

2009-01-01

Attitudes Towards Breastfeeding Among a Sample of Chinese Mothers living in Ireland

Qianling Zhou

Technological University Dublin, qianling.zhou@tudublin.ie

Katherine Younger

Technological University Dublin, katharine.younger@tudublin.ie

John Kearney

Technological University Dublin, john.kearney@tudublin.ie

Follow this and additional works at: <https://arrow.tudublin.ie/scschbiocon>



Part of the [Medicine and Health Sciences Commons](#)

Recommended Citation

Zhou, Q., Younger, K.M. & Kearney, J.M. (2009). Attitudes towards breastfeeding among a sample of Chinese mothers living in Ireland. , vol. 68 no. OCE3, Irish Section of The Nutrition Society, 17–19 June 2009. doi:10.1017/S0029665109990796

This Conference Paper is brought to you for free and open access by the School of Biological Sciences at ARROW@TU Dublin. It has been accepted for inclusion in Conference Papers by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-NonCommercial-Share Alike 4.0 License](#)
Funder: Postgraduate R&D Skill, Strand I

Antenna & High Frequency Research Centre

Conference Papers

Dublin Institute of Technology

Year 2009

Attitudes towards breastfeeding among a
sample of Chinese mothers living in
Ireland

Qianling Zhou*

Katherine M. Younger†

John M. Kearney‡

*Dublin Institute of Technology, qianling.zhou@dit.ie

†Dublin Institute of Technology

‡Dublin Institute of Technology

This paper is posted at ARROW@DIT.

<http://arrow.dit.ie/ahfrcon/8>

— Use Licence —

Attribution-NonCommercial-ShareAlike 1.0

You are free:

- to copy, distribute, display, and perform the work
- to make derivative works

Under the following conditions:

- Attribution.
You must give the original author credit.
- Non-Commercial.
You may not use this work for commercial purposes.
- Share Alike.
If you alter, transform, or build upon this work, you may distribute the resulting work only under a license identical to this one.

For any reuse or distribution, you must make clear to others the license terms of this work. Any of these conditions can be waived if you get permission from the author.

Your fair use and other rights are in no way affected by the above.

This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike License. To view a copy of this license, visit:

- URL (human-readable summary):
<http://creativecommons.org/licenses/by-nc-sa/1.0/>
 - URL (legal code):
<http://creativecommons.org/worldwide/uk/translated-license>
-

Irish Section of The Nutrition Society, 17–19 June 2009

Attitudes towards breast-feeding among a sample of Chinese mothers living in Ireland

Q. Zhou, K. M. Younger and J. M. Kearney

School of Biological Sciences, Dublin Institute of Technology, Kevin Street, Dublin 8, Republic of Ireland

In recent years breast-feeding has become the focus of public health in Ireland. Previous research has reported significant differences in breast-feeding initiation rates among Irish mothers (47.1%) and non-Irish mothers (79.6%) living in Ireland⁽¹⁾. While attitudes towards breast-feeding among Irish mothers have been previously described⁽²⁾, such information on non-nationals is lacking, particularly among Chinese residing in Ireland. The present study was undertaken to fill this information gap, describing the maternal attitudes towards breast-feeding among Chinese mothers living in Ireland.

A cross-sectional self-administrated survey was conducted. Questionnaires (written in Chinese) were distributed to the Chinese mothers, mainly via Chinese supermarkets and Chinese language schools in Ireland. Quantitative data were obtained from 343 mailed questionnaires.

Participants were mainly born in mainland China (80.6%), aged between 30 years and 39 years (48.7%), had tertiary education (50.4%) and had been in Ireland for >5 years (69.6%). Although 76.7% of the mothers had breast-fed their child, only thirteen mothers (4.9% of the breast-feeding mothers) exclusively breast-fed until 3 months. The majority of the Chinese mothers were aware of the benefit and advantages of breast-feeding (Table). Most of the subjects (78.7%) believed that breast-milk could be enriched by consuming a special diet. Furthermore, some traditional Chinese food was largely believed (82.9%) to be able to help improve breast-milk production. Meanwhile, some misconceptions of breast-feeding were prevalent. Over 58% of the subjects agreed that the mother should not breast-feed if she catches a cold. Also, approximately half the subjects agreed that infant formula should be fed to all newborns until their mother's milk comes in.

Table. Percentage of participants (*n* 343) who agreed or disagreed with the following statements (the advantages of breast-feeding)

| | Strongly agree or agree | Strongly disagree or disagree | Neither |
|---|----------------------------|----------------------------------|---------|
| A breast-fed baby is likely to have fewer infections than a formula-fed baby | 60.2 | 12.3 | 27.6 |
| Breast-milk is the ideal food for babies | 82.7 | 2.9 | 14.4 |
| Breast-feeding provides health benefits for infants that cannot be provided by formula milk | 78.0 | 4.7 | 17.3 |

The cultural belief of the importance of the special Chinese diet was widely accepted among Chinese mothers living in Ireland. Aside from certain cultural influences, some misconceptions of breast-feeding practices should be corrected to ensure a higher exclusive breast-feeding rate among the Chinese.

1. Tarrant RC & Kearney JM (2008) *Proc Nutr Soc* **67**, 371–380.
2. Zhou Q, Younger KM & Kearney JM (2008) *Proc Nutr Soc* **67**, E432.