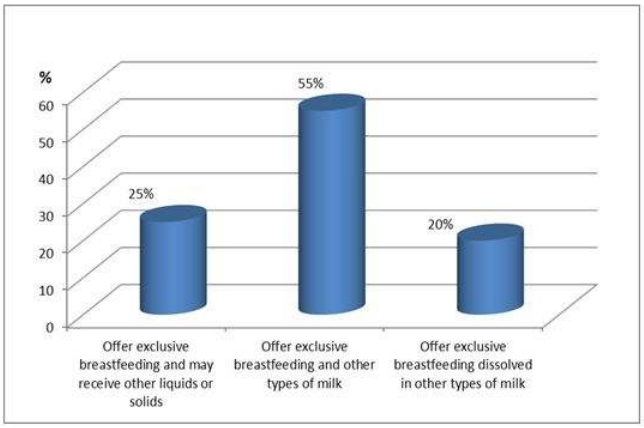


**Figure 2.** Percentage frequency according to knowledge about mixed feeding by pregnant women and mothers of children under three years, at the Technical Coordination and Nutrition – CATAN. Macaé, Rio de Janeiro. April 2013.

As for the percentage frequency according to knowledge about the time that the child should receive breast milk was detected that 47.6% of the respondents answered while the child wants, 42.9% responded up to 1 year of age (Figure3).

According to the Ministry of Health, children should receive breast milk up to 2 years or more (Brazil, 2005).

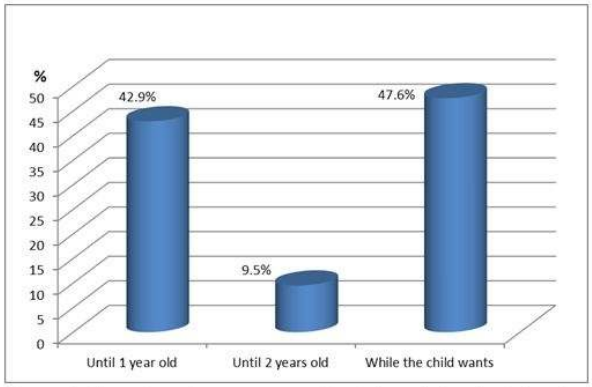


**Figure 3.** Percentage frequency according to knowledge about the time that the child should receive breast milk by pregnant women and mothers of children under three years, at the Technical Coordination and Nutrition – CATAN. Macaé, Rio de Janeiro. April 2013.

Breast milk is able to prevent infant death and promote mental and physical health and strengthen the ties between mother and son. Breast milk has the ability to decrease approximately 13% of deaths in children under 5 years, and to reduce by 19 % to 22 % the number of neonatal deaths when practiced soon after birth and up to 1 hour after birth (Venâncio et al, 2010).

It is undisputed and global knowledge that breastfeeding provides numerous benefits to the mother and the baby, since no other food, especially infant formula, is able to offer the newborn all the nutrients that are essential for their healthy growth and development (Ribeiro; Kuzuara, 2010; p. 321-322).

Due to the low prevalence of breastfeeding in 1981, it was proposed the Breastfeeding Incentive Program, which was highlighted by the international diversity of actions that included media campaigns, individualized counseling of pregnant women, training of professionals, protection against the sale of food intended for children, among other actions that promote protection and support for breastfeeding.

The program has 6 axes, including the encouragement of breastfeeding in public primary health care and hospitals, with the Incentive to Hospital do Amigo da Criança which is inserted in the Global Strategy for infant and young Child Feeding WHO and UNICEF which aims to encourage the practice of breastfeeding successfully, through the presence of the baby with the mother as soon as possible because it will strengthen the bond between mother and child and increase the chances of breastfeeding practices (Souza et al., nd).

Currently, breastfeeding promotion of primary care occurs through Breastfeeding and Food Network. The Breastfeeding Strategy & Powers Brazil (EABB), is a strategy of the Ministry of Health, resulting from the integration of Brazil Breastfeeding Network and the National Strategy for the Healthy Food Supplement in 2012 to strengthen and encourage the promotion of breastfeeding and healthy eating for children under two years under the Unified Health System (SUS), through the skills of professionals working in the Basic Health Units (BHU).

Figure 4 shows the percentage frequency of initiation of complementary feeding, according to the knowledge of the respondent group, detecting that 81% of the group knew correctly the period to introduce new food to the infant.

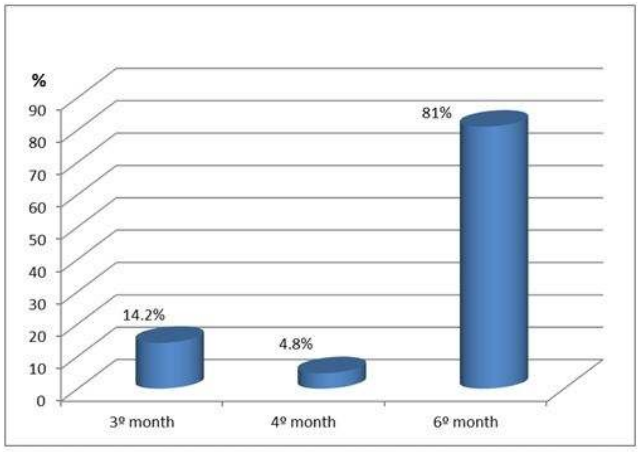


**Figure 4.** Percentage frequency of initiation of complementary feeding, according to the knowledge by pregnant women and mothers of children under three years, at the Technical Coordination and Nutrition – CATAN. Macaé, Rio de Janeiro. April 2013.

The introduction of food after the 6th month of life of the infants adequately safe will timely allow their full growth and development, since it complements the milk, which must be kept up to two years or more of life. Complementary feeding will meet the nutritional needs of the infant, as well as allow the child to gradually start the eating habits of the family.

**CONCLUSION**

About 45% of the respondent group is not aware of suiting breastfeeding, being therefore necessary to consider strategies for nutrition education on breastfeeding.

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**ANALYSIS OF KNOWLEDGE ABOUT PREGNANCY AND BREASTFEEDING OF MOTHERS AT ASSITED AT CATAN - MACAÉ, RJ.**

**ABSTRACT**

Breastfeeding is the most indicated natural intervention strategy that combined with the practice of timely and adequate complementary feeding, assists in reducing infant mortality. This study aims to describe the knowledge about breastfeeding for pregnant women and mothers assisted at CATAN, Macaé - Rio de Janeiro. A cross-sectional, quantitative study was primarily held at CATAN in Macaé, in April 2013, with pregnant women and mothers of children under 03 years who attended the Municipal Program to Fight Malnutrition - Pregnant women. The selected group was interviewed by scholars PET Health and PIBEX UFRJ, Campus UFRJ – Macaé Professor Aloísio Teixeira, who used a form with 15 closed questions, adapted from the currently form adopted by the General Coordination for Food Policy and Nutrition, Ministry of Health for evaluation of food practices for children under two years. Data was entered and consolidated by using Microsoft Excel 2010. We interviewed 21 pregnant women and mothers of children under three years, representing 53% of the clients assisted by the program. As for knowledge about the definition of exclusive breastfeeding, 76.2% of respondents correctly defined the term. In relation to mixed feeding, 45% were unable to answer correctly. As to knowledge about breastfeeding duration, 42.9% answered that it should be up to 1 year old. We conclude that in general about 45% of the group does not have adequate knowledge on the topic breastfeeding. Training workshops on breastfeeding should be offered to the evaluated group.

**KEYWORDS:** Infants, Pregnant Women, Healthy Eating.

**ANALYSE DES CONNAISSANCES SUR LA GROSSESSE ET ALLAITEMENT DES MERES A ASSITIDAS CATAN - MACAE, RJ.**

**RÉSUMÉ**

L'allaitement maternel est la stratégie d'intervention naturel le plus indiqué qui, combinée avec la pratique d'une alimentation complémentaire adéquate et opportune, aide à réduire la mortalité infantile. Cette étude vise à décrire les connaissances sur l'allaitement pour les femmes enceintes et les mères assistées à CATAN Macaé - Rio de Janeiro. Une étude quantitative transversale a été principalement lieu au CATAN à Macaé, en Avril 2013, les femmes enceintes et les mères d' enfants de moins de 03 années qui ont suivi le programme municipal de lutte contre la malnutrition - les femmes enceintes . Le groupe sélectionné a été interviewé par des chercheurs PET santé et PIBEX UFRJ, Campus UFRJ – Macaé Professor Aloísio Teixeira, qui ont utilisé un formulaire de 15 questions fermées, adapté de la forme actuellement adoptée par la Coordination générale de la politique alimentaire et la nutrition, Ministère de la Santé pour l'évaluation des pratiques alimentaires pour les enfants de moins de deux ans. Les données ont été saisies et consolidées à l'aide de Microsoft Excel 2010. Nous avons interviewé 21 femmes enceintes et les mères d'enfants de moins de trois ans, ce qui représente 53% des clients aidés par le programme. Quant à savoir à propos de la définition de l'allaitement maternel exclusif, 76,2% des personnes interrogées correctement défini le terme. En ce qui concerne l'allaitement mixte, 45% étaient incapables de répondre correctement. Quant à savoir à propos durée de l'allaitement, 42,9% ont répondu qu'il devrait aller jusqu'à 1 an. Nous concluons que, en général environ 45% du groupe n'a pas une connaissance adéquate sur le sujet allaitement. Des ateliers de formation sur l'allaitement maternel devraient être offerts au groupe évalué.

**MOTS-CLÉS:** Nourrissons, Les femmes enceintes, Une alimentation saine.

**ANÁLISIS DE CONOCIMIENTO SOBRE EL EMBARAZO Y LA LACTANCIA MATERNA DE MADRES EN ASSITIDAS CATAN - MACAÉ, RJ.**

**RESUMEN**

La lactancia materna es la estrategia de intervención natural más indicado que combinado con la práctica de una alimentación complementaria oportuna y adecuada, ayuda a reducir la mortalidad infantil. Este estudio tiene como objetivo describir el conocimiento acerca de la lactancia materna para las mujeres embarazadas y las madres atendidas en CATAN Macaé - Rio de Janeiro. Un estudio transversal, cuantitativo se llevó a cabo principalmente a CATAN en Macaé, en abril de 2013, con las mujeres embarazadas y las madres de niños menores de 03 años que asistieron al Programa Municipal de Lucha contra la Malnutrición - Mujeres embarazadas. El grupo seleccionado fue entrevistado por investigadores PET Salud y PIBEX UFRJ, Campus UFRJ – Macaé Professor Aloísio Teixeira, que utiliza un formulario con 15 preguntas cerradas, una adaptación de la actual forma adoptada por la Coordinación General de Políticas de Alimentación y Nutrición del Ministerio de Salud para la evaluación de las prácticas alimentarias para los niños menores de dos años. Los datos fueron introducidos y consolidados mediante el uso de Microsoft Excel 2010. Entrevistamos a 21 mujeres embarazadas y madres de niños menores de tres años, lo que representa el 53% de los clientes atendidos por el programa. En cuanto a los conocimientos sobre la definición de la lactancia materna exclusiva, el 76,2% de los encuestados define correctamente el término. En relación con la alimentación mixta, el 45% no pudo responder correctamente. En cuanto al conocimiento de duración de la lactancia, el 42,9% respondió que debería ser de hasta 1 año de edad. Llegamos a la conclusión de que, en general, alrededor del 45 % del grupo no tiene un conocimiento adecuado sobre la lactancia tema. Talleres de capacitación sobre la lactancia materna se debe ofrecer al grupo evaluado.

**PALABRAS CLAVE:** Bebés, Mujeres embarazadas, Comida sana.

**ANÁLISE DOS CONHECIMENTOS SOBRE ALEITAMENTO MATERNO DE GESTANTES E MÃES ASSITIDAS NA CATAN – MACAÉ, RJ.**

**RESUMO**

O aleitamento materno é a estratégia natural de intervenção mais indicada que, aliado à prática de alimentação complementar adequada e oportuna, auxilia na redução da morbimortalidade infantil. Objetivou-se descrever os conhecimentos sobre aleitamento materno de gestantes e mães assistidas na CATAN de Macaé – Rio de Janeiro. Um estudo seccional, quantitativo, de base primária foi realizado na CATAN de Macaé, em abril de 2013, com gestantes e mães de crianças menores de 03 anos que compareceram no Programa Municipal de Combate às Carências Nutricionais – Gestantes. O grupo escolhido foi entrevistado por bolsistas PET Saúde e PIBEX UFRJ, do Campus UFRJ – Macaé Professor Aloísio Teixeira, que utilizaram um formulário com 15 perguntas fechadas, adaptado daquele formulário atualmente adotado pela Coordenação

Geral de Políticas de Alimentação e Nutrição, Ministério da Saúde, para avaliação das práticas alimentares de crianças menores de dois anos. Os dados foram digitados e consolidados usando-se o Microsoft Excel 2010. Foram entrevistadas 21 gestantes e mães de crianças menores de 3 anos, representando 53% da clientela assistida pelo programa. Quanto aos conhecimentos sobre a definição de aleitamento materno exclusivo, 76,2% das entrevistadas definiram corretamente o termo. Já em relação ao aleitamento misto, 45% não souberam responder corretamente. Quanto aos conhecimentos sobre duração do aleitamento materno, 42,9% responderam que deveria ser até 1 ano de idade. Conclui-se de uma forma geral que cerca de 45% do grupo não tem conhecimento adequado sobre o tema aleitamento materno. Oficinas de capacitação em aleitamento materno devem ser oferecidas ao grupo avaliado.

**PALAVRAS CHAVE:** Lactentes, Gestantes, Alimentação Saudável.