

## PRE-LACTEAL FEEDING

Outcome indicator, Output indicator

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### Indicator Phrasing

**English:** % of children aged 0-23 months who did not receive pre-lacteal feeds

**French:** % d'enfants âgés de 0 à 23 mois qui n'ont pas reçu d'aliments pré-lactiques

**Portuguese:** % de crianças com idades entre 0 a 23 meses que não receberam alimentos pré-lácteos

**Czech:** % dětí ve věku 0-23 měsíců, které během prvních třech dnů po porodu byly krmeny výhradně mateřským mlékem

### What is its purpose?

The indicator assesses the proportion of young children who in the first three days of life did not receive any food or liquid (i.e. pre-lacteal feeds) other than breast milk. Pre-lacteal feeds increase the risk of diarrhoea and other health and life-threatening diseases.

### How to Collect and Analyse the Required Data

Collect the following data by conducting individual interviews with a [representative sample](#) of mothers of children aged 0-23.99 months:

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

**Q1:** *What did your youngest baby eat and drink in the first three days after birth?*

**A1:**

- 1) only breast milk
- 2) fluids/meals other than breast milk
- 3) breast milk and other fluids/meals

**Calculate the indicator's value** by dividing the number of children who were fed with breastmilk only by the total number of respondents and multiplying the result by 100.

### 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).

## Important Comments

1) If the percentage is **above 20%** then addressing pre-lacteal feeding should be given priority; however, it needs to be discussed in the context.

2) This indicator relies on accurate age assessment. Since people often do not remember the exact dates of their children's birth, the data collectors should **always verify the child's age**. This can be done by reviewing the child's birth certificate, vaccination card or another document; however, since many caregivers do not have such documents (and since they can include mistakes), it is essential that your data collectors are able to **verify the child's age by using local events calendars**. Read FAO's Guidelines (see below) to learn how to prepare local events calendars and how to train data collectors in their correct use.

## Electronic questionnaire

- [XLS form for electronic data collection - indicator Pre-lacteal feeding](#)

## Access Additional Guidance

- FAO (2008) [Guidelines for Estimating the Month and Year of Birth of Young Children](#)