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 (60% vs. 28%) than those with high school or lower.
- Breastfeeding rate was higher among those with $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 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 of breastfeeding.
- Breastfed infants are less likely to be sick than formula-fed infants.

Methods

- Pre-test
- Post-test
- End of pregnancy
- Birth/Postpartum

<table>
<thead>
<tr>
<th>Smoking cessation intervention</th>
<th>Bi-weekly follow up</th>
<th>Weekly visits</th>
<th>Monthly visit to track mothers breastfeeding practice up to 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>N = 58</td>
<td>N = 21</td>
<td>N = 16</td>
<td>N = 20</td>
</tr>
<tr>
<td>Measure breastfeeding intention</td>
<td>Measure breastfeeding intention</td>
<td>Measure breastfeeding intention</td>
<td>Measure breastfeeding intention</td>
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</table>

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

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

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

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

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

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

Figures 7, 8, and 9: Breastfeeding Duration

Table 1. Our sample is a low socioeconomic population.

Table 2. Characteristics and breastfeeding duration

Postpartum Sample (N=20)

Table 3. Exclusive breastfeeding duration

Future Works

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

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References


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