Feeding Practices and Health Amongst Infants of Smokers and Ex-Smokers

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ABSTRACT

• We examined associations between infant feeding practices and health, using data of 25 pairs of mother-infants from the UB Pregnancy and Smoking Cessation Study (2015-2018, Buffalo, NY). Mothers reported their feeding practices and infant health status (i.e., digestive, respiratory, eczema, colic, fussiness, ear infection and fever) every month from birth to 12 months and then quarterly from 12 to 24 months postpartum.
• We found 48% of mothers initiated breastfeeding, 24% exclusively breastfed, and 24% mixed fed (breastfeeding and formula) their infants at discharge from hospital. Breastfeeding duration was positively correlated (r=0.51) with the percentages of months with infant fussiness. Mean age of introduction of solid food was 5.25 months. The mean percentages of months with respiratory problems were, 37.9%, and 20.4% among infants introduced solid food at 4.5, and 6+ months of age, respectively.
• We concluded longer breastfeeding may increase infant’s fussiness and introducing solid food during 4-5 months of age may increase risk of infant respiratory problems.

INTRODUCTION

• Breastfeeding has numerous health and emotional benefits to the mother and her infant. Breast milk has many nutrients, vitamins, and minerals to protect infants against illnesses.
• 81.1% of U.S. mother’s initiate breastfeeding. but only 22.3% of mothers are exclusively breastfeeding at 6 months.
• Smoking mothers tend to not breastfeed or wean off of breastfeeding early.

AIMS/ HYPOTHESES

• Our aim was to identify significant consequences of different feeding practices.
Hypotheses:
• Longer duration of breastfeeding will lead to health benefits.
• Introducing solid food at a younger age will lead to adverse health outcomes.

METHODS

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

Smoking cessation intervention N=58
Bi-weekly follow up N=21
Weekly visits N=16
Monthly visit to track mothers breastfeeding practice up to 24 months N=24

RESULTS

CONCLUSION

• 48% of our mothers introduced formula less than or equal to 1 day.
• 24% of our mothers exclusively breastfed at discharge.
• 52% of our mothers breastfeed for 1-5 months.
• 62% of our mothers introduce solid food at 4-5 months.
• Long breast feeding may increase infant’s fussiness.
• Introducing solid food during 4-5 months may increase risk of infant respiratory problems.

FUTURE WORKS

• Intervention is needed to assist mothers to breastfeed exclusively for 6 months.
• Proper feeding practice along with breastfeeding initiation should be promoted by government programs and physicians.
• Future studies with larger sample sizes are needed to replicate our results.
• If our conclusion is confirmed, we need to educate mothers that infant fussiness is normal and should not be a reason to wean off breastfeeding.

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REFERENCES


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