UTILIZATION OF LACTATION STATION AND LACTATION BREAKS AND ITS ASSOCIATION WITH THE DURATION OF BREASTFEEDING AMONG FILIPINO WORKING MOTHERS WITH CHILDREN AGED 0-23 MONTHS

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The benefits of breastfeeding to both infant and the mother are well established. The Expanded Breastfeeding Promotion Act of 2009 (RA 10028) mandated all health and non-health facilities, establishment and institutions to put up lactation station and provide lactation breaks to all nursing employees aside from regular breaks to encourage, protect, and support the practice of breastfeeding.

OBJECTIVES
The study aimed to test the association between utilization of lactation station and lactation breaks with duration of breastfeeding among mothers with children 0-23 months.

MATERIALS AND METHODS
The study used secondary data from the 2015 Updating of the Nutritional Status of Filipino Children and other Population Groups Survey conducted by the Department of Science and Technology – Food and Nutrition Research Institute (DOST-FNRI). A total of 5,526 mother-infant dyads were included in this study. Mother’s profile and practices on infant feeding were gathered through face-to-face interview. Association between breastfeeding duration and use of lactation station and lactation break were tested using Chi square test at 5% level of significance.

RESULTS
Of the 5,158 mothers, 29.5% were aware of lactation station while only 7.8% cited using lactation stations. On the other hand, out of the 415 working mothers who were breastfeeding, 35.2% availed lactation breaks. The use of lactation station was positively associated with longer breastfeeding duration (p=0.0005). Meanwhile, there was no association between taking lactation breaks and breastfeeding duration.

CONCLUSION AND RECOMMENDATION
This study proves that lactation station has positive effect in encouraging and supporting breastfeeding mothers. It also provides evidence on the continuous need to strengthen the awareness and implementation of the provision of RA 10028 to ensure that public and private organizations will establish lactation stations in the workplace and grant lactation breaks to working mothers.