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## Study on “Breastfeeding behavior, infant and child nutrition in Austria” (Sukie)

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### Abstract

**Introduction:** Early childhood nutrition including breastfeeding contributes to child health as well as the prevention of obesity. This study consists of a representative and prospective data recording of breastfeeding and infant nutrition within the first year of life. It also includes a longitudinal survey of the structure of Austrian maternity wards as well as the quality of consultation provided in them.

**Materials and Methods:** In a first step, this study used a questionnaire to assess the structure and quality of consultation as well as the setting of maternity wards.

Postpartum women in all of Austria were eligible for participation. Inclusion criteria for participants were delivery during the recruitment period (1<sup>st</sup> February to 31<sup>st</sup> March 2019) and aged 18 or above. Excluded were mothers whose newborns were transferred to intensive care. The assessment of breastfeeding behavior and infant nutrition is performed via online questionnaire, including the WHO indicators for assessing infant and young child feeding practices, for mothers at 4 points of time (14 days, 4, 6 and 12 months postpartum). Additionally, data on factors influencing breastfeeding such as the mindset, information provided on breastfeeding and infant nutrition, help with problems regarding breastfeeding as well as sociodemographic parameters will be collected. To make data recording as simple and easily accessible for mothers, questionnaire is available via mobile application. Arabic and Turkish versions of the questionnaire are available for women with migration background. Maternity wards with the highest amount of monthly deliveries were offered fieldworkers to support with recruitment.

**Results:** From the 79 maternity wards existing in Austria at study start, all were contacted and 81% (n = 64) agreed to participate in the study. 83% of the included maternity wards completed the questionnaire on the setting. Currently 1653 mothers confirmed their participation and 74% of the sample completed the first questionnaire that was sent out 14 days after delivery. Provisional analysis showed that 96.7% (n = 1025) of participants attempted to breastfeed their newborns. Results of the midway analysis will be available in September 2019.

**Discussion:** The results of the present study will allow us to assess the efficiency of past actions on breastfeeding promotion in Austria and create the scientific basis for future improvements for child nutrition and child health. Additional insights on possible implications of this study will be attained after midway analysis.

### Conflict of Interest

There is no conflict of interest.