



2022 GHANA DEMOGRAPHIC AND HEALTH SURVEY

EXCLUSIVE BREASTFEEDING

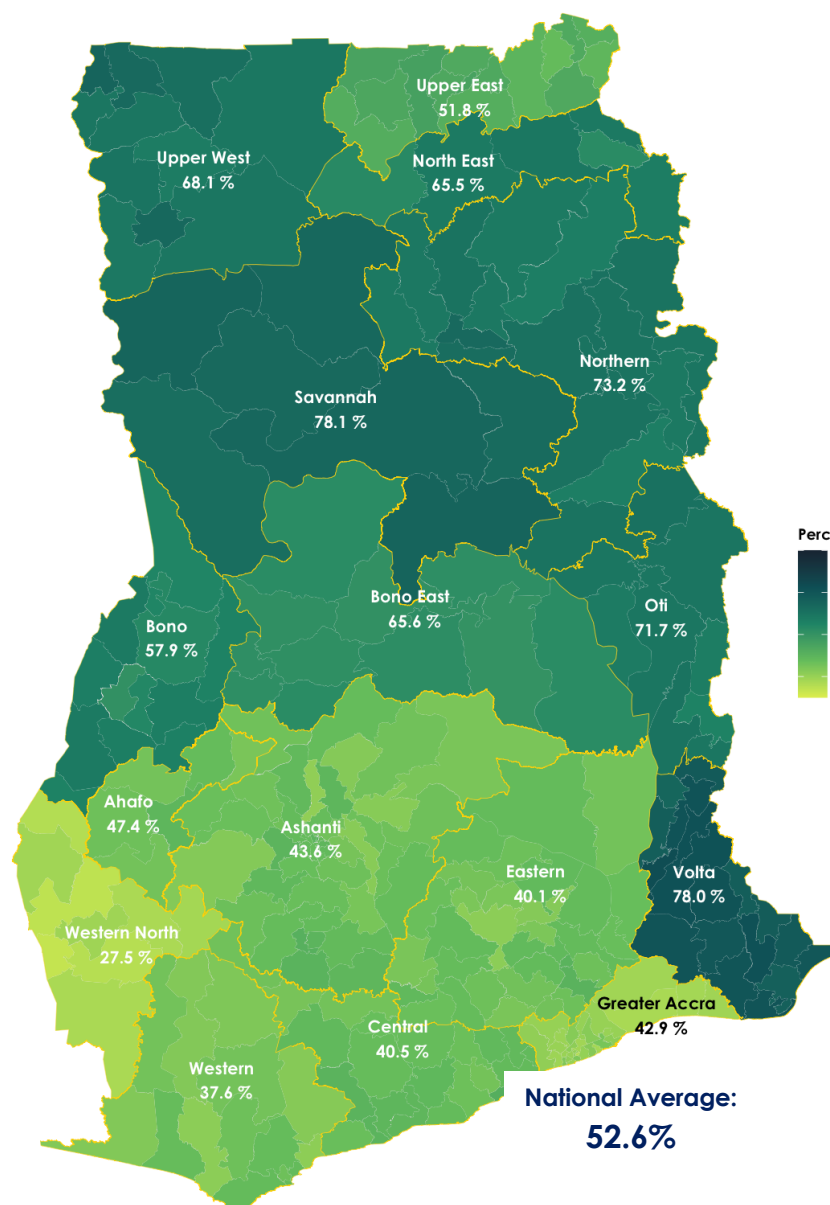


This factsheet provides statistics on exclusive breastfeeding among infants aged 0–5 months, drawing on the most recent evidence from the 2022 Ghana Demographic and Health Survey and the 2021 Population and Housing Census. By spotlighting regional and district disparities, it offers critical insights that support targeted policy action and strengthen accountability for improved maternal and child health outcomes.

Exclusive breastfeeding is the act of feeding infants between the ages of 0 to 5 months only breast milk, without additional food, drink, or water, with exception of prescribed medicines and supplements.

Rate of exclusive breastfeeding is the percentage of children aged 0-5 months living with their own mother who were fed exclusively with breast milk during the previous day and night preceding the interview.

Exclusive Breastfeeding Rates



This district map illustrates exclusive breastfeeding rates among infants aged 0–5 months across all 261 districts in Ghana, highlighting substantial geographic variation. Coverage is highest in the Volta Region, with South Dayi recording 83.2%, followed by Akatsi South and Ho West at 81.8%, and several other districts exceeding 80 percent. Oti, Northern, and Savannah regions also perform strongly, with multiple districts above 70 percent, including Nkwanta North (71.1%), Sagnarigu (73.3%), and East Gonja (75%). By contrast, Western North and Greater Accra record the lowest rates, with Suaman at 33.4%, Juaboso at 34.3%, and Ada West at 38.2%, while many districts in these regions fall below 40 percent. Across the country, only about 16% of districts achieve rates above 70 percent, whereas nearly half remain below 50 percent, demonstrating considerable disparities at the district level.

EXCLUSIVE BREASTFEEDING RATES IN TOP DISTRICTS

Rank	Region	District	Estimate (%)
1	Volta	South Dayi	83.2
2	Volta	Akatsi South Municipal	81.8
3	Volta	Ho West	81.8
4	Volta	Ho Municipal	81.4
5	Volta	Adaklu	81.0
6	Volta	Afadzato South	80.9
7	Volta	North Tongu	80.8
8	Volta	Anloga	80.6
9	Volta	South Tongu	80.2
10	Volta	Central Tongu	79.7
11	Volta	Ketu South Municipal	79.5
12	Volta	Ketu North Municipal	78.5
13	Volta	Hohoe Municipal	78.5
14	Volta	Akatsi North	77.8
15	Volta	Agortime-Ziope	77.3
16	Volta	North Dayi	77.3
17	Volta	Keta Municipal	76.5
18	Upper West	Nandom	75.3
19	Savannah	East Gonja Municipal	75.0
20	Savannah	Sawla Tuna Kalba	74.7

Key Takeaways and Policy Recommendations

Key Takeaways

1. More than half of all districts record rates between 33% and 49%, falling below the national average of 52.6%.
2. Fewer than 4% of districts achieve EBF levels above 80%, indicating uneven progress and the need for geographic-specific interventions.
3. Volta, Oti, Northern, and Savannah regions are high-performing regions, with several districts exceeding 70–80% exclusive breastfeeding rates.
4. Western North and Greater Accra regions are low-performing regions, with districts recording the lowest prevalence.

Policy Recommendations

1. Enforce breastfeeding-related legislation (Breastfeeding Promotion Regulation LI 1667, Labour Act 2000).
2. Prioritise low-performing districts for intensive Exclusive Breastfeeding campaigns and sensitisation.
3. Embed consistent exclusive breastfeeding education into antenatal and postnatal care services.
4. Strengthen collaboration between government, civil society, and communities to achieve Ghana's 62% Exclusive Breastfeeding target.