



UDS

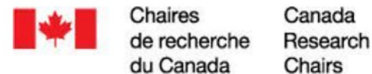
Université de
Sherbrooke

Social support predicts longer breastfeeding duration :

Findings from a preliminary study



Gabriel Arantes Tiraboschi, PhD
Corinne Mavungu-Blouin, B. Sc.
Caroline Fitzpatrick, PhD
Gabrielle Garon-Carrier, PhD



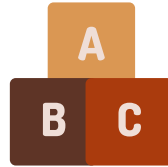
Why breastfeeding is important

Breastfeeding has been associated with good outcomes in later childhood:



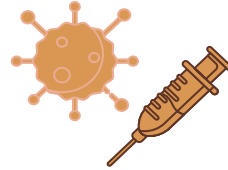
Better socio-
emotional
development

Heikkilä et al. 2011; Oddy
et al. 2010



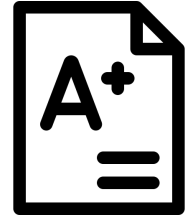
Improved
neurodevelopmental
outcomes and IQ

Horta et al., 2015; Kramer
et al., 2008



Prevention
of infections

Ip et al., 2007



Better academic
performance

Heikkilä et al., 2014



Objectives of the project

Breastfeeding and social and cognitive health at school entry

01

Investigate
predictors of
breasfeeding

02

Examine associations
between breastfeeding and
social and cognitive health

03

Disentagling
mechanisms of
these associations



Methods

2,223 mothers from the Quebec Longitudinal Study of Child Development

Steps:

1. Literature review to look for predictors of breastfeeding
2. Group of BF: ANOVAs and Chi-Squared
3. Multinomial regression



Methods - breastfeeding measure

One item reported by the mother when the child was 5 months:

Did you breast-feed your baby?

- Yes, and I am continuing to do so
- Yes, but I have since ceased to do so
- No, I never did

No
Breastfeeding
n= 630 (28.3%)

Breastfeeding
+5 months
n= 749 (33.7%)

Breastfeeding
<5 months
n= 844 (38.0%)

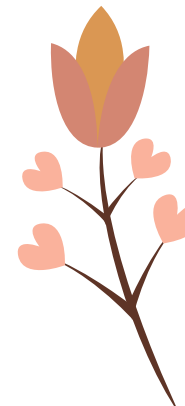
Methods - Predictors

Baby health variables:

- Birth weight
- Pregnancy variables:
- Smoking
- Alcohol
- Mother depression

Mother parenting variables

- Overprotection
- Worked since pregnancy



Methods - Predictors

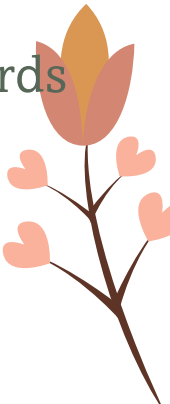


Sociodemographic variables:

- SES
- Receiving government allowance
- Income sufficiency
- Mother age group
- Mother university degree
- Mother immigrant
- Type of family
- Language Spoke at home

Attitude of friends and relatives towards breastfeeding

- Spouse
- Grandmother
- Friends



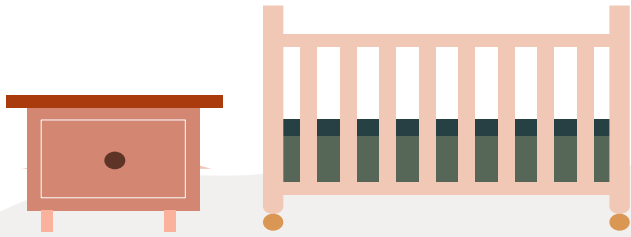
Multinomial regression

Predictors selected
by ANOVA/
Chi-squared

Breastfeeding
<5 months compared
with no breastfeeding

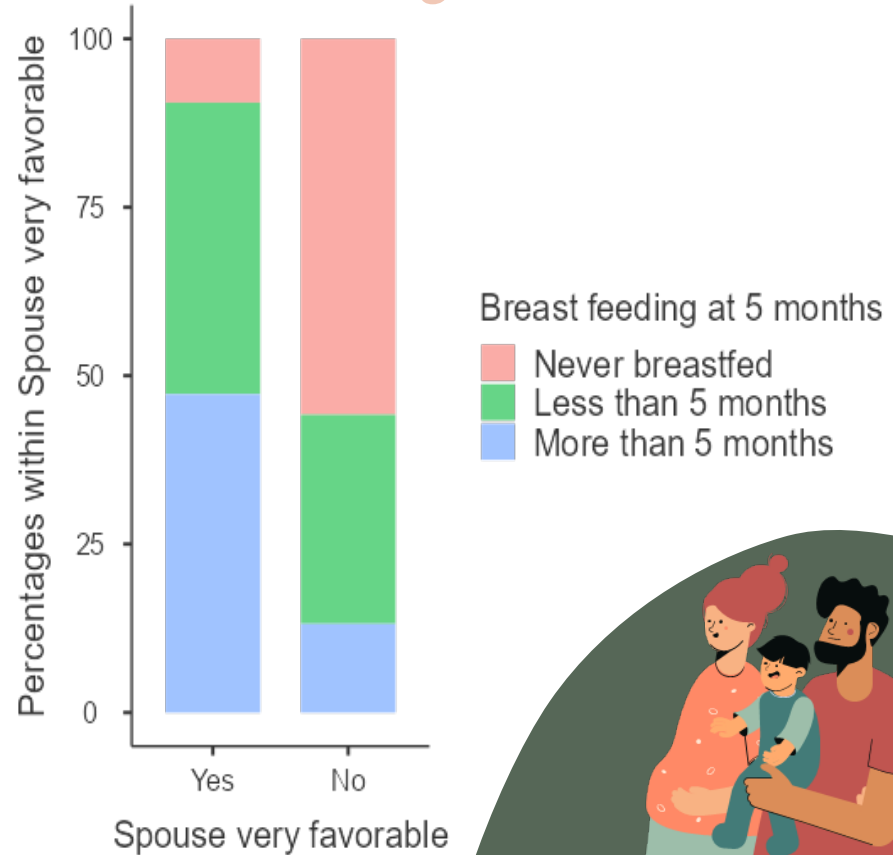
Comparison: No Breastfeeding Mothers

Breastfeeding
+ 5 months compared
with no breastfeeding



Results - Friends and relatives being favorable

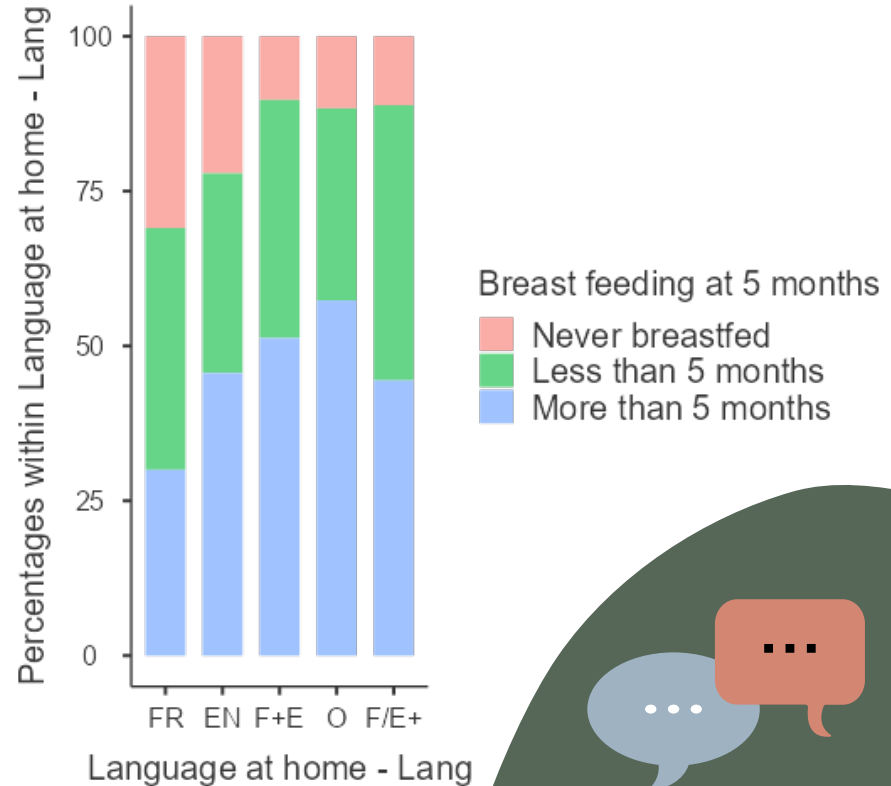
- Spouse being very favorable
 - OR 6.26 – Never/< 5 months
 - **OR 13.42** – Never/+ 5 months
- Grandmother being very favorable
 - OR 2.01 – Never/< 5 months
 - OR 2.45 – Never/+ 5 months
- Friends being very favorable
 - OR 1.40 – Never/< 5 months
 - OR 1.56 – Never/+ 5 months



Results - Multinomial Regression

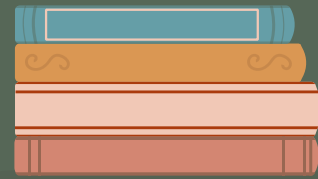
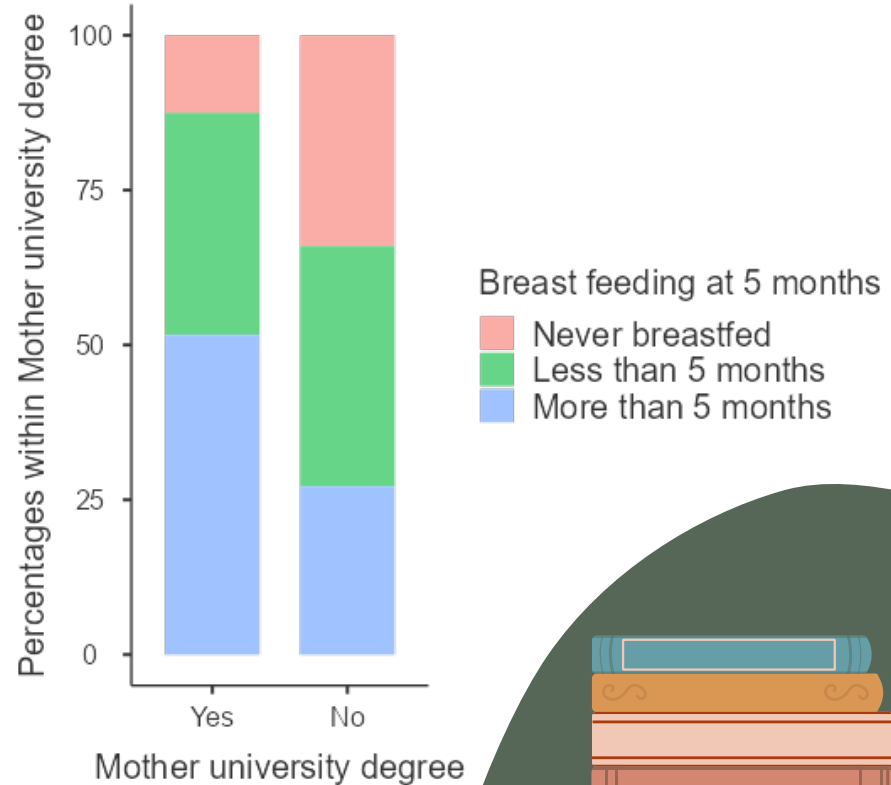
Languages at home compared with only FR

- FR and EN
 - OR 1.91 – Never/< 5 months
 - OR 4.43 – Never/ + 5 months
- FR/EN + Another language
 - **OR 12.02** – Never/< 5 months
 - OR 7.85 – Never/ + 5 months
- Another (Neither EN or FR)
 - OR 2.45 – Never/< 5 months
 - OR 3.23 – Never/ + 5 months



Results - Explanation for languages

- Immigration status of the mother
 - OR 1.05 – Never/< 5 months
 - OR 1.40 – Never/+ 5 months
- Mother university degree
 - OR 2.01 – Never/< 5 months
 - **OR 3.78 – Never/+ 5 months**



Results - Other small effect sizes (OR <3.47)

- Smoking during pregnancy (yes)
 - OR 0.48 (inverse 2.08) – Never/+ 5 months
- Alcohol during pregnancy (yes)
 - OR 2.44 – Never/+ 5 months
- Mother older than age 20
 - **OR 0.37** – Never/< 5 months
 - OR 0.9 – Never/+ 5 months
- Mother worked since birth (yes)
 - OR 0.38 – Never/+ 5 months



Results - Very small effect sizes (OR <1.68)

SES

Government allowance

Level of income

Mother depression

Type of family

Birth weight

Overprotective mothers



Chen, Henian, Patricia Cohen, and Sophie Chen. 2010. "How Big Is a Big Odds Ratio? Interpreting the Magnitudes of Odds Ratios in Epidemiological Studies." *Communications in Statistics—Simulation and Computation* 39 (4): 860–64.

The background features a light beige color with several stylized, rounded clouds in a muted orange-brown hue scattered across the top. On the left side, there is a thin, dark brown branch with several reddish-brown, teardrop-shaped leaves. On the right side, there is a tall, thin stem with a large, multi-petaled orange flower at the top and several smaller, heart-shaped flowers in shades of pink and orange below it. The overall aesthetic is soft and illustrative.

Discussion

Limitations/Other important factors were not included:

- Breastfeeding may not be exclusive as per recommendation of American Academy of Pediatrics
- Insufficient milk supply
- Discomfort while breastfeeding
- Lack of prior breastfeeding experience

Conclusion

Promoting breastfeeding, beyond health indicators and financial aspects:

- Social network support
- Formal instruction
- Cultural aspects

Further support interventions targeting the social network or education on the importance of breastfeeding



UDS

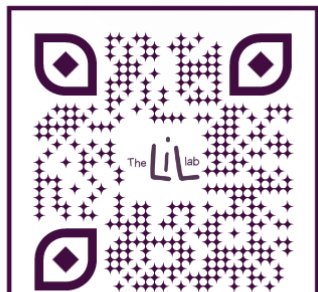
Université de
Sherbrooke

Thank you

gabriel.arantes.tiraboschi@usherbrooke.ca

References:

- Heikkilä, K., Sacker, A., Kelly, Y., Renfrew, M. J., & Quigley, M. A. (2011). Breast feeding and child behaviour in the Millennium Cohort Study. *Archives of disease in childhood*, 96(7), 635-642.
- Oddy, W. H., Kendall, G. E., Li, J., Jacoby, P., Robinson, M., De Klerk, N. H., ... & Stanley, F. J. (2010). The long-term effects of breastfeeding on child and adolescent mental health: a pregnancy cohort study followed for 14 years. *The Journal of pediatrics*, 156(4), 568-574
- Horta, B. L., Loret de Mola, C., & Victora, C. G. (2015). Breastfeeding and intelligence: a systematic review and meta-analysis. *Acta paediatrica*, 104, 14-19.
- Kramer, M. S., Aboud, F., Mironova, E., Vanilovich, I., Platt, R. W., Matush, L., ... & Promotion of Breastfeeding Intervention Trial (PROBIT) Study Group. (2008). Breastfeeding and child cognitive development: new evidence from a large randomized trial. *Archives of general psychiatry*, 65(5), 578-584.
- Ip, S., Chung, M., Raman, G., Chew, P., Magula, N., DeVine, D., ... & Lau, J. (2007). Breastfeeding and maternal and infant health outcomes in developed countries. *Evidence report/technology assessment*, (153), 1-186.
- Heikkilä, K., Kelly, Y., Renfrew, M. J., Sacker, A., & Quigley, M. A. (2014). Breastfeeding and educational achievement at age 5. *Maternal & child nutrition*, 10(1), 92-101.



SCAN ME