



Association between duration of breastfeeding and subsequent overweight and obesity in female adolescents

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Abstract

To prevent obesity, it is necessary to identify its determinants in the community. This study aimed to assess the relationship between duration of breast feeding and obesity among adolescents in Najafabad, Isfahan.

Method and material: In this cross-sectional study, data was collected for 550 female adolescents aged 15-18 years selected by multistage cluster random sampling method from Najafabad high schools. Anthropometric measures were done and BMI was calculated. Additional information about duration of breast feeding and other required variables were collected using questionnaires. Overweight and obesity was defined using TOTF cut-point.

Result: Mean (\pm SD) duration of breast feeding among adolescent was 19.7 ± 8.1 month. The prevalence of overweight and obesity was 20.5% and 6%, respectively. Breast feeding with out considering its duration was significantly associated with reduced risk of obesity (25.8% for breast feed adolescent vs. 50% for non- breast feed adolescent $P = 0.02$). No significant association was found between duration of breast feeding and either overweight or obesity in this population $r = -0.007$, $P = 0.87$.

Conclusion: Our finding indicated that breast feeding might be protectively associated with obesity; However, we found no association of duration of breast feeding with either overweight or obesity in this population.

Key words: Obesity, Duration of breast feeding, Overweight.

Biography

Soheila has completed her PhD in Human Nutrition at 2018 from Isfahan University of Medical Sciences (Isfahan, Iran), After defending her dissertation, she has worked as a full-time volunteer researcher at Endocrine and Metabolism Research Center in Isfahan University of Medical Sciences for one year and a half and then moved to Canada, Manitoba, Winnipeg, as a postdoctoral. Her main fields of interest include Metabolic Syndrome, Obesity, Gut micro biota/Prebiotics/Probiotics, Nutritional determinants, Body image, Dietary patterns associated with diseases, Socioeconomic factors that affect dietary habits, Human health research, Nutritional assessment, Dietary interventions, and Nutrition education. She has published more than 12 papers in international and Iranian journals.



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