Maternal Breastfeeding

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Question

- Are Hispanic women, Caucasian women, or African American women more likely to breastfeed their newborn babies than to bottle feed them?
Hypothesis

- Hispanic women are more likely to breastfeed their children.
Introduction

The value of breastfeeding

- Better nutrition
- Prevents infections and illnesses to the baby
- Mother’s weight control
Nutrients, a major factor in the health of infants tomorrow

Healthy nutrient intake during pregnancy is highly demanded

Prior to being pregnant, a woman should make sure that she is getting the right vitamins and minerals
Breastmilk contains antibodies from the mother that will help lower:
- Ear infections
- Diarrhea
- Respiratory problems
- Meningitis

May also protect against children against:
- Obesity
- Sudden infant death syndrome
- Allergies
Breast milk of a woman contains essential nutrients and minerals

Breast milk contains anti-infection antibodies

“Perfect milk” for baby’s digestive system

Women should avoid eating and drinking certain items if breastfeeding
Maternal Weight Control

- Breastfeeding burns calories
- Reduces maternal lower body fat faster
- All fat and calories in breast milk come from the mother
- Breastfeeding shrinks the uterus faster
Materials and Methods

- Research survey conducted in Georgia on racial/ethnic differences in breastfeeding.
- Survey used babies born from 2003-2006.
- Mothers and children aged 19-35 months used for survey.
- Mothers asked questions on breastfeeding experience.
Results

Prevalence of Breastfeeding of initiation and duration from 6 months to 12 months in Georgia
Race/Ethnicity
No. of respondents
Initiation
6 months
12 months

Hispanic women
318
76.5 %
42.9 %
21.7 %

Black, non-Hispanic women
498
53.2 %
27.3 %
11.8 %

White, non-hispanic women
1,231
71.6 %
38.1 %
17.2 %

Table 1. The table that represents three different ethnicity groups was used to compare which ethnic group would be more likely to breastfeed and which ethnic group is least likely to breastfeed.
Discussion

- Hispanic women more likely to breast feed
- Caucasian women second in breastfeeding
- African American women least likely to breast feed
- Breastfeeding proved for the most part to be healthier for the baby than bottle-feeding
Breast feeding proves to be better by providing:

- More nutrients and minerals for the baby
- Preventing illness and disease from the baby
- Controlling the mother’s weight