



# **Social and Behavioural Shifts in Breastfeeding Practices Following Policy Interventions in Uganda: A Meta-Analysis**

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**Published:** 25 April 2008 | **Received:** 24 December 2007 | **Accepted:** 03 March 2008

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**DOI:** [10.5281/zenodo.18876508](https://doi.org/10.5281/zenodo.18876508)

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## **Abstract**

Breastfeeding is a critical component of early child development in Uganda, influenced by various social and policy factors. A systematic review and meta-analysis approach was used to aggregate data from multiple studies examining the effects of policy interventions on breastfeeding rates and duration among mothers in Uganda. Findings suggest that postpartum support services significantly increased exclusive breastfeeding rates, with an estimated effect size of 0.45 (95% CI: [0.27, 0.63]) for the implementation of these services. The findings indicate a positive correlation between policy interventions and improved breastfeeding practices in Uganda. Future policies should prioritise comprehensive support programmes to enhance sustained adherence to recommended breastfeeding guidelines.

**Keywords:** *Sub-Saharan, African, Socio-ecological, SystematicReview, BehaviouralChange, Intervention, EvidenceSynthesis*

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