

The Role of Health Education in Primary Health Care Facilities in Supporting Exclusive Breastfeeding Success: A Scoping Review

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Abstract

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Health education in primary healthcare facilities serves as a key factor in facilitating the success of exclusive breastfeeding. Primary healthcare facilities, such as community health centers and clinics, serve as initial points for mothers to understand that exclusive breastfeeding, along with using the right breastfeeding techniques, greatly benefits their baby's health and growth. Through effective health education programs, healthcare providers can enhance mothers' knowledge and skills in breastfeeding, which in turn can reduce failures in exclusive breastfeeding practices. Research shows that mothers who receive health education on breastfeeding techniques those educated on the topic tend to achieve exclusive breastfeeding success more often than those without such knowledge. A scoping A review approach adhering to the PRISMA-ScR criteria was utilized, with literature searches conducted through scientific literature platforms, for example PubMed, Google Scholar, and Scopus. The results of effective health education in primary healthcare facilities can help achieve national targets for exclusive breastfeeding and improve the health of mothers and children.

Keywords:

Health Education, Exclusive Breastfeeding, Primary Healthcare Facilities

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INTRODUCTION

Exclusive breastfeeding in the first six months is crucial for an infant's health, but its success faces numerous challenges, including lack of maternal knowledge, improper breastfeeding techniques, and insufficient support systems. Effective health education programs in primary healthcare settings, such as those led by healthcare professionals like midwives and nurses, are vital to overcoming these obstacles. Research shows that educating mothers about the benefits and techniques of breastfeeding significantly improves their knowledge, skills, and motivation to practice exclusive breastfeeding, which in turn enhances child health and development (Harting et al., 2025; Prihatiningsih, 2023).



Despite global health initiatives aiming to improve breastfeeding rates, barriers such as the promotion of formula milk and a lack of family support persist. Recent studies indicate that targeted health education in primary healthcare facilities can counter these challenges, especially when healthcare providers collaborate to deliver structured education and emotional support (Mertasari et al., 2024; Rapingah et al., 2021). With proper training and resources, healthcare professionals can significantly improve breastfeeding rates and contribute to achieving global health targets, thereby enhancing maternal and child health outcomes. Some healthcare professionals in facilities such as community health centers have conducted outreach through individual and group counseling, as well as education through prenatal classes and toddler classes. However, health campaigns for World Breastfeeding Week have not been implemented due to a lack of coordination. (Syahputri & Akmal, 2020a)

Healthcare professionals with good knowledge have a 15 times greater chance of promoting exclusive breastfeeding compared to those with less knowledge. Mothers aged 20-35 have a 5 times greater chance of exclusively breastfeeding compared to younger or older mothers. (Rapingah et al., 2021a)

This research aims to explore the role of health education in primary healthcare facilities in enhancing the success of exclusive breastfeeding. Specifically, the study intends to: (1) Investigate the impact of health education on mothers' knowledge, attitudes, and practices related to exclusive breastfeeding. (2) Assess the effectiveness of educational interventions provided by healthcare professionals in primary healthcare facilities. (3) Identify challenges and barriers in the implementation of health education programs within primary healthcare facilities. (4) Evaluate the relationship between health education and the successful adoption of exclusive breastfeeding practices among mothers.

The objective of this scoping review is to examine the impact of health education on enhancing mothers' knowledge and practices related to exclusive breastfeeding. The review aims to assess the effectiveness of health education programs provided by healthcare professionals in primary healthcare settings, while identifying the challenges and barriers in implementing such interventions. Additionally, it seeks to explore how health education influences the success rates of exclusive breastfeeding in these settings and to provide insights into strategies and best practices for integrating health education into primary healthcare systems to promote exclusive breastfeeding.

METHODS

This study employs a scoping review methodology, which consists of a defined series of processes aimed at carefully gathering, screening, and combining existing literature related to the research issue (Pool et al., 2024). The first step entails developing a suitable research topic and setting clear inclusion and exclusion criteria to direct the literature search process.

A comprehensive literature review was performed using various scholarly databases, peer-reviewed publications, and relevant sources. After gathering, the literature underwent a rigorous selection process according to the established

inclusion and exclusion criteria. Selected studies underwent qualitative data extraction and interpretive analysis to identify key themes, patterns, and relationships among the emerging concepts. This analytical method allows for a detailed integration of current research findings, providing comprehensive answers to specific study questions. Research questions were formulated using the Population, Exposure, and Outcome (PEO) acronym, as outlined in first Table (Alan Davies, 2024). What is the Role of Health Education in Primary Healthcare Facilities in the achievement of exclusive breastfeeding?

Table 1. Selection of the PEO Mnemonic

Population	Exposure	Outcome
Primary Healthcare Facilities	Health Education	Exclusive Breastfeeding

Source: Author's Discussion, 2025

The author defines the study's parameters by specifying inclusion and exclusion criteria for the literature review (Table 2). The objective of establishing these criteria is to guarantee that the study review remains concentrated and pertinent to the research subject. The keywords used in the literature search include: Health Education, Exclusive Breastfeeding, Primary Healthcare Facilities

Table 2. Criteria for Inclusion and Exclusion

Criteria for Inclusion	Criteria for Exclusion
Articles published between the years 2020 and 2024	Books, blogs
Articles presented in Indonesian as well as English	Full article access requires a purchase
Articles available in full text	

Source: Author's Discussion, 2025

The researcher performed a literature review utilizing multiple academic search engines according to specified keywords. A total of 986 items were successfully gathered, with the subsequent distribution: 472 articles sourced from PubMed, 212 from ScienceDirect, and 107 from Scopus.

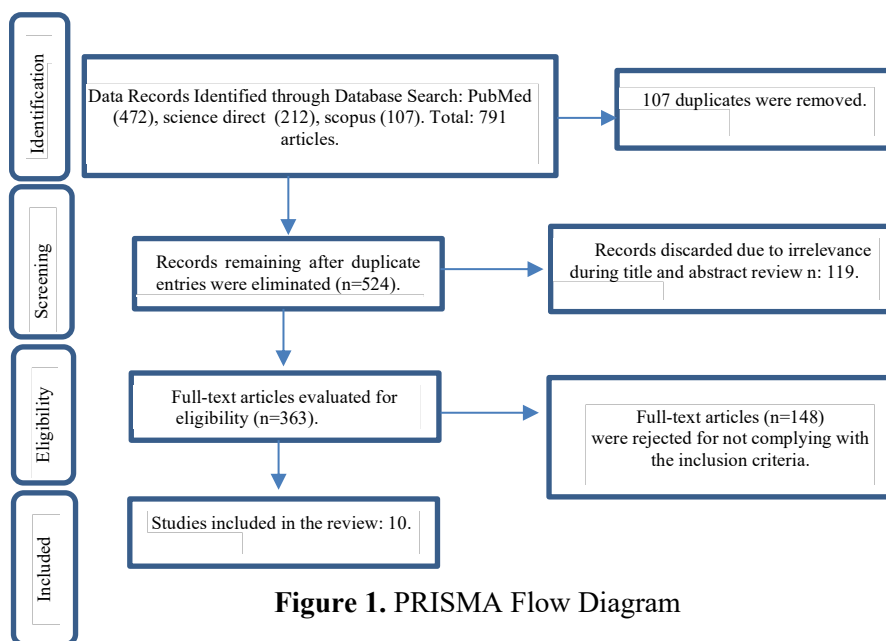


Figure 1. PRISMA Flow Diagram

The author structured this scoping review in accordance with PRISMA guidelines and included A PRISMA chart representing the count of identified articles along with the screening procedure, The studies that met the inclusion criteria and the ultimate selection of literature for an in-depth review (Figure 1).

RESULTS

The data synthesis method used in this study involves collecting and summarizing publications that meet the inclusion criteria into a structured table. This table displays information on the titles, findings, methodologies, and results of the 10 reviewed articles.

Table 2. Data Extraction

No	Author(s)/ Year	Title	Research Design	Objective	Sample Size	Conclusion
1	Ririn, P / 2024	The Correct Breastfeeding Education on the Knowledge and Behavior of Postpartum Mothers in the NNICU Room	Pretest-Posttest Experiment Design	The impact of education on proper breastfeeding techniques on the knowledge and breastfeeding behavior of postpartum mothers in the NNICU room of RSUD Dr. Soedono, East Java Province.	28 postpartum mothers	Breastfeeding education using illustrated leaflets and health worker assistance increased awareness and healthy nursing practices in all postpartum mothers (100%). (Probowati et al., 2024)
2	Hamidah, S. / 2023	Exclusive Breastfeeding Support to Increase Exclusive Breastfeeding at Muhammadiyah Gresik Hospital	Quasi-Experimental (Pre-Post Test)	To assess the impact of CIE on mothers' knowledge, breast care, breastfeeding techniques, and attitudes toward exclusive breastfeeding.	100	CIE effectively improved mothers' knowledge, breastfeeding skills, and attitudes, with a breastfeeding success rate of 91%. There were no negative ranks, a positive ranking of 50.50, and no ties. (Hamidah, 2023)
3	Syahputri, R.B., 2020	Role of Public Health Center Staffs in Socialization, Education and Campaign to Increase Exclusive Breastfeeding Coverage	Descriptive Qualitative (Case Study)	To investigate the role of public health center staff in socialization, education, and campaigns aimed at increasing exclusive breastfeeding coverage in the Gilingan Public Health Center's working environment.	2 Main + 3 Triangulasi	Socialization and education programs have been implemented, but the campaign has not. A lack of collaboration among Gilingan Public Health Center workers is the reason the campaign wasn't implemented. (Syahputri & Akmal, 2020b)
4	Hasanah, D.R. et al. / 2020	The Effectiveness of	Case Study (Comparative	The purpose of this study is to	74	Sumbergede's intervention program was

		Forming Breastfeeding Support Group Programs to Improve Exclusive Breastfeeding	Descriptive)	compare the efficiency of support groups in Sugihwaras and Sumbergede villages in terms of increasing the rate of exclusive breastfeeding.		more effective since it had the potential to be a sustainable program with a higher proportion of accomplishment. (85.71%) compared to Sugihwaras (80%) in forming breastfeeding support groups. Sumbergede had more success and power in resources in its region. (Hasanah et al., 2020a)
5	Harting, K.M. et al./ 2025	Optimizing breastfeeding for hospitalized newborns: A narrative review of midwifery-led interventions	Narrative Review	To discover strategies implemented by midwives in the labor ward, postpartum unit, and at home that can improve breastfeeding effectiveness in hospitalized neonates.	N/A	Skin-to-skin contact increases (exclusive) breastmilk feeding rates, improves sucking behavior, and shortens the time to complete enteral feeding. Regular breastmilk expression and supervised breastfeeding efforts lead to increased breast milk feeding rates. Breastfeeding counselling allows moms to receive lactation education. Uninterrupted visiting hours result in better exclusive breastmilk feeding rates. Midwives have an important role in promoting breastfeeding among hospitalized neonates.(Harting et al., 2025)
6	Prihatiningsih, A.D. / 2023	Support of Health Workers in the Success of Exclusive Breastfeeding: Scoping Review	Scoping Review (PRISMA-ScR Framework	Review the help of health personnel for the success of exclusive breastfeeding.	10	The scoping review identified three themes: (1) Support from health workers, including information, emotional, family, peer, and spiritual support, which increases exclusive breastfeeding rates. (2) The timing and location of assistance, with midwife support being particularly impactful. (3) Forms of support that boost mothers' confidence, satisfaction, and knowledge, including practices from healthcare workers, family, and community, with home visits providing additional support during pregnancy and after birth. (Prihatiningsih, 2023a)

7.	Mertasari, L. et al. / 2024	Healthcare Professional' Roles Educate Exclusive Breastfeeding: A Qualitative Exploratory Study of Strategies and Challenges	Qualitative Descriptive (Exploratory)	To explore models of exclusive breastfeeding education during pregnancy.	35	Public health centers should offer flexible, structured education, with midwives promoting exclusive breastfeeding. Key themes include healthcare professionals' roles and support, education strategies and methods, and challenges such as knowledge gaps and environmental factors.(Mertasari et al., 2024)
8	Rohemah, E. / 2023	Relationship Between Midwife Support and Exclusive Breastfeeding in the Work Area of Jamblang Health Center, Cirebon Regency	Qualitative descriptive survey with a cross-sectional approach	To investigate the association between midwives' assistance and exclusive breastfeeding in the working environment of the Jamblang Health Center in Cirebon Regency..	104	There is a strong link between midwife support and exclusive breastfeeding (p-value = 0.038). Midwives have the knowledge and skills to help mothers address a variety of issues that may arise during breastfeeding, such as infant latching issues, mastitis, or insufficient breast milk production, which can improve mothers' success in providing exclusive breastfeeding. (Rohemah, 2023).
9	Agung Dwi Laksono, et al / 2021	The effects of mother's education on achieving exclusive breastfeeding in Indonesia	A cross-sectional analysis with data from the 2017 Nutrition Status Monitoring Survey.	To investigate the influence of maternal education level on the prevalence of exclusive breastfeeding in Indonesia.	53,528 children under 5 years old (7-59 months)	The study found that a mother's education level positively affects exclusive breastfeeding in Indonesia, with factors like age, job, child's age, and residence also influencing breastfeeding rates. Targeted policies are needed to improve coverage, especially for mothers with low education, those employed, and living in rural areas.(Laksono, Wulandari, Ibad, et al., 2021a)
10	Permatasari, TAE, et al. (2020)	Do Health Workers Play a Role in Exclusive Breastfeeding among Working Mothers in Industrial Area?	Cross-sectional	To examine the relationship between health workers' assistance and other factors influencing exclusive breastfeeding practice among working women in an industrial location.	126	Support from health workers and husbands is significantly linked to exclusive breastfeeding among working women. Working women who received support from health workers were 6.210 times more likely to exclusively breastfeed. Exclusive breastfeeding among working mothers requires actual and direct

support from husbands
and health workers from
pregnancy till
lactation.(Permatasari &
Sudiartini, 2020)

Several studies indicate that health education provided in primary healthcare facilities, such as community health centers, can enhance mothers' knowledge, attitudes, and breastfeeding practices. For example, the first study shows that health education improves mothers' knowledge and attitudes about breastfeeding. Research reveals the effectiveness of support programs, such as breastfeeding groups, in increasing the prevalence of exclusive breastfeeding. Studies show that support from healthcare professionals can contribute to successful breastfeeding. (Rosyidah et al., 2024)

Many studies emphasize the important role of healthcare providers, such as midwives and nurses, in offering information and emotional support to mothers. Research indicates that this support can boost mothers' confidence in breastfeeding. Some studies also note challenges in implementing health education, such as a lack of coordination and resources in healthcare facilities. This affects the effectiveness of educational campaigns on exclusive breastfeeding. (Laksono, Wulandari, Ibad, et al., 2021b)

Primary healthcare facilities play a crucial role in providing health education to pregnant and breastfeeding women. Through structured educational programs, healthcare providers can offer accurate information about the importance of exclusive breastfeeding, empowering mothers with the knowledge to make informed decisions about infant nutrition. These programs help address misconceptions and ensure that mothers understand the significant health benefits of exclusive breastfeeding for both themselves and their babies. (Clendon & Dignam, 2010)

In addition to educational support, healthcare providers in primary care settings also offer emotional and practical assistance to mothers. This includes guidance on proper breastfeeding techniques and addressing common concerns such as latching difficulties or insufficient milk production. By organizing awareness campaigns and outreach efforts, healthcare facilities can raise public understanding of exclusive breastfeeding's benefits, contributing to higher success rates. Furthermore, effective coordination between healthcare providers and other stakeholders is essential to ensure these programs are well-resourced and reach the mothers who need them most. (Prihatiningsih, 2023a)

The rate of exclusively breastfeeding has grown in Indonesia, with the percentage of infants receiving exclusive breastfeeding reaching 73.97% in 2023. Nevertheless, challenges and obstacles still hinder the achievement of this target. Some barriers include a lack of support from their surroundings, especially for mothers who work, and more aggressive promotion of formula milk.

Another challenge faced is the low level of public knowledge and awareness regarding the significance of exclusive breastfeeding, in addition access is limited to healthcare facilities that support the breastfeeding process. Therefore, strengthening educational and informational about the advantages of exclusively

breastfeeding is necessary, both through educational programs at community health centers and through broader health campaigns. (Mertasari et al., 2024)

Healthcare professionals play a vital role in supporting breastfeeding mothers by providing accurate information and emotional support. They should be involved in the educational process for the public regarding the benefits of exclusive breastfeeding and how to address various issues that may arise during the breastfeeding period. Additionally, healthcare facilities should provide comfortable breastfeeding spaces to facilitate mothers in exclusively breastfeeding more easily. (Alao et al., 2024)

Table 2. Overview of the Research Outcomes (n = 10)

Indicator	Significance	
	n	References
Pendidikan Kesehatan dan Pengetahuan Ibu	4	(Probowati et al., 2024) (Hamidah, 2023) (Laksono, Wulandari, Ibad, et al., 2021a) Mertasari et al., 2024)
Dukungan Tenaga Kesehatan	3	(Prihatiningsih, 2023b) (Laksono, Wulandari, & Matahari, 2021)
Intervensi dan Program Sosialisasi	4	(Harting et al., 2025) (Hasanah et al., 2020a) (Syahputri & Akmal, 2020b) (Rohemah, 2023)

Discussion

Good knowledge about exclusive breastfeeding contributes to better breastfeeding practices, which in turn improves children's nutritional status. Mothers' strong understanding of exclusive breastfeeding is directly related to breastfeeding success. Mothers who know the proper methods and timing for breastfeeding are more likely to breastfeed, contributing to better nutritional status for their children. (Fairuz SMW & Fadilah, 2025)

The success of exclusive breastfeeding, influenced by maternal knowledge, is also affected by emotional support from the family. Therefore, there is a need for better educational programs and increased family support to encourage exclusive breastfeeding, especially in communities with different cultural practices. (Naufal et al., 2023)

Interventions involving healthcare professionals can help change attitudes toward breastfeeding by providing emotional and practical support. Healthcare providers should be involved in ongoing programs to ensure that knowledge and support are continuously offered, as information can fade over time. (Čatipović, 2021)

Sustained health education is necessary to maintain knowledge and positive attitudes, ensuring that unmarried women not only have knowledge but also commit

to supporting breastfeeding practices. (Zeller, 2016) Good health education can enhance mothers' understanding of the importance of exclusive breastfeeding, motivating them to implement it more effectively. Health outreach focused to understand the advantages of exclusive breastfeeding and how to do it properly. (Kristina et al., 2023)

Mothers who understand the benefits of breast milk are more likely to be motivated to adopt proper breastfeeding practices. This journal demonstrates that efforts to enhance mothers' knowledge through health education can improve exclusive breastfeeding practices, which are vital for children's health and development. (Dukuzumuremyi et al., 2020) Good health education is essential for enhancing mothers' knowledge about exclusive breastfeeding, which in turn can improve breastfeeding practices. Ongoing educational efforts and support from healthcare professionals are necessary to ensure that the knowledge mothers acquire can be effectively implemented in practice. (Nikanor et al., 2023)

Healthcare workers have a significant role in providing breastfeeding support for mothers, especially during the prenatal and postpartum periods. Adequate knowledge enables them to offer accurate information and practical support to breastfeeding mothers. (Alao et al., 2024) The requirement for continuous education and training for healthcare professionals is essential to enhance their knowledge and skills in supporting breastfeeding mothers. With improved knowledge, healthcare providers can be more effective in helping mothers overcome challenges in breastfeeding. (Gilder et al., 2024)

A positive attitude from healthcare professionals towards breastfeeding can encourage mothers to feel more confident in providing exclusive breastfeeding. Research shows that healthcare providers with adequate knowledge are more likely to have a positive attitude, which can enhance exclusive breastfeeding practices in the community. (Rapingah et al., 2021b) Support from healthcare providers during antenatal and postpartum check-ups is crucial for building mothers' confidence in breastfeeding. (Fauziah, 2023)

Healthcare professionals serve as counselors and motivators for mothers to give exclusive breastfeeding. With good knowledge and skills, they can offer the necessary support to enhance breastfeeding success. (Syahputri & Akmal, 2020c) Educational programs conducted by healthcare professionals aim to enhance mothers' awareness of the benefits of exclusive breastfeeding. Classes for pregnant and breastfeeding mothers serve as an important means of providing the necessary information. (Syahputri & Akmal, 2020c)

Increasing the knowledge and capabilities of healthcare professionals, especially midwives and nurses, they can provide better support to breastfeeding mothers. Trained healthcare providers can offer emotional and practical support to mothers, contributing to breastfeeding success. With strong support, it is hoped that exclusive breastfeeding rates will increase and meet national targets. (Rosyidah et al., 2024)

Interventions designed to enhance knowledge and support for exclusive breastfeeding, such as educational programs and counseling for mothers, have proven effective in improving exclusive breastfeeding practices. With training for healthcare professionals, they can provide better information to mothers, thereby increasing awareness and mothers' ability to provide exclusive breastfeeding.

Awareness campaigns about the advantages of exclusive breastfeeding, should be widely conducted, involving the community and healthcare providers. Through campaigns and outreach activities, the public can better understand the importance of exclusive breastfeeding, which in turn can encourage positive breastfeeding behaviors. Effective outreach can help address the myths and barriers that mothers often face in providing exclusive breastfeeding. (Dib et al., 2024)

The Breastfeeding Support Group program involves training community health workers and outreach efforts that enhance mothers' understanding of the importance of exclusive breastfeeding. With support from healthcare providers and community leaders, mothers feel more motivated to breastfeed exclusively. Regular meetings and discussions allow mothers to obtain the information they need to overcome challenges in breastfeeding. Commitment from families and the community also plays a significant role in supporting mothers to succeed in providing exclusive breastfeeding. (Hasanah et al., 2020b)

Outreach through support from healthcare providers and peer groups is very important. Social support helps mothers feel motivated and supported, which contributes to breastfeeding success. Interventions that involve families, especially partners, also enhance the emotional support needed during the breastfeeding period. (Wong et al., 2021)

Interventions that involve training for healthcare providers, peer support, and technology-based communication have been shown to increase exclusive breastfeeding rates as well as nursing duration. (Blanco et al., 2025) Interventions designed to enhance the knowledge and skills of healthcare providers in supporting breastfeeding mothers have proven effective. By providing appropriate education and structured support, health visitors can help mothers feel increased confidence in breastfeeding. This underscores the importance of training and outreach for healthcare providers in improving exclusive breastfeeding practices. Effective interventions and good outreach can enhance exclusive breastfeeding practices and reduce social inequalities, this is critical for the health of moms and children. (Rossau et al., 2024)

Interventions that involve education, community support, and training for healthcare providers contribute to the improvement of exclusive breastfeeding practices. These programs also help address the barriers faced by mothers, such as a lack of knowledge and social support. (Chipojola et al., 2022) Educational programs show a clear increase in mothers' confidence in nursing and the success rates of exclusive breastfeeding compared to the control group. These programs include elements of education, practical support, and effective positive reinforcement. (Tseng et al., 2020)

CONCLUSION

The conclusion highlights the critical role of health education in promoting exclusive breastfeeding, emphasizing its impact on improving breastfeeding practices, child nutrition, and maternal motivation. This aligns with the objectives of the scoping review, which seeks to examine how health education enhances mothers' knowledge and practices regarding exclusive breastfeeding. The review

aims to assess the effectiveness of these programs in primary healthcare settings, while also addressing the challenges and barriers identified in the conclusion, such as the need for ongoing education and emotional support. Furthermore, the conclusion's focus on training, outreach, and support systems directly connects to the review's goal of exploring strategies and best practices for integrating health education into primary healthcare systems to increase exclusive breastfeeding success rates.

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