



Sample LAM Survey: Survey Questions on Breastfeeding and Family Planning

These LAM-related questions consist of seven basic questions on breastfeeding and family planning asked of mothers of infants less than 6 months old. From this data, one can calculate the exclusive breastfeeding rate (EBR), the LAM rate, the LAM user rate, the model LAM rate, and the appropriate LAM rate. The questions are divided into two sections: family planning and infant feeding. Either section can appear first in your questionnaire, depending upon the full content of your larger survey and the order of your questions.

These questions are required to calculate LAM-related indicators. Please note that these questions do not reflect the full questionnaire that would accompany either a complete infant feeding or LAM intervention.

NAME OF CHILD _____
 (Use name of child throughout questionnaire where "[NAME]" appears.)

AGE OF CHILD (IN MONTHS).....

SEX OF CHILD (1=MALE, 2=FEMALE)

FAMILY PLANNING

1	Are you currently doing something or using any method to delay or avoid getting pregnant?	YES NO	1 2	<3
2	Which method are you currently using?	Lactational amenorrhea method Female sterilization Male sterilization Pill IUD Injections Condom Female condom Diaphragm Periodic Abstinence Withdrawal Other _____ (Specify)	1 2 3 4 5 6 7 8 9 10 11 12	



3	What are the conditions that need to be met for LAM to be used as a method of family planning? <i>Do not read answers aloud. Probe for responses and circle the appropriate code for Mentioned or Not Mentioned for each response.</i>	(M = Mentioned, NM = Not Mentioned)																							
			<table border="1"> <thead> <tr> <th></th> <th>M</th> <th>NM</th> </tr> </thead> <tbody> <tr> <td>Exclusively breastfeeding</td> <td>1</td> <td>2</td> </tr> <tr> <td>Fully or nearly fully breastfeeding</td> <td>1</td> <td>2</td> </tr> <tr> <td>Breastfeeding on demand</td> <td>1</td> <td>2</td> </tr> <tr> <td>Infant is less than 6 months old</td> <td>1</td> <td>2</td> </tr> <tr> <td>Menstrual cycle has not returned</td> <td>1</td> <td>2</td> </tr> <tr> <td>Other, (specify)</td> <td>1</td> <td>2</td> </tr> <tr> <td>Don't know</td> <td>1</td> <td>2</td> </tr> </tbody> </table>		M	NM	Exclusively breastfeeding	1	2	Fully or nearly fully breastfeeding	1	2	Breastfeeding on demand	1	2	Infant is less than 6 months old	1	2	Menstrual cycle has not returned	1	2	Other, (specify)	1	2	Don't know
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4	Since [NAME] was born, has your period returned?	YES NO	1 2																						

BREASTFEEDING AND INFANT NUTRITION

5	Since this time yesterday, has [NAME] received any of the following liquids or foods?	YES	NO
A	Breastmilk?	1	2
B	Vitamins/Mineral supplements/Medicines	1	2
C	Plain water or with additives (Teas, millet water, fruit juice, sweetened water, herbal teas, fruit juice etc)	1	2
D	Commercially produced infant formula?	1	2
E	Any other milk such as tinned, powdered, or fresh animal milk?	1	2
F	ORS	1	2
G	Fruit juice?	1	2
H	Other liquids, specify _____	1	2
I	Any food made from grains [e.g. millet, sorghum, maize, rice, wheat, porridge, or other local grains]?	1	2
J	Pumpkin, red or yellow yams or squash, carrots, or red sweet potatoes?	1	2
K	Any other food made from roots or tubers [e.g. white potatoes, white yams, manioc, cassava, or other local roots/tubers]?	1	2
L	Any green leafy vegetables?	1	2



M	Mango, papaya [or other local Vitamin A rich fruits]?	1	2
N	Any other fruits and vegetables [e.g. bananas, apples/sauce, avocados, tomatoes]?	1	2
O	Meat, poultry, fish, shellfish, or eggs?	1	2
P	Any foods made from legumes [e.g. lentils, beans, soybeans, and peanuts]?	1	2
Q	Cheese or yogurt?	1	2
R	Other solid or semi-solid, specify _____	1	2
6	Since this time yesterday, about how many times did [NAME] receive breastmilk? <i>Write in exact response.</i>		_____
7	About how many times yesterday did [NAME] receive any other food or liquid? <i>Write in exact response.</i>		_____

See following pages for information on calculating indicators rates.



Calculating Indicator Rates

This LAM Questionnaire presents all questions that are needed to calculate rates for LAM-related indicators; this survey example does not include program-specific questions. The table below presents a list of key indicators that can be calculated using this questionnaire.

Organizations should select those indicators that are of relevance to their specific project activities, and incorporate the appropriate questions. These questions can stand alone or be included into an existing survey as appropriate in order to calculate the relevant indicators.

These are age-specific indicators (e.g., percent of 0-5 [or 0<6] month-olds) that are calculated using the age information recorded at the top of the questionnaire. All of these indicators are based upon completed months of age for infants. The resulting rates are expressed as percentages.

INDICATOR	DESCRIPTION/DEFINITION
LAM Rate	<p>Proportion of women with infants less than 6 months who consciously and deliberately accept LAM as a method of contraception</p> <p>Numerator: Number of women with response=1 for Question 2</p> $\frac{\text{\# of women using LAM as family planning method}}{\text{Total \# of women with infants < 6 months}} \times 100$
LAM User Rate	<p>Proportion of women of reproductive age who consciously and deliberately use LAM as a form of family planning</p> <p>Numerator: Number of women with response=1 for Question 2</p> $\frac{\text{\# of women using LAM as family planning method}}{\text{Total \# of women of reproductive age}} \times 100$
Appropriate LAM Rate	<p>Proportion of women who give birth in a given period of time who consciously and deliberately accept LAM as a birth spacing method and meet the 3 LAM criteria.</p> <p>Numerator: Number of women with response=1 for Q.2 AND infant less than 6 months AND infant is full or nearly full breastfed (this includes exclusive breastfeeding) AND with response=2 for Q.4</p> $\frac{\text{\# of women who use LAM as a family planning method and also meet the three LAM criteria}}{\text{Total \# of women with infants < 6 months}} \times 100$
Model LAM Rate	<p>Proportion of women who give birth in a given period of time who consciously and deliberately accept LAM as a birth spacing method, meet the 3 LAM criteria, and know the 3 LAM criteria.</p> <p>Numerator: Number of women with response=1 for Q.2 AND infant less than 6 months AND infant is full or nearly full breastfed (this includes exclusive breastfeeding) AND with response=2 for Q.4 AND with responses=1 for Q.3, answers exclusively breastfeeding OR fully OR nearly fully breastfeeding OR breastfeeding on demand AND infant is less than 6 months old AND menstrual</p>

