



## BREASTFEEDING IN GHANA



Breastfeeding SAVES LIVES by reducing the risk of disease and death of mothers and infants during the first few months of life and into childhood and adulthood.

The World Health Organization recommends initiation of breastfeeding within the first hour after birth and exclusive breastfeeding (i.e. breastmilk only) for the first 6 months of a child's life.

The **BBF** guides countries with assessing and scaling up their breastfeeding protection, promotion, and support programmes nationally.

**56%** of Ghanaian infants are introduced to breast milk within 1 hour of birth

**52%** of infants under 6 months are fed exclusively with breastmilk.

**BBF Objective:** Understand why breastfeeding rates are suboptimal and recommend how to improve them through large scale programs.

### BBF:



Provides low, middle, and high income countries with an evidence-based index comprised of 54 benchmarks and 87 case studies, identified from a multitude of countries.

Based on the Breastfeeding Gear Model that stipulates eight "gears" – Advocacy, Political Will, Legislation & Policies, Funding & Resources, Training & Program Delivery, Promotion, Research & Evaluation, and Coordination, Goals & Monitoring – must be at work and in harmony for large-scale improvement in a country's national breastfeeding program



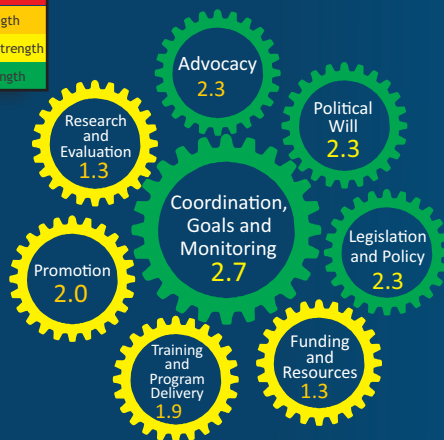
BBF not only assesses and measures, but also supports countries to scale-up BF programmes through step-by-step criteria.

### BBF PROCESS



### SCORE LEGEND

Gear Total Score	Interpretation
0	Gear not present
0.1 to 1.0	Weak Gear Strength
1.1 to 2.0	Moderate Gear Strength
2.1 to 3.0	Strong Gear Strength



### KEY RECOMMENDATIONS

1. Strengthen breastfeeding advocacy efforts and empower potential champions.
2. Strengthen BFHI: Support ongoing decentralization of BFHI implementation process.
3. Strengthen training & program delivery: Ensure content of all training programs curricula maintains adequate program standards for breastfeeding
4. Strengthen breastfeeding monitoring & reporting: maintain a surveillance of trained personnel & training activities
5. Strengthen maternity protection: adopt ILO Maternity Protection Convention 2000, (No. 183) & increase paid maternity leave duration to at least 14 weeks.
6. Strengthen WHO Code by ensuring strong monitoring at all levels.
7. Enhance behaviour change communication activities by engaging multiple provider constituencies including retired staff & community based volunteers

Pérez-Escamilla et al. Adv Nutr (2012)

