ASSOCIATION BETWEEN BREASTFEEDING WITH CHILDHOOD OBESITY AND PHYSICAL ACTIVITY. THE ASOMAD STUDY

Introduction
There are several well-described factors involved in childhood obesity such as lack of physical activity (PA) or inadequate nutrition, but it is also necessary to analyze other determinants such as breastfeeding or birth weight (BW) as World Health Organization (WHO) recommends at least 6 months of breastfeeding.

Objective
To determine the relationship between breastfeeding, obesity categories and PA in Spanish children.

Methods
Sampling was conducted by zone/district and socioeconomic level (map of Madrid)

Multistage sampling randomization
- Municipalities
- Schools
- Scholar-year per school
- Classroom for each scholar-year

Sampling time?
November 2021 to February 2022

Data collection
- PA : PAU-7S questionnaire
- Breastfeeding : parent/legal guardian questionnaire

Variables and tools
- Birth weight : parent/legal guardian questionnaire
- Body composition : bioimpedance

Type study
Cross-sectional study

Centers
20 schools

Participants
Age
8-12 years

Number
188 Boys
196 Girls

Results
The mean breastfeeding was 38 weeks and at least 66.7% of them followed WHO recommendation.

The mean of BW was 3.3kg

Percentage of fat mass was 21.4%.

A linear tendency (p=0.056) between current overweight and obesity with breastfeeding (>6 months).

Significant and negative correlation between current weight and PA (r² = -0.128, p=0.006).

Conclusion
The relationship between breastfeeding, body composition and PA remains unclear; thus, more studies are needed to identify the main determinants, including diet during pregnancy stage and during childhood.

References

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