

CAN EXCLUSIVE BREASTFEEDING REDUCE THE LIKELIHOOD OF CHILDHOOD OBESITY IN SOME REGIONS OF CANADA?:

The Problem: Childhood obesity is a concern in Canada and worldwide.

Newfoundland and Labrador (NL) has much higher obesity rates than Canada.

Past studies have found that exclusive breastfeeding (breastmilk only and no other substitutes) is associated with a reduced risk of childhood obesity.

43.7%

NL POPULATION IS OVERWEIGHT OR OBESE COMPARED TO

27%

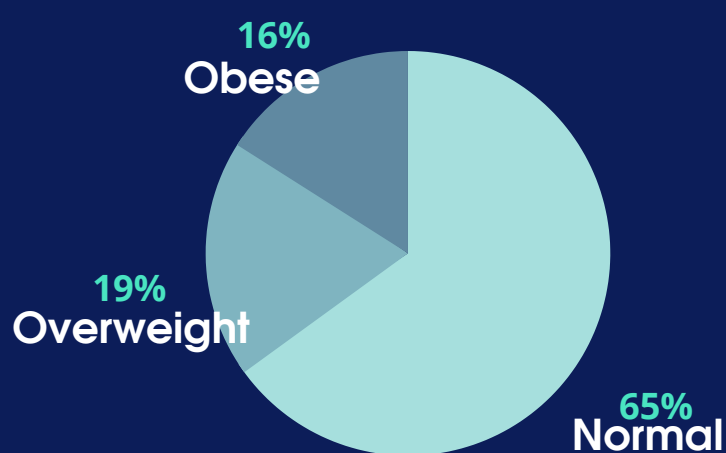
OF CANADIANS

The study aimed to find out the amount of overweight and obese preschoolers in NL and explore the relationship between exclusive breastfeeding and obesity.

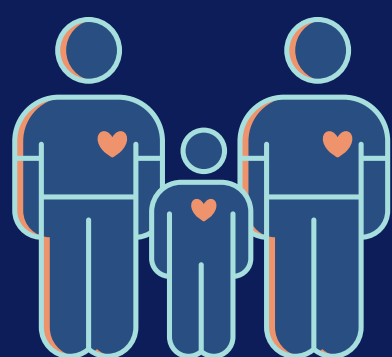
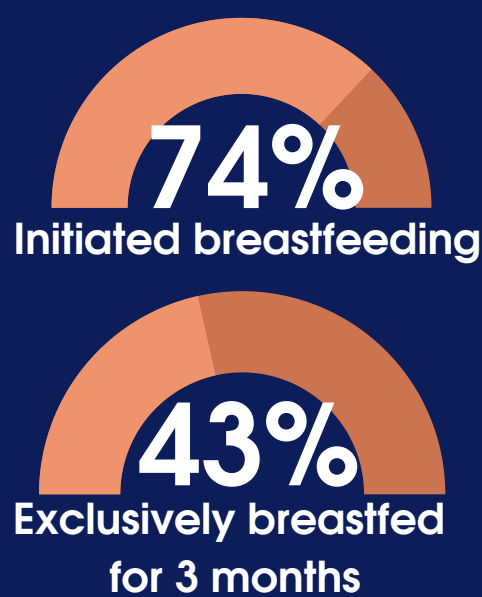


- The study was a cross-sectional analysis (looks at information collected at one point in time).
- It included 1,026 children born in 2001 who took part in pre kindergarten health fairs in 2005.
- Heights and weights were collected to find out their body mass index (BMI).
- How they were fed as infants was also collected.

PERCENT OF CHILDREN BY WEIGHT



PERCENT OF MOTHERS WHO BREASTFED



Exclusive breastfeeding to 3 months helped protect against preschool obesity

- Obesity is prevalent in preschool children in NL.
- Exclusive breastfeeding appeared to be a protective factor for obesity in preschoolers.
- Given the benefits of breastfeeding and the health consequences of obesity, efforts should be made to increase exclusive breastfeeding.