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Modern State of Breastfeeding in Sakha Republic (Yakutia): Development Issues and Prospects

ABSTRACT

The analysis of indicators of breastfeeding per 2004-2013 according to statistics of the Ministry of Health of the Republic Sakha (Yakutia) on certain areas of medical and economic zoning of the Republic (the Arctic, agricultural and industrial) is carried out. Different levels of breastfeeding rates in dynamics for 10 years on separate territories are specified. The evaluation of the work of the «School of breastfeeding» in 35 municipalities is done and efficient sources of promoting and supporting breastfeeding are identified.

Keywords: breastfeeding, breastfeeding indicators levels, the school of breastfeeding, breast milk

INTRODUCTION

From the first months of life the optimal type of feeding for an infant is breastfeeding conforming with its digestive system and metabolism. In Russia, the number of breastfed infants is very low. According to official data of the Ministry of Health of Russia, in 2012 only 41.2% of infants receive breast milk at 4-6 months and 40.6% - at 6-12 months. More than 10% of mothers do not breastfeed their children after birth. Regrettably, insufficient information on breastfeeding values and advantages either of doctors, or of parents is of significance [6].

However, in recent years, some Russian regions witness a marked increase of the number of breastfeeding women. This is predominantly related to huge work on protection and support of breastfeeding conducted by scientists, health system workers and doctors; pediatricians, obstetricians, gynecologists, and nurses. The UNICEF and WHO activities in our country played a major role in initiation and implementation of this huge work [2].

MATERIALS AND METHODS

Data of annual statistical reports of medical institutions (treatment and care facilities) of the Sakha Republic (Yakutia), materials of the Territorial Body of the Federal Service for State Statistics in the Sakha Republic Federal State Enterprise “Central Research Institute for Organization and Informatization of Health Care of the Health Ministry”, reports of major data of mother and infant health in the Sakha Republic, 2004-2013 have been used. [3,4,5]

RESULTS

The fact that breastfeeding is useful either for an infant, or for a mother has currently become widely known and obvious, everything good in man is said “to have been drunk in with mother’s breast milk”. However, a question arises, if breastfeeding is the only process, why so many women have difficulties with it, do not breastfeed at all or do it for short time. Why breastfeeding of a healthy child in first half-year often make a dominant problem of a young family? [1].

During a decade, the statistics of the Territorial Body of the Federal Service for State Statistics in the Sakha Republic Federal State Enterprise “Central Research Institute for Organization and Informatization of Health Care

of the Health Ministry” show low levels of breastfeeding and a small number of breastfed infants in Sakha. Breastfed infants at the age of 3- 6 months made at an average 48.6%, at 6- 12 months- 28.4%. In the age group 3- 6 months, the biggest and smallest rates of breastfeeding have been identified in the Arctic, in the Bulunsky and Abyisky regions (58.2% and 40.7%, respectively) (Table.1), in the rural regions of Tattinsky and Kobyaisky (61.7% and 34.9%, respectively), in the industrial regions of Aldansky and Ust-Maisky (61.9% and 39.4%). In the age group 6- 12 months, these rates reduce almost 2-2.5 times and made in the Arctic 41.5% in the Verkhnekolymsky and 20% in the Abyisky regions (Table 2). In the rural zone, 35.4% of women in the Churapchinsky region breastfeed, while the lowest rates 22.5% are witnessed in the Gorny region

Table 1

Regions	Breastfeeding levels among infants from 3 to 6 months, in % from the total number									
	2004	2005	2006	2007	2008	2009	2010	2012	2013	M
Abyisky	38.9	44.9	42.6	45.1	41.0	43.4	43.7	39.5	26.6	40.7
Allaijkhovky	62.7	61.4	29.1	80.0	67.3	25.5	20.0	45.5	39.1	47.8
Anabarsky	42.2	71.7	61.1	26.5	59.7	48.6	77.8	59.7	50.0	55.3
Bulunsky	64.2	59.5	62.0	65.8	60.0	60.8	38.8	62.9	49.6	58.2
Verhnekolymsky	46.3	43.4	42.6	49.4	63.3	55.3	47.8	50.8	34.4	48.1
Verkhoyansky	55.4	46.7	60.5	75.9	36.4	43.5	61.2	39.0	57.2	52.9
Zhiganskyyi	46.4	47.8	42.7	51.5	43.1	46.7	47.3	455	44.8	46.2
Momsky	41.1	70.3	41.7	39.4	31.1	30.8	43.5	66.0	18.4	42.5
Nizhne kolymsky	55.9	48.1	43.5	53.9	63.0	50.0	46.1	39.2	17.2	46.2
Oimyakonsky	46.3	29.5	62.1	42.7	46.3	36.1	55.6	57.6	27.7	44.9
Oleneksky	51.1	55.6	69.8	61.0	67.1	47.7	32.5	34.6	39.6	510
Srednekolymsky	53.2	53.9	62.8	48.3	57.8	54.2	37.2	25.8	19.4	45.9
Ust-Yansky	27.2	69.2	48.6	53.8	46.0	33.0	60.0	64.6	52.6	50.6
Even-Bytantaisky	37.0	41.3	38.9	100.0	50.0	50.0	51.6	18.4	14.5	44.6

Table 2

Районы	Breastfeeding levels among infants from 6 to 12 months, in % from the total number									
	2004	2005	2006	2007	2008	2009	2010	2012	2013	M
Abyisky	13.9	20.5	14.8	26.8	20.5	13.2	22.5	27.6	20.3	20.0
Allaikhovsky	36.5	38.6	38.2	20.0	23.1	21.8	24.0	25.0	17.4	27.2
Anabarsky	30.1	18.5	38.9	27.7	40.3	21.6	22.2	24.2	25.0	27.6
Bulunsky	11.9	30.1	29.6	31.0	40.0	25.5	19.4	37.1	42.9	29.7
Verhnekolymsky	25.9	34.0	25.9	50.7	36.7	44.7	52.2	49.2	54.7	41.5
Verkhoyansky	29.7	26.2	31.8	14.4	20.7	35.4	30.0	43.1	32.9	29.4
Zhigansky	31.4	35.8	31.5	48.5	30.3	33.3	41.9	37.5	38.1	36.5
Momsky	15.5	25.2	32.3	52.1	62.2	61.5	31.5	25.5	55.1	40.1
Nizhnekolymsky	24.9	38.0	36.2	39.3	20.7	22.6	18.0	20.3	17.2	26.4
Oimyakonsky	17.1	18.7	22.3	31.6	3.7	34.0	26.2	37.6	9.2	22.7
Oleneksky	33.5	18.1	20.6	22.0	29.3	17.0	27.3	16.7	17.7	22.5
Srednekolymsky	17.7	21.4	25.6	32.9	38.3	25.9	26.3	12.5	10.9	23.5
Ust-Yansky	22.8	30.8	30.8	41.3	46.9	46.6	30.9	29.2	24.1	33.7
Even-Bytantaisky	25.9	17.5	50.0	0.0	50.0	26.8	39.1	22.4	8.7	26.7

The analysis of breastfeeding rates in various age groups (0-3 months, 3-6 months, 6-12 months, 1-2 years, 2-3 years) revealed new parameters defining levels of breastfeeding in the Sakha Republic among infants from birth to 3 years of age. In 2014, the number of infants from birth to 3 years of age made 48511 persons. Out of them, 63.9% of infants at the age from 0 to 3 months were breastfed, 3-6 months – 49.3%, 6-12 months – 36.7%, 1-2 years – 12.8%, 2-3 years – 6.5%.

Efficient work on support of high levels of breastfeeding is conducted in the Amginsky, Bulunsky, Kobyaisky, Megino-Kangalassky, Mirninsky, Neryungrinsky, Oleneksky, Tattinsky, Ust-Yansky, and Khangalassky regions and the city of Yakutsk. 74.2% of Central Regional Hospitals of the republic possess Schools of Breastfeeding, but consultant certificates on conducting the schools have been issued to of the Hospitals.

In view of the global significance of breastfeeding issues, the UN General Assembly adopted the Convention “On the Rights of the Child”, and its provision governs the right of an infant for breastfeeding (1989).

Current recommendations on breastfeeding are reflected in the Global Strategy for Infant and Young Child Feeding adopted at the 55th World Health Assembly (2002).

In 1991, WHO and UNICEF attempted a joint Initiative "Hospital Friendly to a Child". The initiative was directed towards support of women in implementation of their breastfeeding rights and interruption of supply of maternity hospitals with infant formula free of charge or at reduced prices. The initiative states that the practice of late placing of newborns on the mother (skin-to-skin contact), separation of mothers and newborns, stimulation of artificial feeding, etc now at place in most of Russian maternity hospitals contributes into refusal from breastfeeding. Being primarily adopted in delivery units as support of breastfeeding, the initiative encompasses today other institutions providing medical services.

In the joint Declaration of WHO and UNICEF “Protection, Support and Promotion of Breastfeeding; Special Role of Obstetrical Services” (1989) are given “Ten Steps of Successful Breastfeeding” to be implemented into practice in medical services to obtain the status “Hospital Friendly to a Child” [2].

Since 2005, within the framework of the international program “Mother and Child” to be implemented in the Sakha Republic, work on promotion, support, and stimulation of breastfeeding has begun. WHO experts prepared 40 feeding consultants. Systematic work on promotion, support, and stimulation of breastfeeding is underway in the republic. The Scientific Practical Center on Breastfeeding Protection, Health Ministry, Sakha Republic (Yakutia), founded in 2012, and the Coordination Council on Breastfeeding Protection headed by Deputy Health Minister L.I. Verbitskaya achieved 97,7% of breastfeeding in pilot sites of the maternity obstetric services of the Yakut Municipal Clinical Hospital (Head Doctor- N.N. Vasiliyev) in 2014 (Table3).

Table 3

Rates	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Birth giving	3839	3786	3686	4059	4160	4744	4709	5159	5398	5872	6280
Primipara inclusive, in % of the total number	37.2	48.8	45.8	49.4	51.8	48.0	49.0	44.7	44.3	38.0	40.0
Rooming-in, in % of the total number of the admitted	75.2	75.3	86.0	88.0	91.9	92.0	92.3	93.4	93.6	93.8	94.1
Newborns on breastfeeding at admittance to postnatal units, in % of the total number of the admitted	75.0	68.0	69.0	72.0	74.0	70.6	82.0	90.0	93.0	94.0	96.0
Newborns on breastfeeding on discharge, in % of the total number of the admitted	84.0	85.0	78.0	88.0	90.0	92.9	94.2	95.3	97.3	97.4	97.7

The pilot site is awarded the title “Hospital Friendly to a Child” by the UNICEF and WHO and is nominated Coordinator of Breastfeeding Movement in Sakha by the Health Ministry. All work is conducted according to the program “National Program of Breastfeeding of 12 Months”, adopted at the XII Congress of Russian Pediatricians in February, 2009. The popular science edition “My Miracle- My Child, Breast Milk as Basis of Child Health” published by the Nutrition Center of the Research Institute of Health, North-Eastern Federal University, was awarded the title of the best edition of 2014 and was included into “Golden Pool of Russian Science”, it was also awarded the special diploma “For Popularization of Ideas of Child Healthy Feeding from birth and to 3 years”.

The annual event of the International Week of Breastfeeding is held in August. In 2014, the Festival of Breastfeeding in the Sakha Republic (Yakutia) was conducted for parents within the framework of the International Week of Breastfeeding in Sakha on 7 August, 2014 in the Trade and Exhibition Centre “Kruzhalo”. In April, 2014, WHO and UNICEF experts organized the training seminar “Advice on Breastfeeding”, prepared by 20 breastfeeding consultants with issue of international certificates. Specialists of Health Ministry of the Sakha Republic with

scientific support of the Nutrition Center, of the Research Institute of Health, North-Eastern Federal University, conduct work on breastfeeding promotion on the systematic basis in connection with international, national, and regional Mother's Days in October, November and May, 2014, the International Day of Girls in October, 2014, the International Day of Prematurely Borns in November, 2014.

Thus, activities held by the Health Ministry on protection of breastfeeding are aimed at increase of levels and quality of exclusive breastfeeding of 6 months and continued partial breastfeeding for extended periods. Currently, the priority objective of education of breastfeeding consultants to conduct awareness proliferation and educational programs for individuals and groups is a systematized approach. Informative work to form the culture and skills of breastfeeding among wider population will increase a portion of breastfed infants.

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