



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



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"PRIMARY HEALTH CARE: A PATH
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SYSTEMS AND COMMUNITY BASED
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TUFH 2020 Abstracts

Title	BREASTFEEDING PRACTICES OF TWINS IN NIGERIA
Type	Oral Presentation <i>Measuring Progress towards the Sustainable Development Goals</i>
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Abstract N^o	TUFH9

Content

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants; it is also an integral part of the reproductive process with important implications for the health of mothers thus as a global public health recommendation, infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. Nigeria has been identified to be the country with the highest twin rate worldwide with a rate of over 45 sets per 1000 births. Therefore, comparing the rate in Benin which is 27.9 to Nigeria's over 45 per 1000 live births, it appears that Nigeria is still in the lead with regards to twinning rates. Despite the high prevalence of twinning rates in Nigeria, several studies have been done on breastfeeding practices among singletons but few have focused on twins with no nationally representative study on the breastfeeding practices or determinants influencing the practices at the national level. The aim of this study is to examine the breastfeeding practices of twins using the 2013 Demographic and Health Survey for Nigeria which will help inform public health workers, nutritionists and other health-allied workers as well as policy makers to frame interventions, programs and policies that would improve breastfeeding practices of twins in Nigeria in order to reduce mortality and morbidity rate of this set of infants