

FEEDING COLOSTRUM

Outcome indicator, Output indicator

Indicator Phrasing

English: % of children aged 0-23 months who were fed colostrum after birth

French: % d'enfants âgés de 0 à 23 mois qui ont reçu du colostrum après la naissance

Portuguese: % de crianças com idades entre 0 a 23 meses alimentadas com colostro após o nascimento

Czech: % dětí ve věku 0-23 měsíců, které byly po porodu krmeny kolostrem

What is its purpose?

For approximately three days after delivery, the breasts secrete colostrum. Colostrum has the largest concentration of nutrients and antibodies to protect the newborn, however in many cultures, colostrum is not considered beneficial or appropriate and is thrown away. The indicator therefore assesses the proportion of young children who were fed colostrum after birth.

How to Collect and Analyse the Required Data

Collect the following data by conducting individual interviews with mothers of (a [representative sample](#) of) children aged 0-23 months:

RECOMMENDED SURVEY QUESTION (Q) AND POSSIBLE ANSWERS (A)

Q1: *After your youngest baby was born, did you give the baby the first liquid (colostrum) that came from your breast?*

A1: yes / no / does not remember

To **calculate the indicator's value**, divide the number of children who were fed with colostrum by the total number of respondents (exclude those who did not remember). Multiply the result by 100 to convert it to a percentage.

Disaggregate by

[Disaggregate](#) the data by the delivery place (home, health centre, hospital), presence of a skilled birth attendant during delivery (present/ absent; use for home deliveries only), location (rural/ urban) and socio-economic characteristics (e.g. level of education).

E-Questionnaire

- [XLS form for electronic data collection - indicator Feeding Colostrum](#)

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