



POLITÉCNICA

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



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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

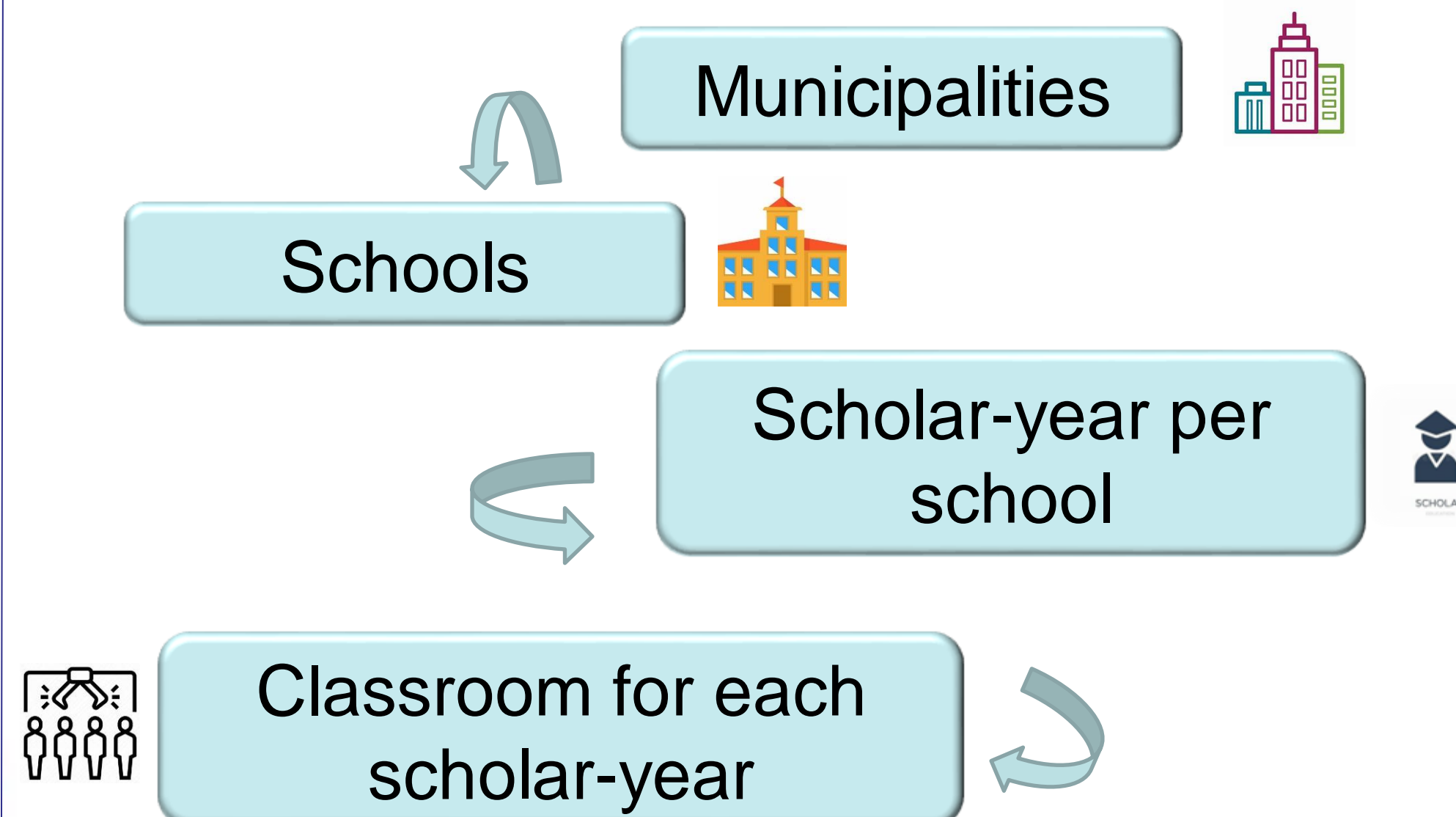
Sampling was conducted by zone/district and socioeconomic level (map of Madrid)



When ?

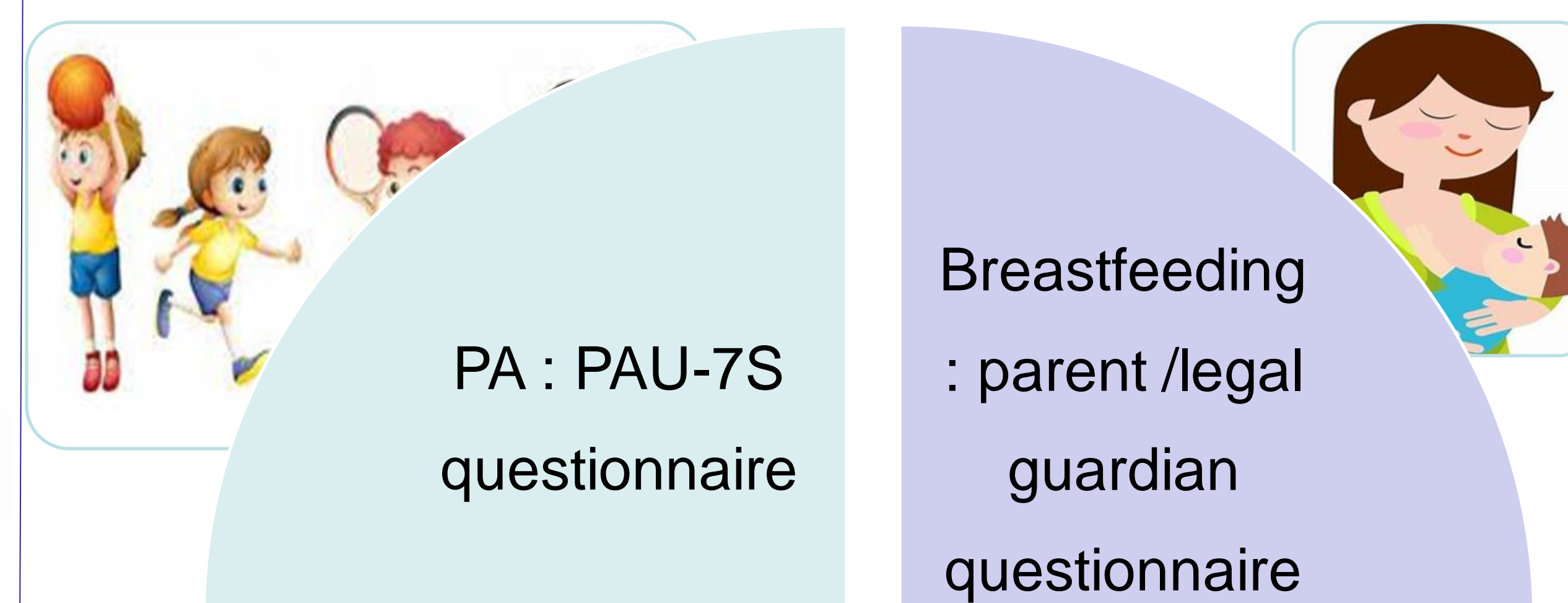
November 2021 to February 2022

Multistage sampling randomization

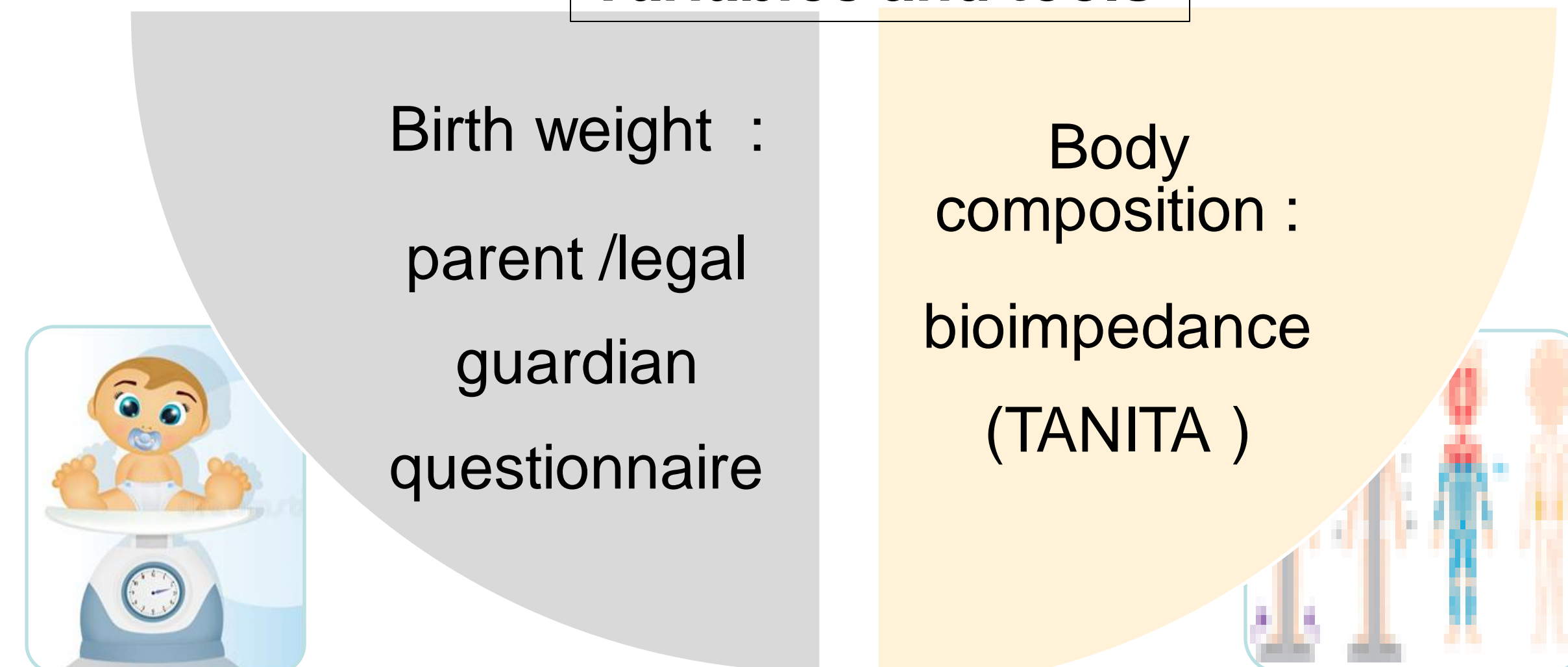


Type study	Cross-sectional study	
Centers	20 schools	
Participants	Age	8-12 years
	Number	188 Boys 196 Girls

Data collection



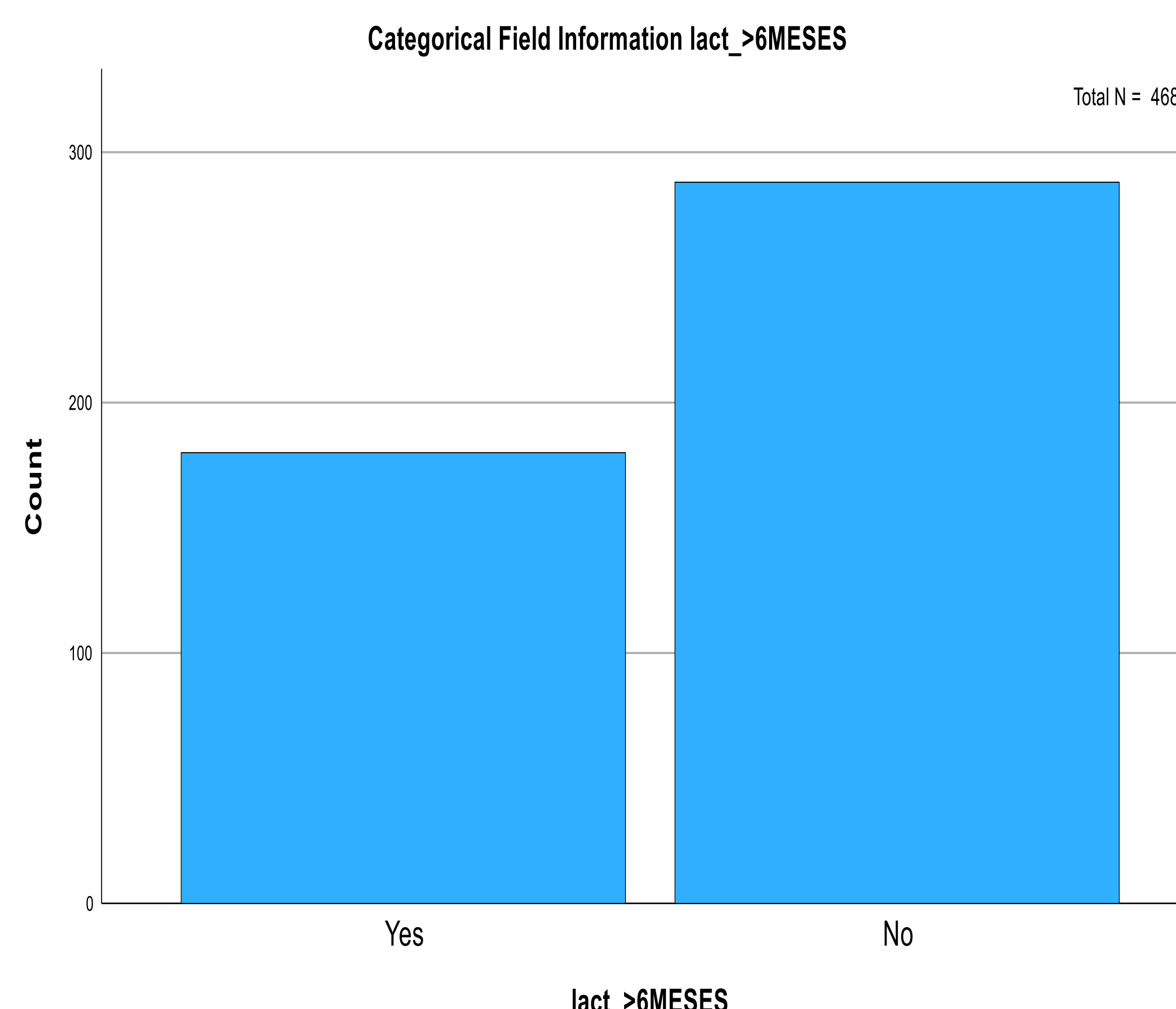
Variables and tools



❖ Statistical analysis were performed using SPSS.

Results

The mean breastfeeding was **38 weeks** and at least 86.7% of them followed **WHO** recommendation.

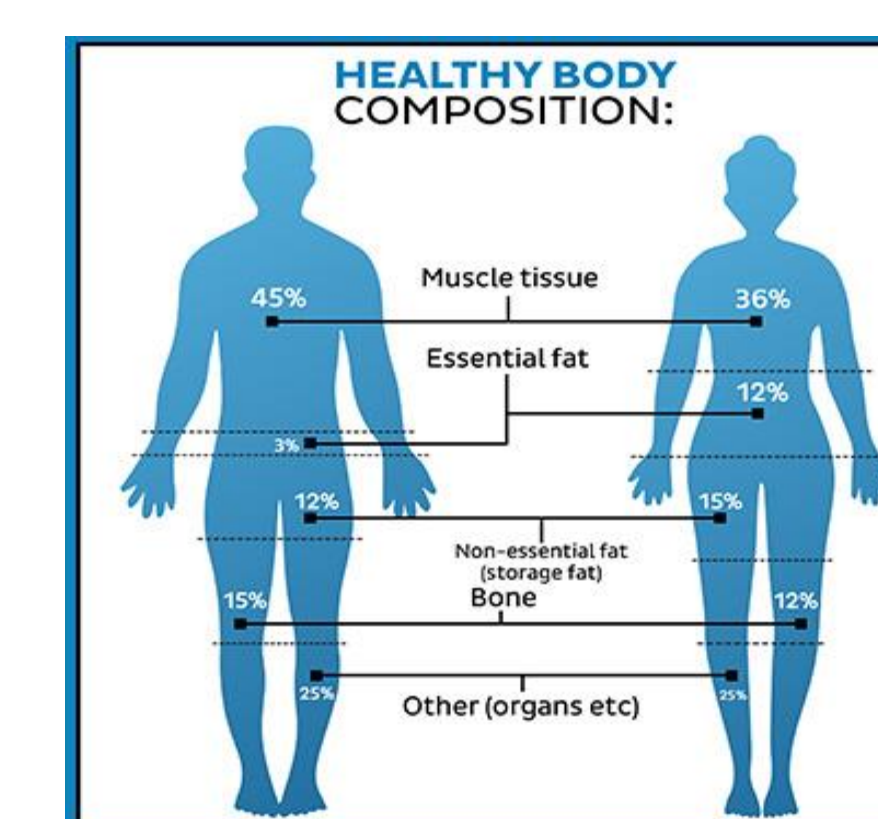


Graph 2. Breastfeeding > 6 months.

The mean of BW was **3.3kg**

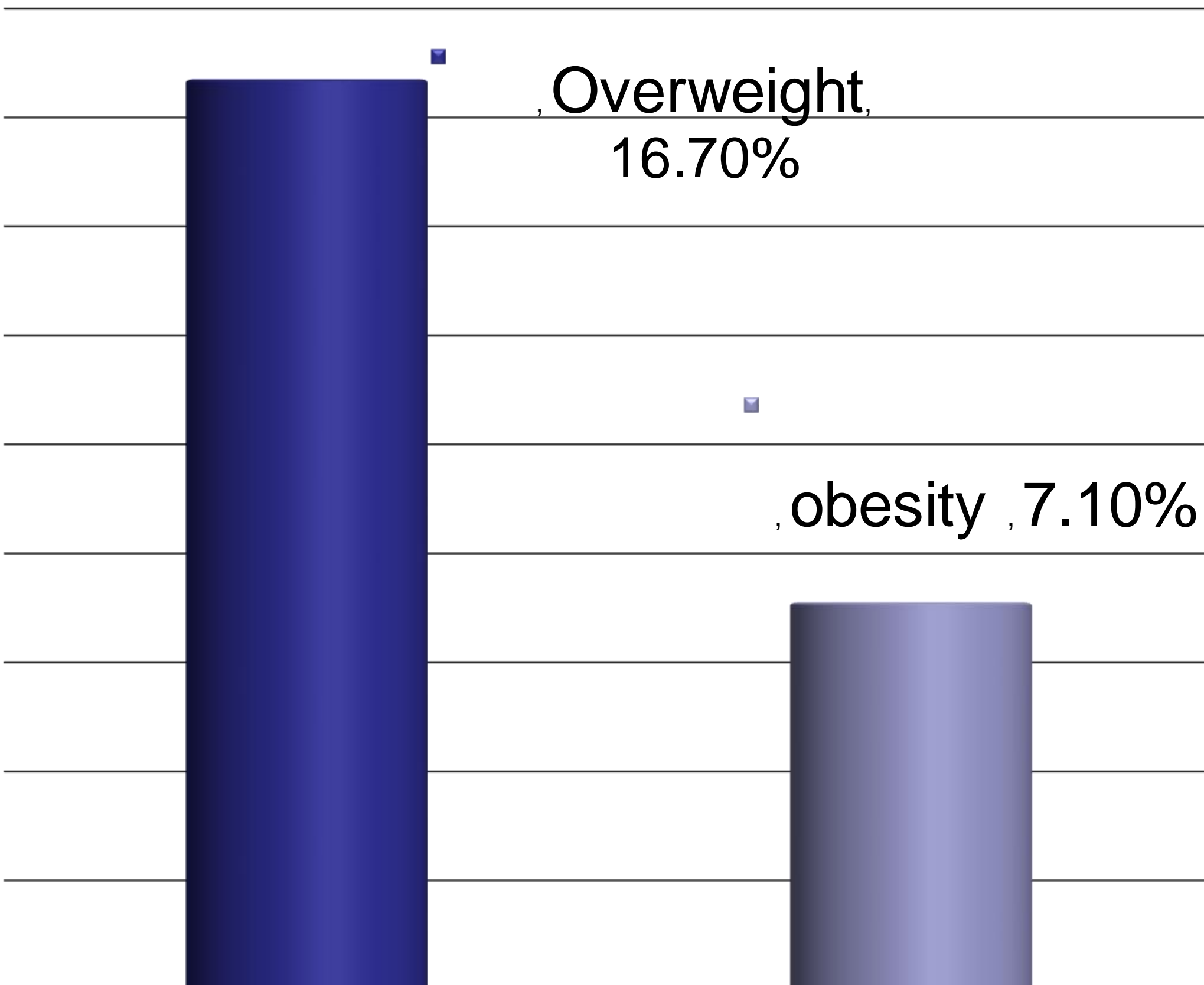


Percentage of fat mass was **21.4%**.



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

Significant and negative correlation between current weight and PA ($r^2= -0.128, p=0.006$).



Graph 1. Percentage of overweight and obesity.

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

- 1.Breasfeeding. WHO, 2022. www.who.int/health-topics/breastfeeding
- 2.Agnieszka Bzikowska J et al. Nutrients. 2018 ;10(10):1379