

00076 **The Effects of Infant Formula as Early Feeds on Healthy Full-term Newborns**

Nur Shahira Abdul Hamid¹, Lee Shin Syuen², Liow Peck Hoon¹, Serena Koh², Shefaly Shorely²

¹Singapore General Hospital, ²National University of Singapore

Aims: This study aimed to determine the prevalence and duration of breastfeeding at 1st, 2nd, 4th and 6th month postpartum, for infants who received (1) exclusive breastfeeding as early first feeds (2) infant formula feeding or mixed feeding as early first feeds.

Methodology: Design: This was a pilot study of a prospective cohort study conducted in a large tertiary acute hospital in Singapore.

Methods: A sample size of 64 participants was recruited using consecutive sampling between August 2017 to February 2018. Breastfeeding prevalence and duration was collected at 4 time points: 1st, 2nd, 4th and 6th month postpartum. Descriptive statistics, Pearson χ^2 test and logistic regression were used for data analyses.

Result: Infants who had exclusive breastfeeding as their early first feeds were found to have significantly higher prevalence ($P=0.006$) in breastfeeding at 1st month postpartum, as compared to infants who had formula milk feeding or mixed feeding as their early first feeds. Women gravidity parity was found to be significantly associated with breastfeeding prevalence at: 1st month postpartum ($P=0.005$), 4th month postpartum ($P=0.022$), and 6th month postpartum ($P=0.048$).

Conclusion: Findings suggest that infants' early first feeds are associated to breastfeeding prevalence. Even though there are factors that could attribute to lower exclusive breastfeeding prevalence, infants' first feeds are still critical for breastfeeding prevalence. This emphasizes a need for better policies and education to encourage mothers to initiate breastfeeding early.