



## Effect assessment of good practices on breastfeeding duration in pregnant women at the hospital of Orvieto District (Umbria Region, Italy) from January 2017 to June 2018

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### ABSTRACT

Breastfeeding is both a right and a public health priority. At the European level, a program of action is ongoing for the development of standardized criteria for the monitoring and assessment of prevalence of breastfeeding and other practices in social and health services. The purpose is to accomplish information policies, laws and codes, education, communication and training on the issue of breastfeeding. At present, Italy still lacks a national monitoring system of prevalence of breastfeeding according to World Organization definitions Health; however, some Regions including Umbria have developed their own systems of detection, at local level. The aim of this study is to investigate whether care and support practices, as carried out during the perinatal period, have influenced breastfeeding start and duration. The survey represents a progressive input cohort study that involved 608 women who have given birth from January to December 2017 and from January to June 2018 at the Hospital Santa Maria della Stella in Orvieto, with follow-ups at three (n.481) and six months (n.464). Upon hospital discharge after childbirth, 88.8% of women were exclusively breastfeeding, whilst they were 67.4% and 53.0% after three and six months, respectively. Bivariate analysis shows that exclusive breastfeeding is influenced by *rooming-in*, *skin-to-skin*

contact, natural birth, and nationality. The results of the study show the value of good practices, such as *rooming-in*, *skin-to-skin* and physiological childbirth, as well as other variables such as nationality of women, for promoting and maintaining breastfeeding.

### BIOGRAPHY

Marco Cristofori is an epidemiologist expert in epidemiology, prevention and health promotion. He is the chief of the CERSAG at the Unit of Surveillance and Health Promotion, Department of Prevention, AUSL Umbria 2 in Orvieto (Italy). His main research topics are One Health and Global Health, with particular interest for the social determinants of health and inequalities. He maintains strict collaboration with the Italian Higher Institute of Health and Ministry of Health, as well as with other public institutions and non-governmental organizations. His research group is composed of psychologists, statistician, anthropologist and other healthcare professionals. The last important works of his research group have been focused on female genital mutilations, gaming, gambling and other addictions, international standards for breastfeeding, social pact for reading, bullying and cyberbullying. He coordinates several intervention projects in the umbrian social area, particularly focused on peer education in the schools.

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