

Predictors and Consequences of Breastfeeding

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Abstract

- Our aim was to identify significant predictors and consequences of breastfeeding.
- We used data of 20 pairs of mother-infants from UB Pregnancy and Cessation Study (2015-2017, Buffalo, NY).
- In our sample 59% of mothers initiated breastfeeding after delivery.
- Cigarette quitters during pregnancy had higher breastfeeding rate (75% vs. 20%) than continuous cigarette smokers.
- Older women were more likely to breastfeed (73% among aged ≥ 25 years vs. 33% among aged ≤ 24).
- Those with education of some college or higher were more likely to breastfeed (80% vs. 29%) than those with high school or lower.
- Breastfeeding rate was higher among those with $\geq \$12,000$ annually income (75% vs. 44%) than those with $< \$12,000$.
- In conclusion smoking cessation, older age, higher education and income are associated with higher breastfeeding initiation rates.

Introduction

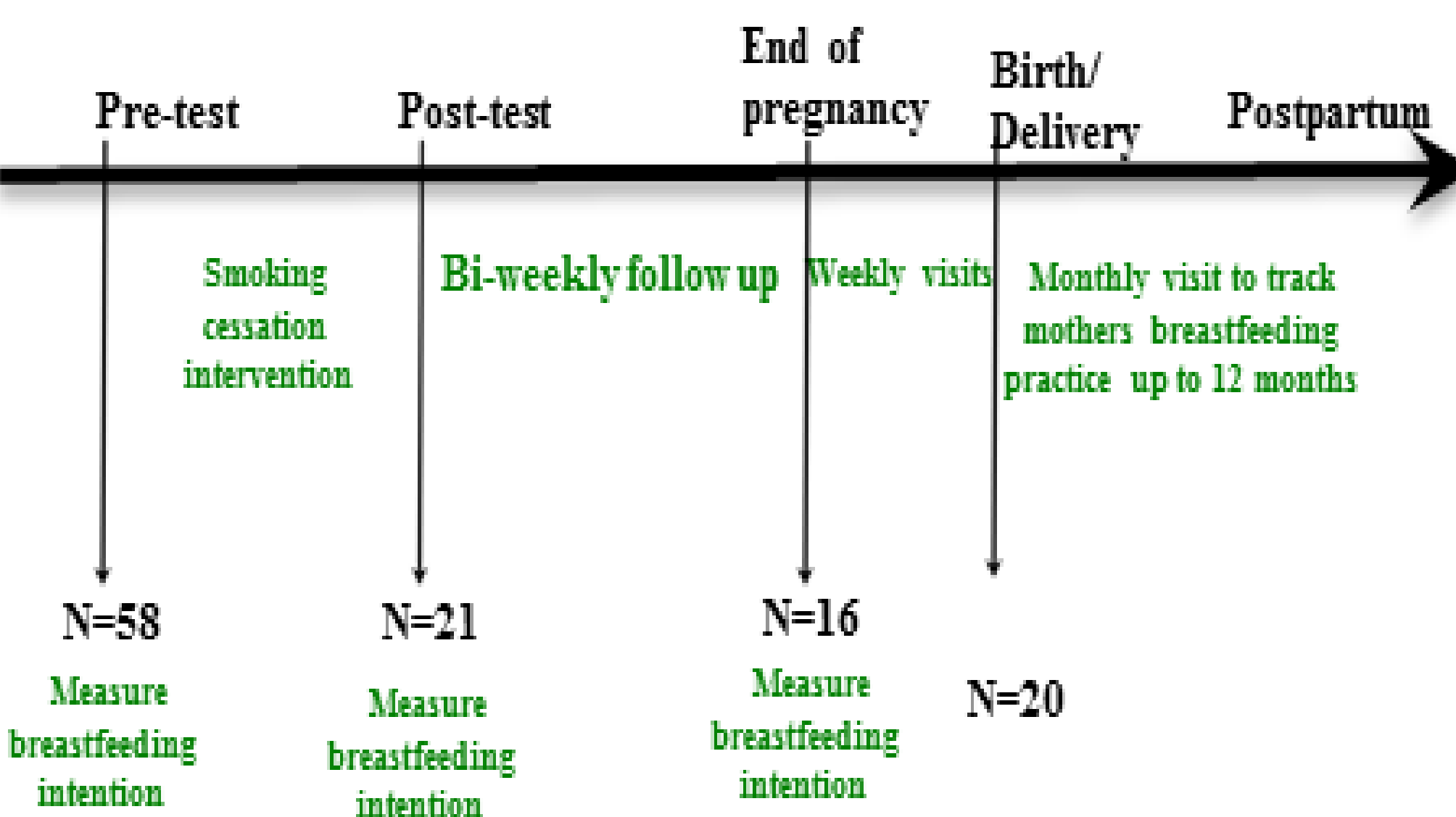
- Breastfeeding has numerous health and emotional benefits to the mother and her infant. It has many nutrients, vitamins, and minerals to protect the baby against illnesses. Breastfed babies also quickly develop a strong bond with their mother, and breastfeeding mothers lose the baby weight faster.
- Smoking pregnant women are a high risk population with a low breastfeeding initiation and shorter breastfeeding duration.
- Our study is to identify significant predictors and consequences of breastfeeding among smoking mothers



Hypothesis

- Smoking quitters have a higher percentage of breastfeeding and a longer breastfeeding duration
- Women with higher age, education and household income have a higher possibility for breastfeeding.
- Breastfed infants are less likely to be sick than formula-fed infants.

Methods



Conclusion

- Older age, higher education, and higher household income predict a higher breastfeeding initiation rate.
- Quitters in our study had a similar breastfeeding initiation rate similar to the national average (75% vs. 81%), which is much higher than the non-quitters in our study (20%).

Future Works

- We are in the process of analyzing the data on the consequences (i.e. illness, allergy, crying, sleep) of breastfeeding.
- This preliminary data strongly supports the rationale of incorporating breast feeding education into a smoking cessation program.

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Predictors of Breastfeeding

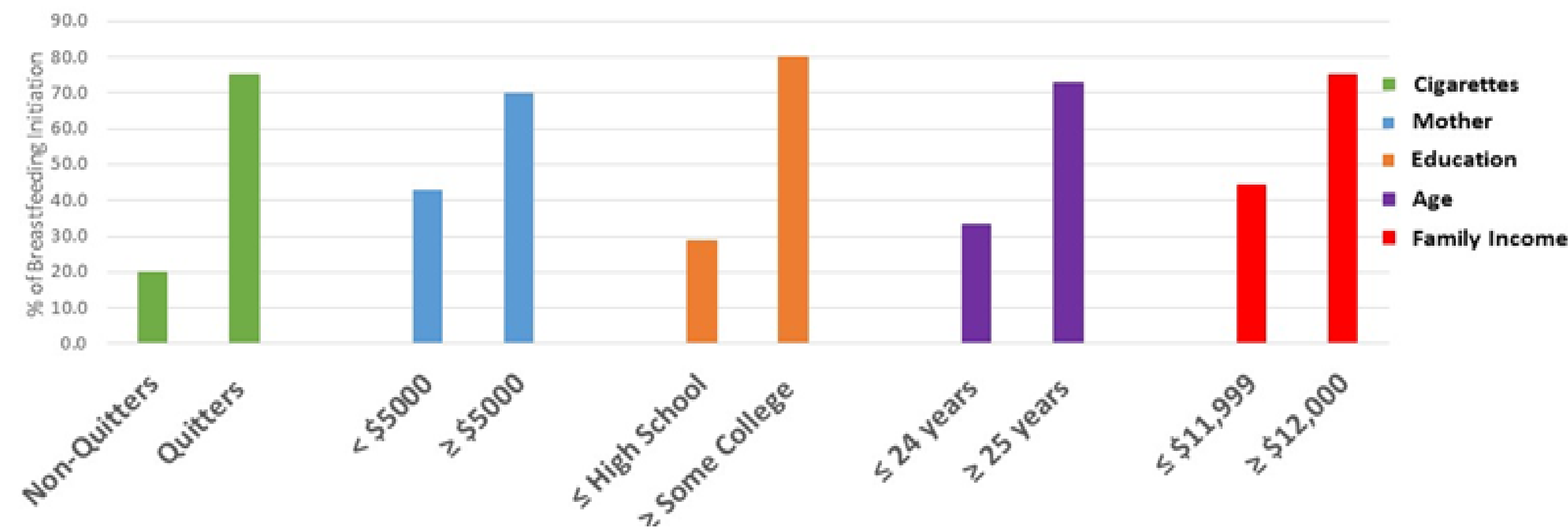


Figure 1. The significant predictors of breastfeeding initiation among our sample.

Feeding Type at Discharge

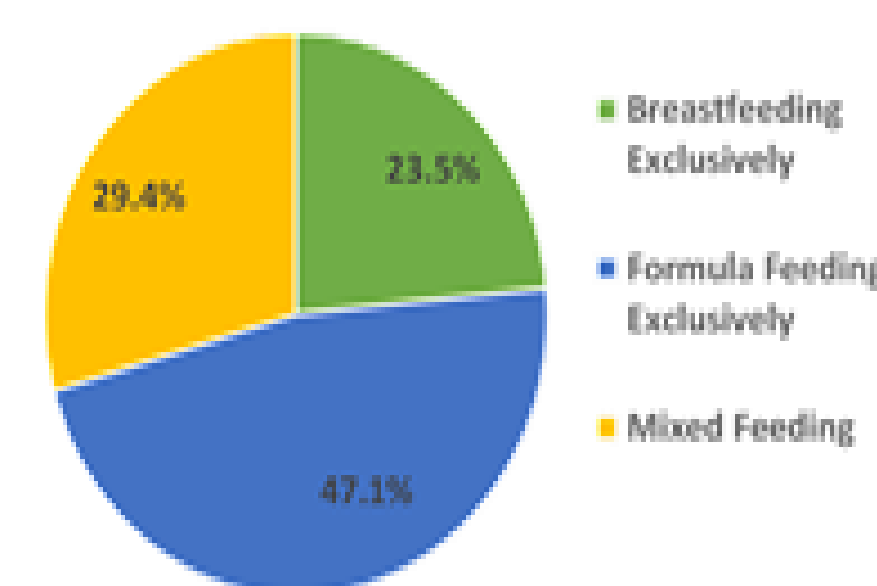


Figure 2. Most of the mothers in our population were feeding their infants formula right at the time of discharge from the hospital.

Infant Age Starting Solid Food

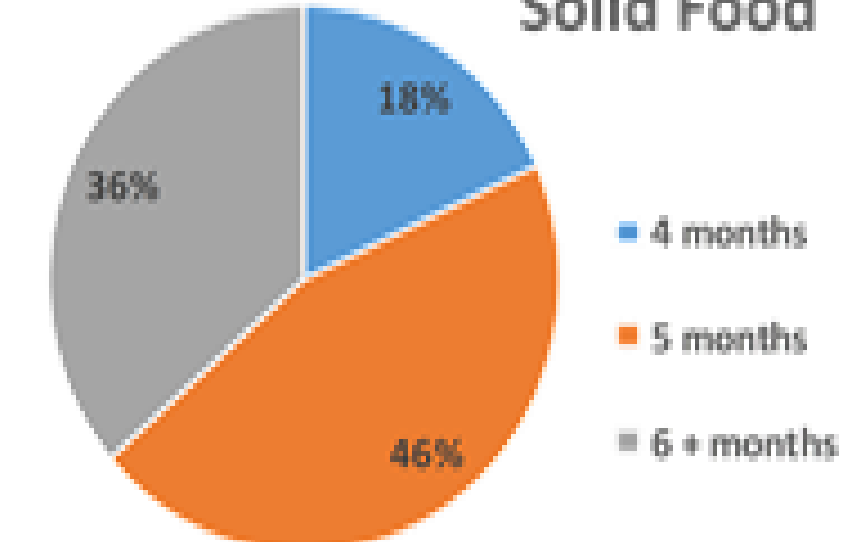


Figure 3. Most of the mothers in our population started incorporating solid food into their infant's diet around five months.



Postpartum Sample (N=20)

| Characteristic | N(%) |
|--|----------|
| Race | |
| Non-Hispanic Caucasian | 6(31.6) |
| Non-Hispanic Black | 10(52.6) |
| Other | 3(15.8) |
| Age | |
| ≤ 24 years | 7(36.8) |
| 25-29 years | 4(21.1) |
| ≥ 30 years | 8(42.1) |
| High School or lower education | 8(42.1) |
| Employed | 5(26.3) |
| Married | 6(31.6) |
| # Cigarettes/Day at Enrollment | |
| 1-4 | 3(14.3) |
| 5-9 | 8(40.0) |
| ≥ 10 | 9(42.9) |
| Quit Smoking | 15(75.0) |
| Gestation Age at Enrollment | |
| 1-13 weeks | 7(33.3) |
| 14-27 weeks | 11(55.0) |
| ≥ 28 weeks | 2(10.0) |
| Annual Household Income $\leq \\$11,999$ | 10(52.6) |
| Mother's Annual Income $< \\$5,000$ | 8(42.1) |

Table 1. Our sample is a low socioeconomic population.

Breastfeeding Duration

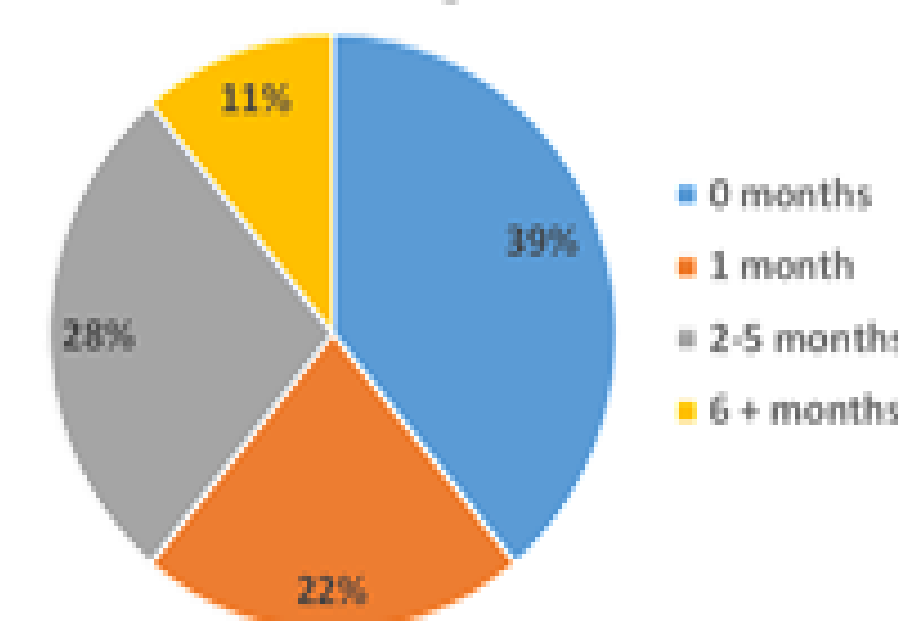


Figure 6. Most of the mothers in our population breastfed for less than one month.



Exclusive Breastfeeding Duration

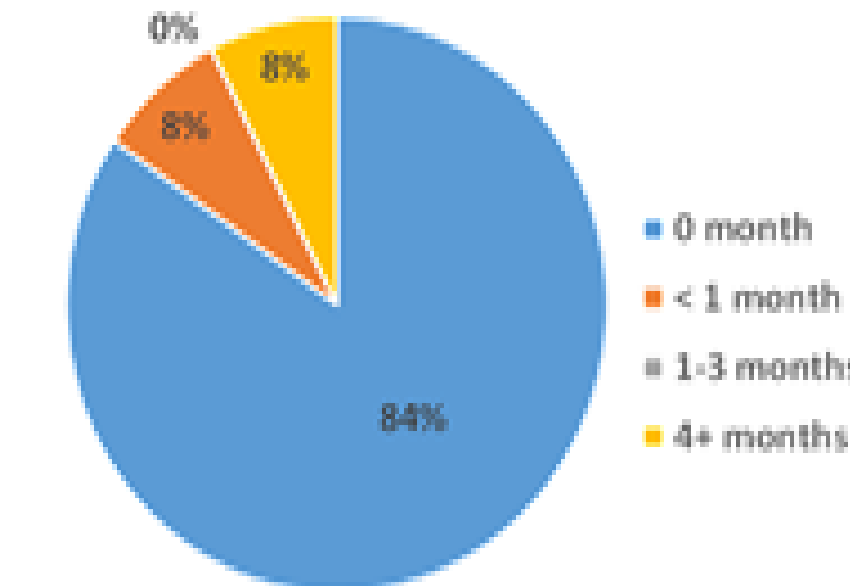


Figure 4. Most of the mothers in our population did not breastfeed exclusively.

Infant Age Starting Formula

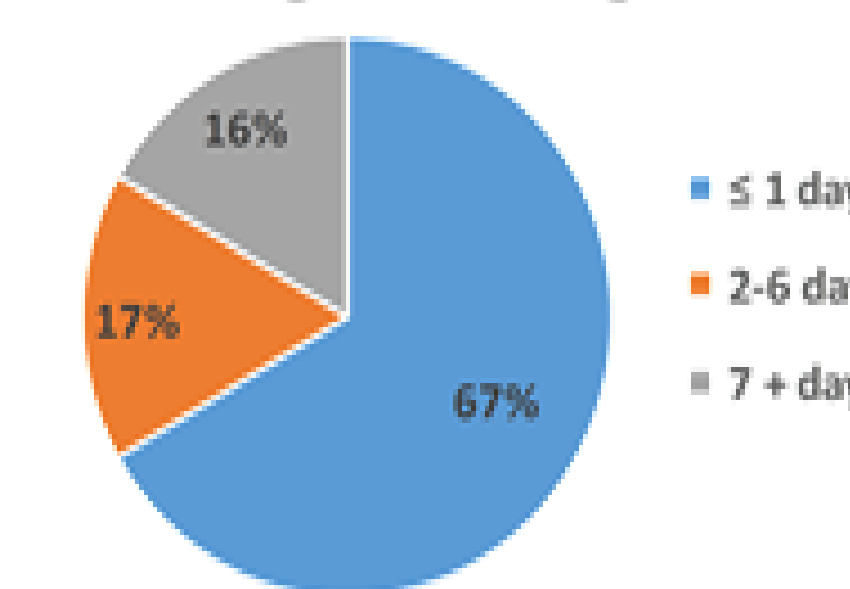


Figure 5. Most of the mothers in our population started their infants on formula immediately.