



High uptake of exclusive breastfeeding and reduced risks of postnatal HIV transmission

ZEBS

Zambia Exclusive Breastfeeding Study

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**Nested within the clinical trial
Zambia Exclusive Breastfeeding Study**

Observational objective:

**To investigate the feasibility and
effectiveness of exclusive
breastfeeding to reduce early postnatal
HIV transmission**

Study design

- Prospective, epidemiological study nested within randomized trial of early weaning
- 958 HIV-infected women and their infants followed to 24 months in Lusaka, Zambia
- Comprehensive intervention to support EBF to 4 months for all
- Analyze HIV transmission by actual feeding practices

EBF intervention

- One-to-one counseling
 - Antenatal (at least 2 sessions)
 - Postnatal
 - Clinic-based (monthly)
 - Home visits (interspersed)
- Support for breastfeeding initiation at delivery
- Community outreach and education
- Mothers' support groups

BREAST FEEDING

PASANI ANA ZIWA

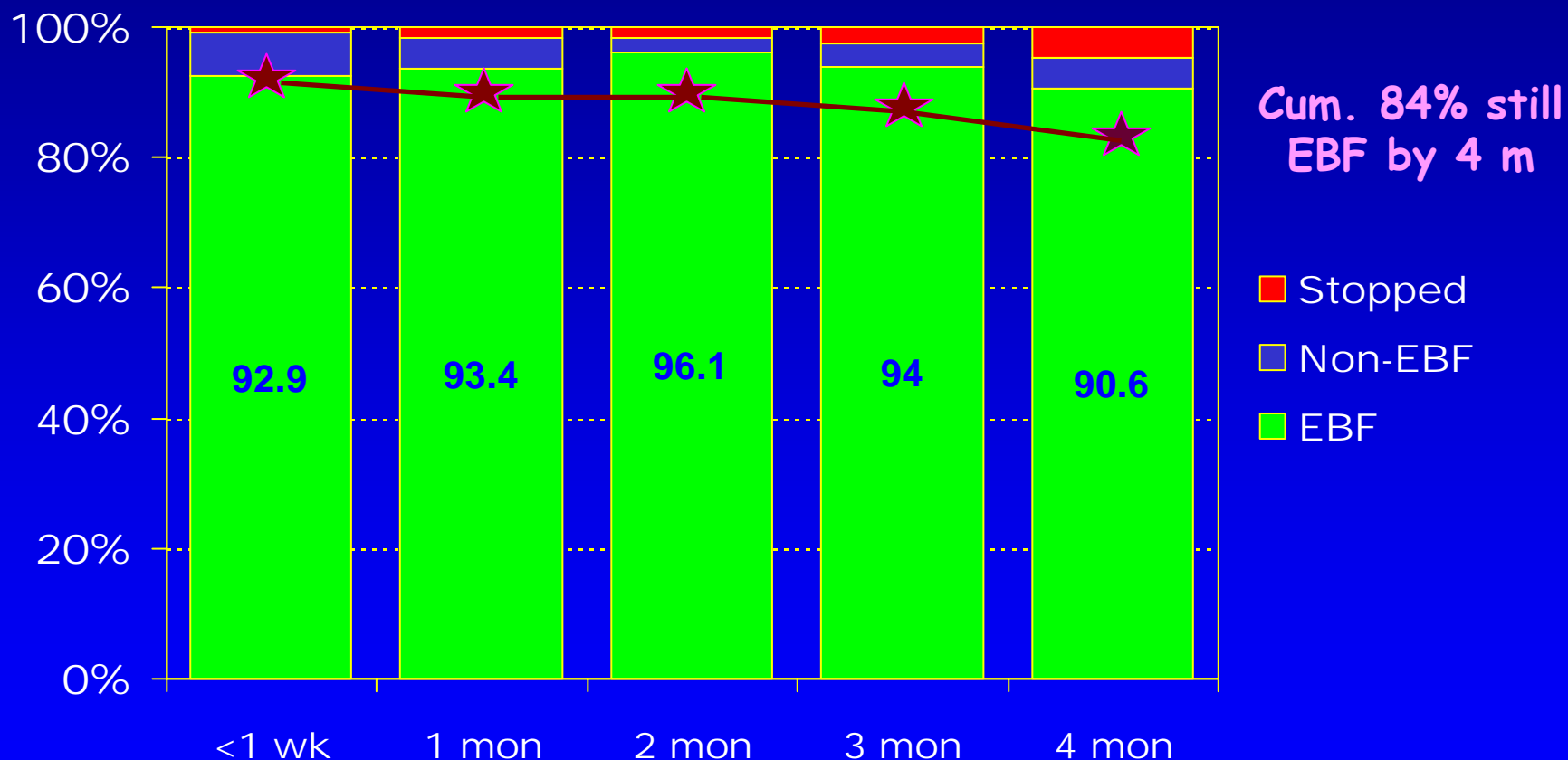


**ENCOURAGE EXCLUSIVE
BREAST FEEDING**

BABY FRIENDLY CLINIC



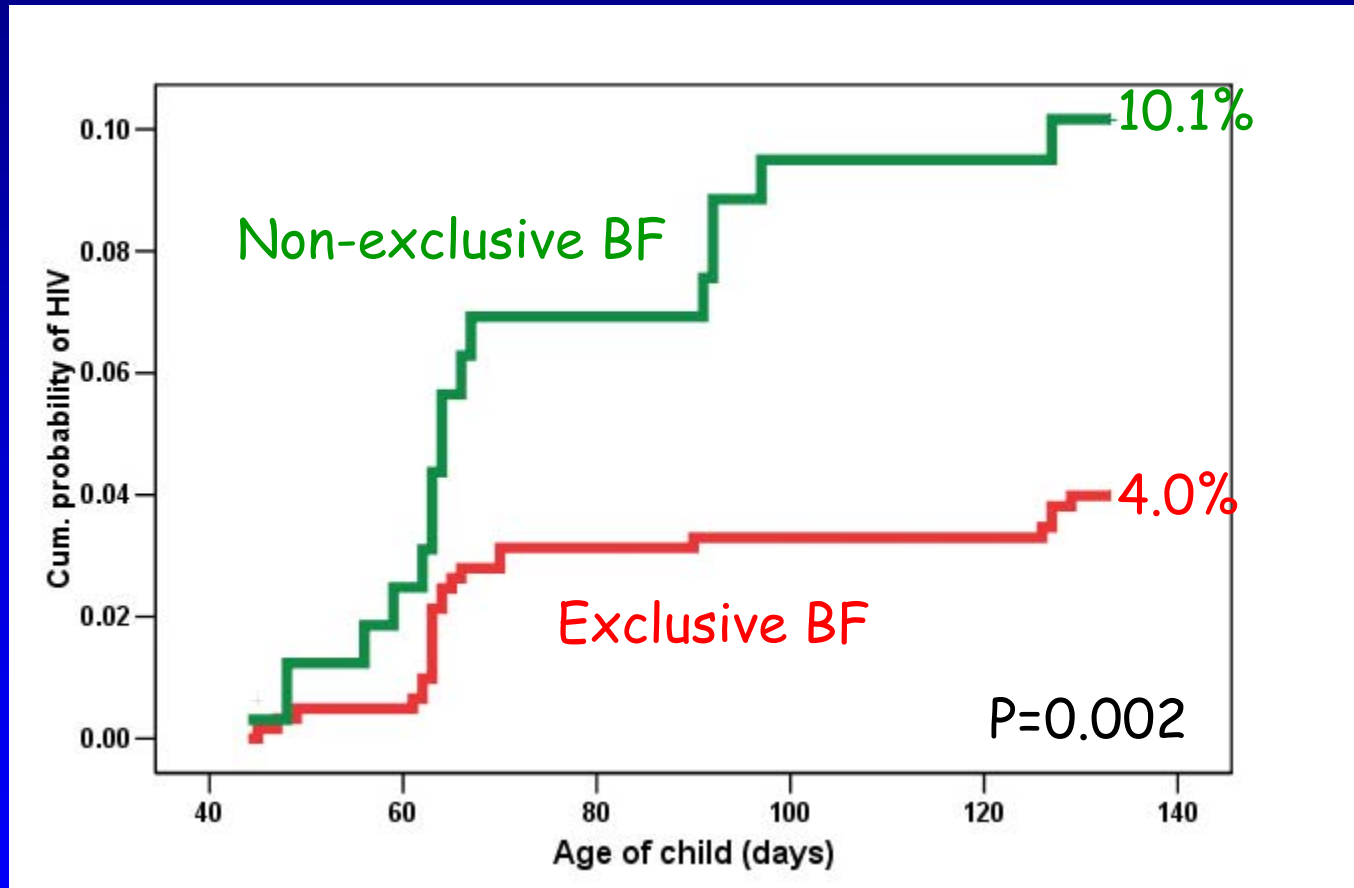
High uptake of exclusive breastfeeding among 958 HIV-infected women in Lusaka, Zambia



Non-EBF = give any non-breast milk liquid or solid (except medicines) in past 24 hours or at least once per week



Benefits of exclusive breastfeeding on early postnatal transmission through 4 months



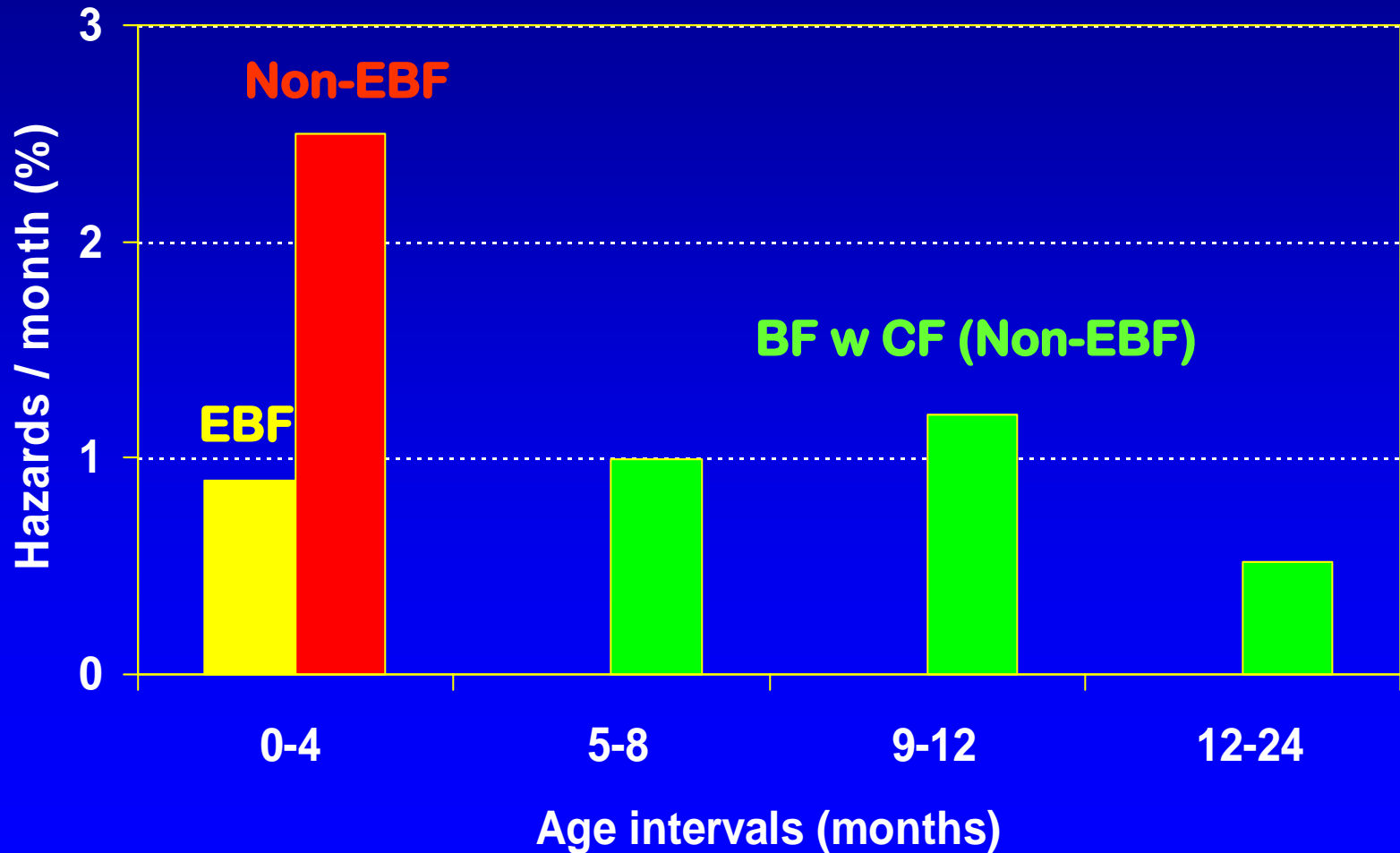
**Increased transmission due to non-exclusive BF:
(as time-dependent) Relative Hazard 3.5 (95% CI: 1.7–7.2)**

Characteristics of EBF & non-EBF women

	<u>Exclusive</u>	<u>Non-exclusive</u>	
Primiparous	11%	21%	*
Access to water	16%	25%	*
Employed	6%	12%	*
Birth weight	3010	3068 grams	ns
Median CD4 count	354	327 cells/uL	ns
Median viral load	29,482	43,989 cpm	ns

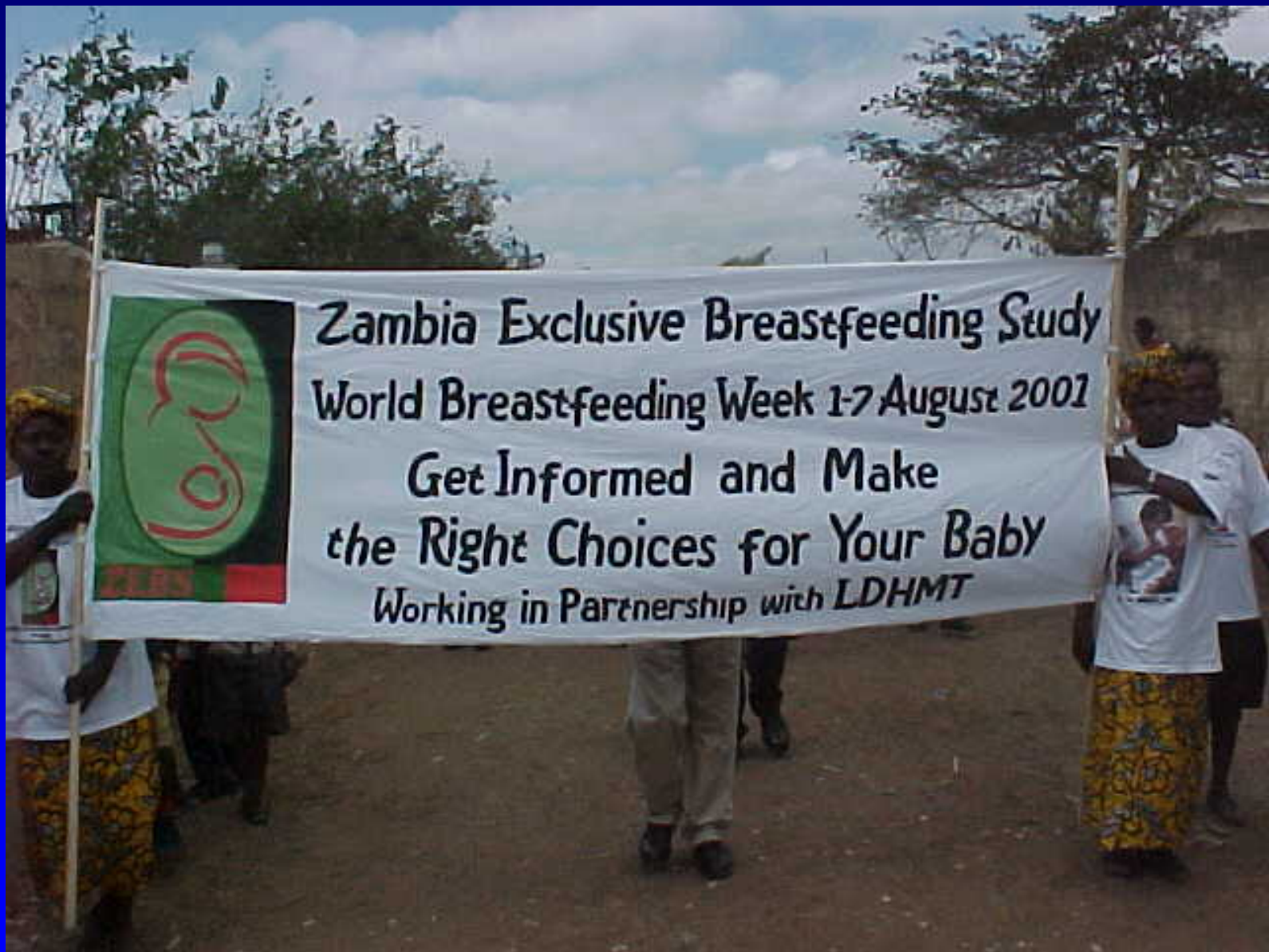
RH = 2.7 (95% CI 1.3-5.6) after adjust for CD4 count, viral load, RPR, birth weight

Age-specific hazard rates of postnatal HIV transmission per month of breastfeeding in control group



Conclusions

1. High uptake of EBF can be achieved among HIV-infected women in low resource settings
2. EBF is associated with a >50% reduction in early postnatal HIV transmission
3. Implementation of programs to support EBF is an urgent priority



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