



Social Transfers for Exclusive Breastfeeding (STEB): A Randomized Control Trial in Vientiane

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Background

Social Transfer

- Exclusive breastfeeding is time intensive but provides extensive health benefits to mothers and children
- On average, mothers who exclusively breastfeed spend an extra 5 hours each week on infant feeding
- Based on the monthly Lao PDR minimum wage and an estimated 15 full working days needed to exclusively breastfeed over a 6-month period, a social transfer of approximately 750,000 LAK would fairly subsidize women's breastfeeding efforts over 6 months

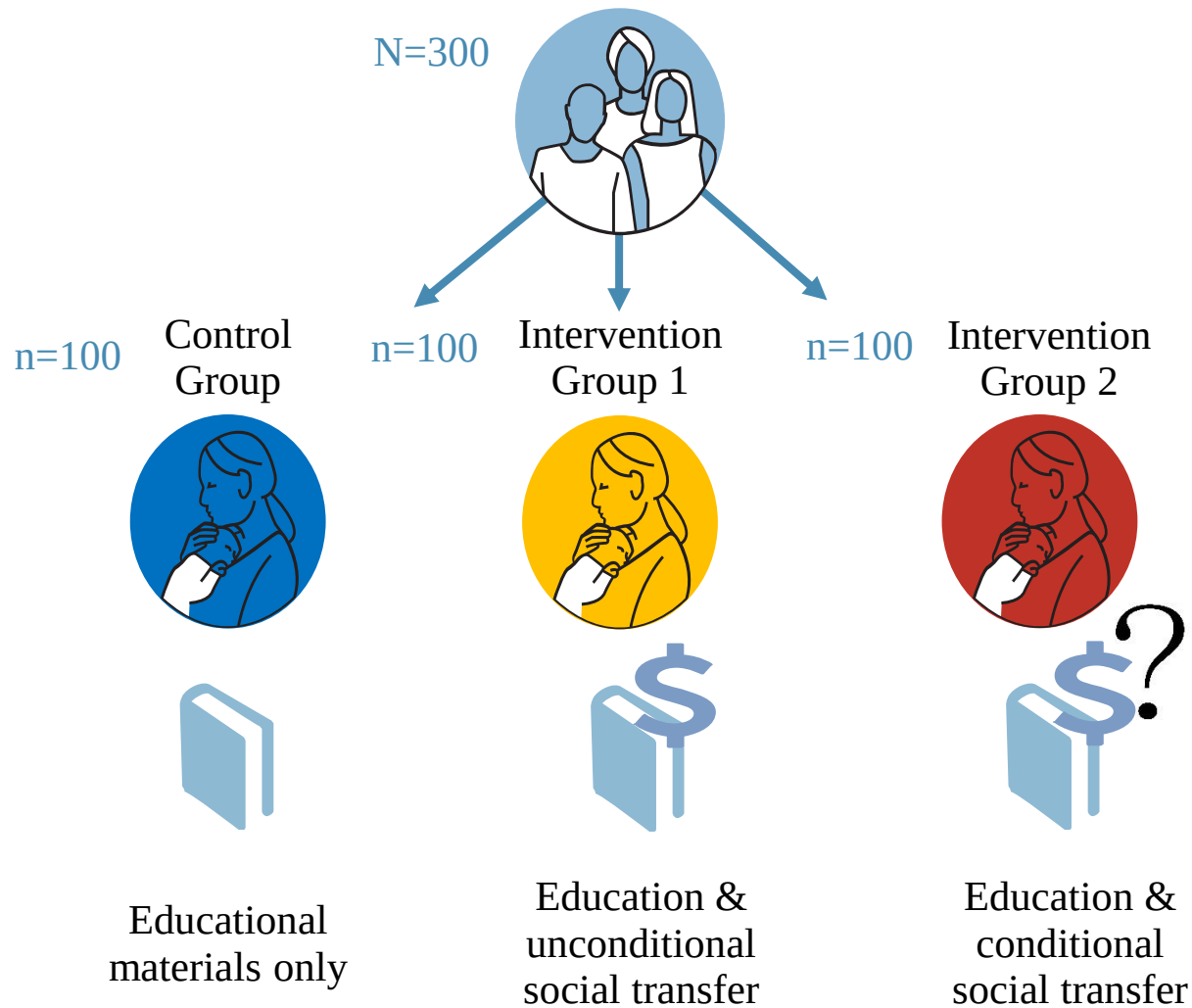


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Methods

Randomized Control Trial



Intervention Groups

- Unconditional – receives gift at 6 months
- Conditional – only receives gift at 6 months if still exclusively breastfeeding
 - verified by:
 - collecting 50 mL of breast milk at time of interview
 - asking the family
 - looking if infant formula is in the house
 - stating we will test the infant stool

Follow-Up Period



- Anthropometric measurements
 - Anemia status
- Extensive nutrition information
- General health and well-being
 - Mental health
 - Child development

BREASTMILK PROVIDES ALL THE NUTRIENTS YOUR BABY NEEDS FOR THE FIRST 6 MONTHS

Avoid mixed feeding.
This will reduce your supply

TIPS TO INCREASE MILK SUPPLY

Frequent breastfeeding is important

- After each illness, increase the frequency of breastfeeding
- If the baby is too weak to suckle, express breast milk to give the baby

When you are sick, you can continue to breastfeed your baby.
You may need extra food and support during this time.

'fore milk' has more water and satisfies the baby's thirst.



'hind milk' has more fat and satisfies your baby's hunger.



BREASTFEEDING
FUN FACTS

ຜົນການວັດແທກຮ່າງກາຍເດັກຍິງ



ຜົນການວັດແທກຮ່າງກາຍແມ່

ຊື່ແມ່:

ຟຽມຢາມຄັ້ງທີ1:
ຟຽມຢາມຄັ້ງທີ2:

ໄວມດັ່ງເລືອດ\ກຳມະຈອນ



ຫຼັງເກີດ1
ເດືອນ:

.....mmHg

ຫຼັງເກີດ6
ເດືອນ:

.....mmHg

ນ້ຳໜັກ



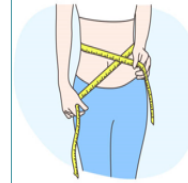
ຫຼັງເກີດ1
ເດືອນ:

.....Kg

ຫຼັງເກີດ6
ເດືອນ:

.....Kg

ຮອບເວ



ຫຼັງເກີດ1
ເດືອນ:

.....Cm

ຫຼັງເກີດ6
ເດືອນ:

.....Cm

ຮອບກັນ



ຫຼັງເກີດ1
ເດືອນ:

.....Cm

ຫຼັງເກີດ6
ເດືອນ:

.....Cm

ຮະໂມໄກວບິນ



ຫຼັງເກີດ1
ເດືອນ:

.....g/L

ຫຼັງເກີດ6
ເດືອນ:

.....g/L

Qualitative Study Identified Gifts that Mothers May Want

The Catalog gift for STEB project



Catalog ສໍາລັບແມ່ທີ່ເລືອກເຄື່ອງຫລິ້ນສົ່ງເສີມພັດທະນາການ
ເດັກ, ເລື່ອຍ້າແລະແມ່ມເວີດ ເພື່ອການສະນັບສະນູນການວົງຈຸກ
ດ້ວຍນົມແມ່ ໃນງົບແຮງຈູງໃຈ 750.000kip



ຊຸດໄຕຕໍ່ (Lego big set) ຊຸດໃຫຍ່
ພ້ອມຊຸດໂຕະແລະຕັ້ງ

2. ເງິນສົດ

ມູນຄ່າ 750.000kip
Total 750.000kip



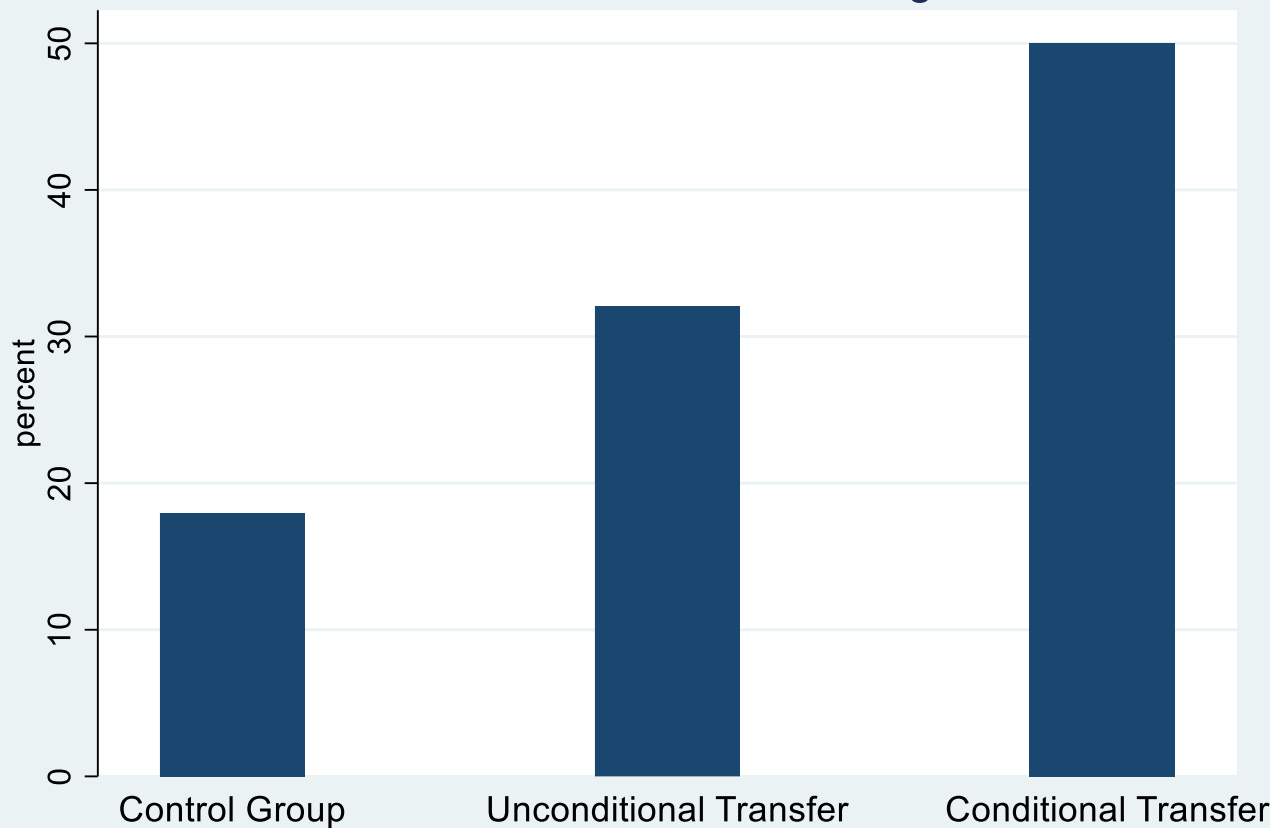
Swiss TPH



Results

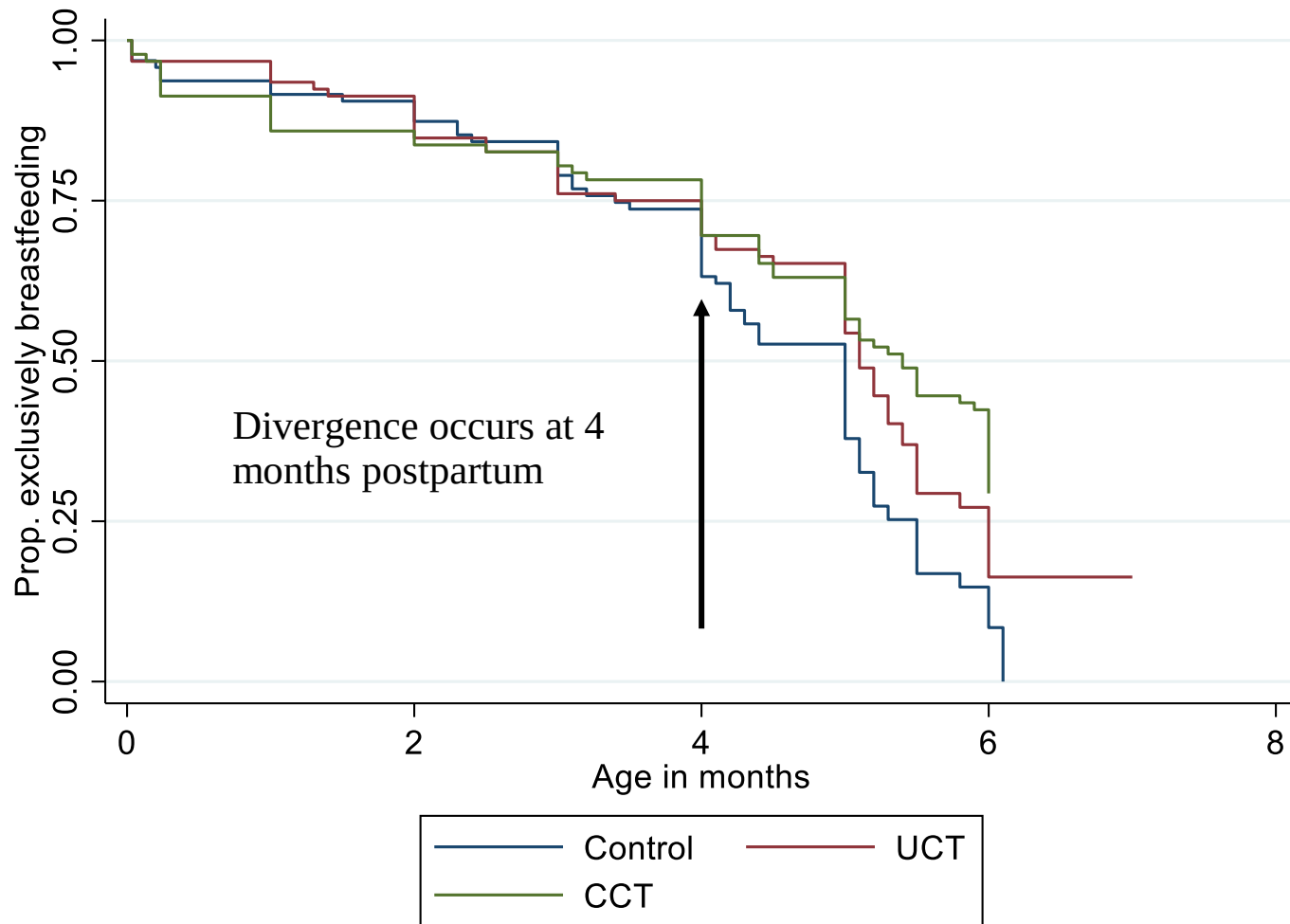
CONFIDENTIAL – PLEASE DO NOT SHARE

Prevalence of Exclusive Breastfeeding at 6 Months



Intervention groups compared to control group

Model	Exclusive 6 Months	
	Unadjusted	Adjusted
Unconditional Transfer	2.16** (1.04 - 4.49)	2.51** (1.09 - 5.75)
Conditional Transfer	4.18*** (2.07 - 8.43)	4.60*** (2.10 - 10.08)





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Conclusions and way forward

Conclusion

- Small support in kind/or cash are associated with better rates of EBF amongst women already breastfeeding especially if support is conditional
- The personal commitment by mothers to exclusively breastfeed significantly improves rates of EBF for 6 months, particularly to persevere to not give other foods or drinks after 4 months of age

Next steps

- More research is needed in a larger population and within other geographical areas of Lao PDR and how it can be delivered as part of an existing package of services
- Future research is needed to understand if the timing of the support is relevant for the results on EBF or whether support (in kind or cash) provided at time of birth, might be as impactful

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Thank you for your attention.

