08 - TREND OF THE PRACTICE OF EXCLUSIVE BREASTFEEDING IN INFANTS LESS THAN 4 MONTHS IN PRIMARY CARE ASSISTED MACAÉ, RJ

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INTRODUCTION

The practice of exclusive breastfeeding (EBF) is essential to the infant in the first months of life, since it meets all their nutritional, psychosocial and cognitive needs (BRASIL, 2005). Also provides that children gradually acquire the eating habits of the family. At this point in his life, the infant is adapting to a new cycle, in which flavors, colors, aromas, textures and knowledge that unknown are presented (EUCLYDES, 2005).

Studies indicate a relationship between dietary habits in childhood and increased DANT's, at all stages of life, especially the adult (MOURA, 2007) prevalence. Thus, the recommendation of exclusive breastfeeding for the first six months and after 6 months, the incentive complementary feeding as a means of prevention for such diseases (BRASIL, 2012), is made through policies and programs aimed at encouraging breastfeeding in different municipalities.

The contribution of policies and programs to encourage the practice of breastfeeding provided the increase in breastfeeding rates as well as lower rates of infant mortality. Research shows that breastfeeding reduces about 13% mortality of children <5 years from preventable causes (BRASIL, 2009).

According to the Second Survey of the Prevalence of Breastfeeding in the Brazilian capitals and the Federal District showed that prevalence of EBF in infants under 6 months was 41.0% for the whole of Brazil and the Federal District (DF) capital. The median duration of EBF was 54.1 days (1.8 months) and the median duration of breastfeeding (BF) of 341.6 days (11.2 months) in all Brazilian capitals and Federal District. It was found early introduction of water, tea and other milks - with 13.8%, 15.3% and 17.8% of children receiving these liquids respectively - in the first month of life (BRASIL, 2010a).

In Brazil, however, the prevalence of breastfeeding is still below 50%, necessitating continue joining efforts by the government to the practice range highs.

The present study aimed to analyze the trend of the practice of exclusive breastfeeding in infants under 4 months assisted in the Family Health Strategy of the municipality of Macaé, RJ.

SUBJECTS AND METHODS

We conducted a descriptive, quantitative study on secondary basis, between January 2007 and December 2013, with less than 4 months in infants assisted 30 units of the Family Health Strategy (FHS) and 1 unit of Community Agents Program Health.

The database from DATASUS/SIAB to collect the following variables were used: Number of children under 4 months attended in Basic Health Network Macaé/year and the monthly number of children under 4 months EBF assisted in Primary Health Network Macaé/year.

For data analysis, we calculated the proportions of the total number of children under 4 months EBF/year and the total number of assisted in Primary Health Network Macaé/age children. The software used was Microsoft Excel 2010.

RESULTS AND DISCUSSION

The proportions found in the practice of EBF in infants under 4 months between the period 2007 and 2013 were: 72% in 2007; 70% in 2008; 73% in 2009; 72% in 2010; 71% in 2011; 72% in 2012; 77% in 2013 (Figure 1).

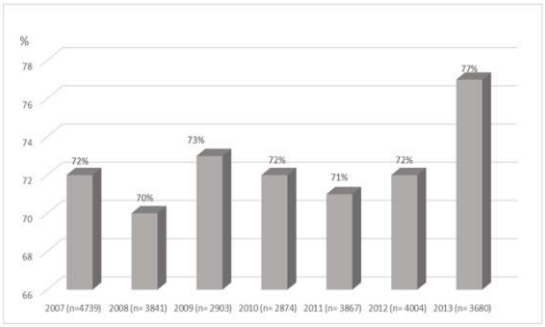


Figure 1. Proportions of the total of children under 4 months exclusively breastfeeding, by year, assisted in Primary Health Network of Macaé. January, 2007 - December, 2013. Ministry of Health/SIAB/SUS-DATASUS.

The results indicate an increase in the proportion of breastfeeding from 2007 to 2013, showing that efforts and actions to promote this practice by pregnant women and nursing mothers assisted in Primary Health Care Network of Macaé has been positive.

Due to the importance of breastfeeding and its remarkable consequences for maternal and child health, several studies have proposed to analyze trends in the practice over time. To assess population surveys of the 70s and 80s, Venâncio & Monteiro (1998) portrayed the temporal trend of two decades in relation to breastfeeding in Brazil and confirmed the expected increase as the frequency and duration. Between 1975 and 1989, the median duration of breastfeeding, considering children 1, 2, 3, 4, 6, and 12 months old, was more than doubled considering the whole country, from 2.5 months to 5.5 months. Remarkably, in 1975, the percentage of children breastfed for four months was 40% to 57% in 1989.

The above authors point out that the current socio-political and cultural context was appointed as the articulator of such a process, characterized by government pro-breastfeeding initiated in the 80s, as the creation of the National Program to Encourage Breastfeeding - PNIAM (BRASIL, 1981) responsible for extensive press campaign (VENÂNCIO & MONTEIRO, 1998).

After the milestone mentioned, other important events occurred for the legal protection of breastfeeding, such as the approval of the rooming system in 1983, and the Brazilian Standard for Marketing of Foods for Infants, approved by the National Board of Health in 1988, and regulated by law. 11 265/2006; the extension of maternity leave for 120 days and the establishment of paternity leave of five days, in the Constitution of 1988 (BRASIL, 2006).

Internationally, Brazil signed the Innocenti Declaration in 1991, incorporating the Child Friendly Hospital Initiative of WHO/UNICEF to PNIAM activities, and promoting annually in the month of August, the World Breastfeeding Week.

In the 90s, Labbok and colleagues (2006) evaluated the trend of exclusive breastfeeding in developing countries, noting an increase of 15% (from 46% to 53%) in children younger than 4 months and 34% to 39% children younger than 6 months. The authors suggest that interventions to support breastfeeding that marked the time of the study, supported by the implementation of the Global Strategy for Food for Infants and Young Children (WHO/UNICEF, 2003), were responsible for the progress since.

For 2000, other Brazilian studies had similar results, such as Parizoto et al. (2009), in which the prevalence of exclusive breastfeeding in infants younger than 6 months in Bauru (SP) almost tripled during the study period, from 8.5% in 1999 to 24.2% in 2006, an increase of 184 7%. For this positive outcome, the authors blamed the organized actions in promoting and supporting breastfeeding with mothers of the municipality, as well as investments in the training of professionals who work in public health and primary care in hospitals and the promotion of breastfeeding in local media by organizing events.

Boccolini and cols. (2012) studied the prevalence of breastfeeding among 1,329,618 live on less than a year of life in 1999 and 2008 in 25 state capitals and the Federal District born. As a result of public policies backers of such a practice, it was found its increasing prevalence in the given period (from 35.5% in 1999 to 51.2% in 2008), highlighting the negative correlation between the increased prevalence of exclusive breastfeeding in infants under 4 months of age with rates of hospitalization for diarrhea. Such fees reduced by half, from 7,759 to 3,508 hospitalizations for diarrhea (both sexes), over time investigated, demonstrating the protective effect of breastfeeding against this linked to high rates of infant deaths disease.

Breastfeeding is a natural strategy to bond, affection, protection and nutrition for children and can be considered as the most sensitive, economical and effective intervention for reducing infant mortality. For several benefits to the overall health of the mother/baby and society, national policies supporting breastfeeding are essential in hospital perspective, the legal support and within Primary Care (BRASIL, 2009).

The Dietary Guidelines for children under two years (BRASIL, 2002) is a publication prepared and recommended by the Ministry of Health and PAHO/WHO for distribution in the population and the use of professionals in the primary health care in child care. This guide stresses the importance of exclusive breastfeeding and the introduction of adequate, healthy and timely complementary feeding, recommending the "Ten Steps to Healthy food for children under two years", enabling disclose the themes and messages to be passed mainly mothers, women of childbearing age, pregnant and lactating women, caregivers/family members. In the context of primary care, the Family Health Strategy has a key role to encourage and support breastfeeding. And can adopt as planning their actions, with specific measures according to the profile of the people served by the team fitting to revisit this and adapt to the improvement of these actions (PARADA et al., 2005).

Currently, breastfeeding promotion in Primary Care, happens through the Breastfeeding Network feeds and Brazil (EABB), which is a strategy of the Ministry of Health (BRASIL, 2014), resulting from the integration in 2012 of Brazil and Breastfeeding Network the National Strategy for Complementary Feeding Healthy (Enpacs) (BRASIL, 2010b).

The EABB reinforce and encourage the promotion of breastfeeding and healthy eating for children under two years under the Unified Health System (SUS), through the qualification of professionals working in Basic Health Units (BHU). It is vital that there are actions permanently the practice of exclusive breastfeeding and the introduction of complementary feeding and timely so that we get to 100%, if possible, this practice, in Macaé.

A limitation of the study refers to data analyzed, which are of infants <4 months and not <6 months. The system of health information DATASUS/SIAB, provides data breastfed children under the age of four months, making it impossible to know the reality of EBF in children under 6 months. Another limitation refers to the coverage of ESF's Macaé, which corresponds to 40% of the total population attended in Primary Health Care. Hence, it is not possible to extrapolate the results found in our study to the entire population of smaller infants 4 months old.

The municipality of Macaé has encouraged numerous forms, the practice of exclusive breastfeeding, may be noted the celebration of National Breastfeeding Week, which takes place annually in the city to bring the population clarification and knowledge on the topic. Therefore, it is essential to be continued to encourage exclusive breastfeeding for the indicators reach high levels.

CONCLUSION

We conclude that the practice of EBF in infants younger than 4 months between 2007-2013 is above 70% with an increasing trend. It is important to continue the policies and programs aimed at encouraging breastfeeding, aiming to provide a proper growth and development to newborns, which will therefore promote the health of ourselves throughout life.

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TREND OF THE PRACTICE OF EXCLUSIVE BREASTFEEDING IN INFANTS LESS THAN 4 MONTHS IN PRIMARY CARE ASSISTED MACAÉ, RJ.

ABSTRACT

Exclusive breastfeeding (EBF) is essential to the infant in the first 6 months of life because it meets their nutritional, psychosocial and cognitive needs. This study aimed to analyze the trend of the practice of exclusive breastfeeding in infants under 4 months assisted in the Family Health Strategy of the municipality of Macaé, RJ. We conducted a descriptive, quantitative study on secondary basis, between January 2007 and December 2013, with less than 4 months in infants assisted 30 units of the Family Health Strategy and 1 unit of Community Agents Program Health. Database SIAB/SUS – DATASUS, of Ministry of Health, was used and the following variables were collected: number of children under 4 months assisted in the Strategies/year and the monthly number of children under 4 months EBF/year. We calculated the proportions of the total number of children under 4 months EBF/year and the total number of assisted in Primary Health Network Macaé/age children. The software used was Microsoft Excel 2010. The proportions found in the practice of EBF in infants under 4 months were 72% in 2007; 70% in 2008; 73% in 2009; 72% in 2010; 71% in 2011; 72% in 2012; 77%, in 2013 it is concluded that the practice of EBF in infants younger than 4 months between 2007-2013 is above 70% with an increasing trend.

KEYWORDS: Exclusive Breastfeeding, Infant, Primary Care.

TENDANCE DE LA PRATIQUE DE L'ALLAITEMENT MATERNEL EXCLUSIF CHEZ LES MOINS DE 4 MOIS DANS LES SOINS PRIMAIRE ASSISTÉE MACAÉ, RJ.

RÉSUMÉ

L'allaitement maternel exclusif (AME) est indispensable à l'enfant au cours des 6 premiers mois de vie, car il répond à leurs besoins nutritionnels, psychosociaux et cognitifs. Cette étude visait à analyser l'évolution de la pratique de l'allaitement maternel exclusif chez les nourrissons moins de 4 mois ont participé à la Stratégie pour la Santé de la Famille de la commune de Macaé, RJ. Nous avons effectué une étude descriptive, quantitative sur la base secondaire, entre Janvier 2007 et Décembre 2013, avec moins de 4 mois chez les nourrissons assistés 30 unités de la Stratégie de Santé de la Famille et une unité de Programme d'Agents de Santé Communautaire. Base de données SIAB/SUS - DATASUS de Ministère de la Santé, a été utilisé et les suivantes ont été variables recueillies: nombre d'enfants moins de 4 mois assistés dans les stratégies/an et le nombre mensuel d'enfants moins de 4 mois AME/an. Nous avons calculé les proportions du nombre total des enfants de moins de 4 mois AME/ an et le nombre total de l'aide au Réseau de Santé Primaires chez les enfants Macaé/âge. Le logiciel utilisé est Microsoft Excel 2010. Les proportions trouvées dans la pratique de l'AME chez les nourrissons de moins de 4 mois ont été de 72% en 2007; 70% en 2008; 73% en 2009; 72% en 2010; 71% en 2011; 72% en 2012; 77%, en 2013. Il est conclu au québec la pratique de l'AME chez les nourrissons de moins de 4 mois entre 2007-2013 est supérieur à 70%, avec une tendance à la hausse.

MOTS-CLÉS: l'Allaitement Maternel Exclusif, Infantile, les Soins Primaires.

TENDENCIA DE LA PRÁCTICA DE LACTANCIA MATERNA EXCLUSIVA EN NIÑOS MENORES DE 4 MESES EN ATENCIÓN PRIMARIA ASISTIDA MACAE, RJ.

RESUMEN

La lactancia materna exclusiva (LME) es esencial para el bebé en los primeros 6 meses de vida, ya que cumple con sus necesidades nutricionales, psicosociales y cognitivos. Este estudio tuvo como objetivo analizar la tendencia de la práctica de la LME en los lactantes menores de 4 meses asistidos en la Estrategia Salud de la Familia del municipio de Macaé, RJ. Se realizó un estudio descriptivo, cuantitativo en título secundario, entre enero de 2007 y diciembre de 2013, con menos de 4 meses en los lactantes que reciben asistencia 30 unidades de la Estrategia de Salud Familiar y 1 unidad del Programa de Agentes Comunitarios de Salud. Base de datos SIAB/SUS – DATASUS, del Ministerio de Salud, se utilizó y los siguientes fueron variables recogidas: número de niños menores de 4 meses asistidos en las Estrategias/año y el número mensual de los niños menores de 4 meses de LME/año. Se calcularon las proporciones del número total de niños menores de 4 meses de LME/año y el número total de la asistencia de la Red Primaria de Salud en los niños Macaé/edad. El software utilizado fue Microsoft Excel 2010. Las proporciones que se encuentran en la práctica de la LME en los lactantes menores de 4 meses fueron del 72% en 2007; 70% en 2008; 73% en 2009; 72% en 2010; 71% en 2011; 72% en 2012; 77%, en 2013. Se concluye que la práctica de la LME en los lactantes menores de 4 meses entre 2007-2013 es superior al 70%, con una tendencia creciente.

PALABRAS CLAVE: Lactancia materna exclusiva, infantil, de atención primaria.

TENDÊNCIA DA PRÁTICA DE ALEITAMENTO MATERNO EXCLUSIVO EM LACTENTES MENORES DE 4 MESES ASSISTIDOS NA ATENÇÃO BÁSICA DE MACAÉ, RJ.

RESUMO

O aleitamento materno exclusivo (AME) é essencial ao lactente nos primeiros 6 meses de vida, pois atende suas necessidades nutricionais, psicossociais e cognitivas. Objetivou-se analisar a tendência da prática de aleitamento materno exclusivo em menores de 4 meses assistidos nas Estratégias de Saúde da Família do município de Macaé, RJ. Realizou-se um estudo descritivo, quantitativo, de base secundária, entre janeiro de 2007 e dezembro de 2013, com lactentes menores de 4 meses assistidos em 30 Unidades da Estratégia de Saúde da Família e 1 Unidade do Programa de Agentes Comunitários de Saúde. Utilizou-se a base de dados do SIAB/SUS – DATASUS, Ministério da Saúde. Foram coletadas as seguintes variáveis: número de crianças menores de 04 meses assistidas nas Estratégias/ano e o número mensal de crianças menores de 4 meses em AME/ano. Calcularam-se as proporções entre o número total de crianças menores de 4 meses em AME/ano e o número total de crianças assistidas na Rede Básica de Saúde Macaé/ano. O software utilizado foi o Microsoft Excel 2010. As proporções encontradas da prática de AME em menores de 4 meses foram: 72%, em 2007; 70%, em 2008; 73%, em 2009; 72%, em 2010; 71%, em 2011; 72%, em 2012; 77%, em 2013. Conclui-se que a prática do AME em lactentes menores de 4 meses entre 2007-2013 está acima de 70% e com tendência ascendente.

PALAVRAS-CHAVE: Aleitamento Materno Exclusivo, Lactente, Atenção Básica.