



# FACTORS IN THE INITIATION AND LONGEVITY OF BREASTFEEDING IN ADOLESCENT MOTHERS

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## INTRODUCTION

Breastfeeding is the optimal form of nutrition for infants.

Overall U.S. Ranks 25<sup>th</sup> for breastfeeding

\*60% of women under 20 initiate breastfeeding compared to 80% 20 and older.

\*At 6 months only approximately 20% of adolescents are still breastfeeding.

Benefits of breastfeeding

\*Increased cognitive development and language skills.

\*Decreased neonatal morbidity and mortality.

\*Financial savings and improved maternal-infant bonding.

\*Furthermore, breastfeeding is associated with numerous health benefits, including reduced risk of diabetes among children and breast cancer among mothers

### FOCUS:

**Identify factors that increase breastfeeding initiation, longevity and support among adolescent mothers.**

### Significance

Not only are there significant benefits of increased breastfeeding initiation and longevity, but the U.S. is still one of the higher ranking developed countries for number of live births in adolescent mothers.

## RESEARCH QUESTION

**What factors are empirically associated with successful breastfeeding to 12 months of age among adolescents defined as those under 20 years of age?**



## METHODS

Literature search directed by the PRISMA guidelines.

Database Search

\*CINAHL

\*PUBMED

\*COCHRANE

Inclusion Criteria:

\*Full text studies

\*English language

\*Participant age 20 years and younger

\*Relation to breastfeeding support.

All studies reviewed independently by both authors inclusion.

## DISCUSSION

Factors associated with increased breastfeeding

\*Multi-faceted educational programs

Incorporating emotional, esteem, and social network support

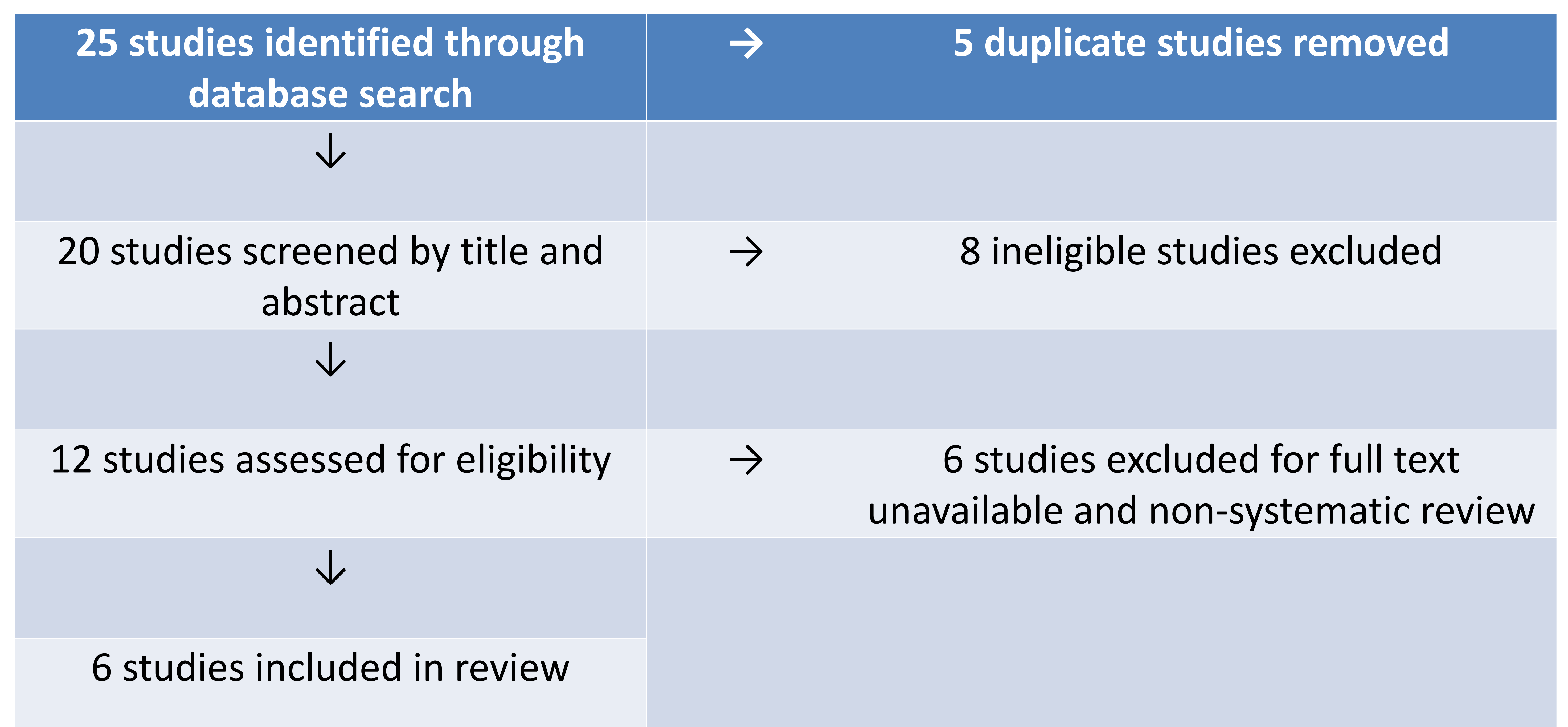
\*Experts skilled in lactation support and teaching adolescents

\*Healthcare providers and the mothers and partners of adolescents play significant role in the initiation and duration of breastfeeding

\*More high quality, systematic reviews needed in this area

## RESULTS

### PRISMA Diagram



Study results showed 6 supporting factors associated with successful breastfeeding