

Prelacteal feeding and associated factors in Ethiopia: systematic review and Meta -analysis**Habtamu Temesegen***Department of Human Nutrition and Food Sciences, Debre Markos University, Ethiopia.***Abstract**

Prelacteal feeding is giving any solid or liquid foods other than breast milk during the first three days after birth. In Ethiopia, fragmented and inconsistent findings were reported. Therefore, the main objective of this meta-analysis was to estimate the pooled prevalence of the prelacteal feeding and its associated factors in Ethiopia. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses guideline was followed. Articles were systematically searched through different searching mechanisms. Quality assessment was done using JBI-MAStARI. A total of 28 studies was extracted and analyzed using STATA 14. The random effect model was used; whereas subgroup analysis and meta-regression was performed to identify the probable source of heterogeneity. Both Egger's, and Begg's test were used to check publication bias. Pooled odds ratio were assessed.

Conclusion: The totals 28 studies were included in meta-analysis. The Meta analysis result showed that the pooled prevalence of prelacteal feeding practice in Ethiopia was 25.29 % (CI: 17.43, 33.15) with severe heterogeneity ($I^2 = 99.7$, $p <0.001$). Antenatal care [(OR=0.25, 95% CI: 0.09, 0.69], counselling on infant feeding [(OR= 0.37, 95% CI: 0.22, 0.63)], Timely initiation of breastfeeding [(OR=0.28, 95% CI: 0.21, 0.38)] and urban residence [(OR=0.47, 95% CI: 0.26 , 0.86)] were decrease the risk of prelacteal feeding practice while home delivery [(OR=3.93, 95% CI: 2.17, 7.10)] increases the risk of prelacteal feeding practice in Ethiopia. In Ethiopia, one fourth child was given prelacteal foods. Mothers who gave birth at home are more prone to give prelacteal foods. Whereas, Antenatal care visit, timely initiation of breastfeeding, counseling on infant feeding and being urban residence decrease prelacteal feeding practices in Ethiopia. Therefore, the government and health institutions should focus to increase maternal health service utilization and promote infant and young child feeding practices according to the guideline.

**Publications:**

Habtamu Temesegen et al; Adherence of iron and folic acid supplementation and determinants among pregnant women in Ethiopia: a systematic review and meta-analysis; June 2020.

Habtamu Temesegen et al; The impact of being of the female gender for household head on the prevalence of food insecurity in Ethiopia: a systematic- review and meta-analysis; June 2020.

Habtamu Temesegen et al; Uptake of minimum acceptable diet among children aged 6–23 months in orthodox religion followers during fasting season in rural area, DEMBECHA, north West Ethiopia; Dec 2019.

Habtamu Temesegen et al; Prevalence of hypertension and its associated factors among adults in Debre Markos Town, Northwest Ethiopia: community based cross-sectional study; Dec 2019.

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