

# DURATION OF BREASTFEEDING ASSOCIATED WITH THE BREASTFEEDING PEER SUPPORT PROGRAM FOR HUSBANDS AND FATHERS OF BROWNSVILLE, TEXAS WIC PARTICIPANTS

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## OBJECTIVE:

To evaluate the association between participation in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) pilot Peer Dad Program and duration of breastfeeding.

## METHODS:

Retrospective cohort study. Subjects were 101 couples and 99 mothers whose male partners did not participate in the Peer Dad Program. WIC mothers who initiated breastfeeding and their male partners were recruited from the Cameron County Department of Health and Human Services WIC clinic in Brownsville, Texas.

Structured interviews were conducted with WIC participants and their male partners. Cox proportional hazards regression was used to estimate breastfeeding duration associated with Peer Dad Program participation.

## Peer Dad in Action



## RESULTS:

### Sociodemographic characteristics and breastfeeding through 6 months

	Exposed n=101 (%)	Unexposed n=99 (%)	Hazard Ratio	95% CI
Mother's education				
< High school	52 (51.5) 31 (30.7) 18 (17.8)	50 (50.0) 31 (32.0) 18 (18.0)	0.9	0.6-1.3
High school			1.0	Referent
> High school			1.7	1.0-2.9
Father's education				
< High school	30 (58.8)	21 (43.8)	2.1	1.0-4.1
High school	12 (23.5)	12 (27.1)	1.0	Referent
> High school	9 (17.7)	14 (29.1)	1.4	0.7-3.2

### Pregnancy and postpartum characteristics and breastfeeding through 6 months

	Exposed n=101 (%)	Unexposed n=99 (%)	Hazard Ratio	95% CI
Previous breastfeeding				
No	22 (21.8)	28 (28.3) 71 (71.7)	1.0	Referent
Yes	79 (78.2)		0.6	0.3-0.9
Introduction of pacifier				
No pacifier	39 (38.6)	46 (46.5)	1.0	Referent
Hospital	49 (48.5)	37 (37.4)	1.0	1.1-3.3
Non-Hospital	13 (12.9)	16 (16.1)	1.3	0.9-2.0

### Breastfeeding difficulties and breastfeeding through 6 months

	Exposed n=101 (%)	Unexposed n=99 (%)	Hazard Ratio	95% CI
Difficult to nurse				
No			1.0	Referent
Yes	84 (83.2) 17 (16.8)	81 (81.8) 18 (18.2)	5.7	2.6-12.4
Breast milk not enough for baby				
No	66 (65.3)	65 (65.7)	1.0	Referent
Yes	35 (34.7)	34 (34.3)	1.9	1.3-2.8

### Breastfeeding difficulties and breastfeeding through 6 months (cont'd)

	Exposed n=101 (%)	Unexposed n=99 (%)	Hazard Ratio	95% CI
Not producing enough milk				
No	58 (57.4)	61 (61.6)	1.0	Referent
Yes	43 (42.6)	38 (38.4)	1.8	1.2-2.7
Too many household duties				
No	72 (71.3)	83 (83.8)	1.0	Referent
Yes	29 (28.7)	16 (16.2)	1.6	1.0-2.4

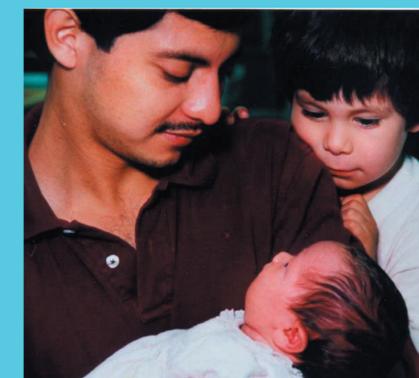
### Adjusted Hazard Ratio for Breastfeeding Termination at 6 months Associated with Participation in the Male Peer Support Program\*

Variable	HR	95% CI
Peer Dad Program	1.2	0.8-1.7

\*Adjusted for child did not want breastmilk

## CONCLUSION:

Peer Dad Programs have the potential to increase breastfeeding knowledge among males and increase breastfeeding duration rates among couples. WIC breastfeeding educators should include the male partner in the counseling sessions.



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