

# Factors Associated with Breastfeeding Practices Among Women in Bera District, Pahang

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## ABSTRACT

**Introduction:** Breastfeeding is a key element in achieving the 17 Sustainable Development Goals, including goals on poverty, hunger, health, education, gender equality and sustainable consumption. However, many women experience difficulties in establishing and sustaining exclusive breastfeeding (EBF) for 6 months and continued breastfeeding (CBF) up to 2 years. A cross-sectional study was conducted to determine the factors associated with breastfeeding practices among women in Bera District, Pahang. **Methods:** All mothers attended the World Breastfeeding Week 2015 in Bera District were recruited using a pre-tested self-administered questionnaire. **Results:** Seventy-nine mothers aged  $36.06 \pm 9.74$  years, with the majority of Malays (89.9%), well-educated (93.7%), employed (82.2%), middle monthly income (RM  $1,787.47 \pm 1,316.91$ ) and moderate level of breastfeeding knowledge ( $10.46 \pm 2.29$  score) participated in the study. The subjects have an average of  $3.10 \pm 2.07$  children, with 2 out of 3 children were EBF for 6 months, while 1 in 3 was CBF up to 2 years. There was no correlation between the level of knowledge and breastfeeding practices. Breastfeeding practices negatively correlated with education (EBF:  $r = -0.489$ ,  $p < 0.0001$ ; CBF:  $r = -0.459$ ,  $p < 0.0001$ ) but positively correlated with the number of children (EBF:  $r = 0.711$ ,  $p < 0.0001$ ; CBF:  $r = 0.634$ ,  $p < 0.0001$ ). Positive correlation was found between EBF and CBF ( $r = 0.738$ ,  $p < 0.0001$ ). **Discussion:** Previous breastfeeding experiences, whether successful or not, improved current breastfeeding practices. The study showed that women who had more children are more likely to breastfeed exclusively and continuously, even though they are less educated and have lower-income. Knowledge alone is not enough to improve breastfeeding practices, therefore, the current antenatal classes should include practical sessions to ensure that all antenatal mothers have more life experiences in practicing breastfeeding.

## KEY WORDS:

*Breastfeeding, infant feeding practices, knowledge, mothers*

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# Factors associated with e-cigarette use and the reasons for initiation among Malaysian adolescents: Tobacco and E-cigarette Survey among Malaysian Adolescents (TECMA) 2016

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## ABSTRACT

**Introduction:** Electronic cigarette (e-cigarette) is an electronic nicotine delivery system (ENDS) device. It vapourises a liquid consisting propylene glycol, glycerin, flavourings, nicotine and other chemicals. Its use has gained popularity among the younger generation despite its unknown health risks and lack of legislation. The aim of this study was to determine the factors associated with e-cigarette use and the reasons for initiation among adolescents. **Methods:** Data from the Tobacco and E-cigarette Survey among Malaysian Adolescents (TECMA) 2016, a nationwide cross-sectional survey using a two-stage stratified cluster sampling design was used. The target population were school going adolescents aged 10 to 19 years. A self-administered structured questionnaire, which was developed, pre-tested and validated, was used. Descriptive analysis and logistic regressions were used to determine factors associated with e-cigarette use and the reasons for initiation among adolescents. **Results:** The overall prevalence of adolescent e-cigarette users in Malaysia was 9.2%. Adolescents who were cigarette smokers had greater odds of using e-cigarettes compared to non-cigarette smokers (aOR: 12.92; 95%CI 10.93, 15.28). Similarly, males (aOR: 4.10; 95%CI 3.37, 4.98) were more likely to use e-cigarettes compared to females. Adolescents aged 13-15 years old (aOR: 2.75; 95%CI 2.23, 3.38) had a greater likelihood to use e-cigarettes compared to the others. Main reasons for initiating e-cigarette use were liking the taste and smell (83.6%), wanting to experiment (76.7%), popularity (68.6%) and feeling it is safer than tobacco cigarettes (65.6%). **Conclusion:** The findings indicate that e-cigarette use was significantly associated with adolescents who were current cigarette smokers, male and those aged 13-15 years old. The main reason for e-cigarette initiation was taste and smell. Therefore, proper legislation and guidelines should be formed targeting this group by restricting the flavours available and also by imposing a minimum age limit on its sale.