

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

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# Introduction

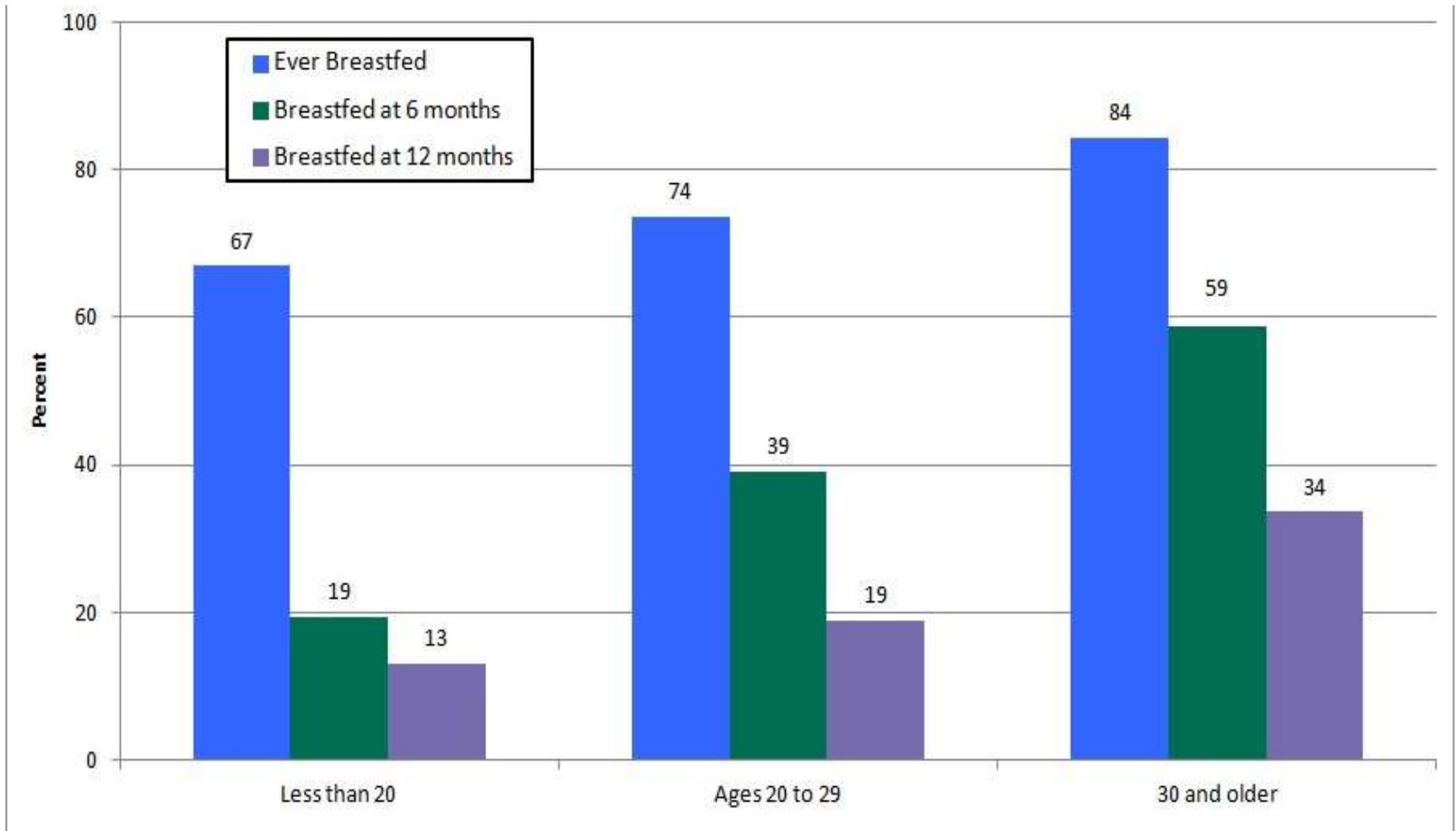
Breastfeeding recognized as the optimal form of nutrition.

- US initiation rate approximately 75% (2)
  - Only 33.5% by 3 months and 13.8% by 6 months.
  - US is ranked 25<sup>th</sup> worldwide for breastfeeding (4)
- Age and socioeconomic status play role in these rates.
- Less than 20 years of age associated with much lower rates.

# Introduction

- 60% of women under 20 initiate breastfeeding compared to 80% 20 and older(1).
- At 6 months only approximately 20% of adolescents still breastfeed(1).
- Significant because the United States is still one of the higher ranking developed countries for teenage births.

# Percentage of Mothers Breastfeeding Their Infants by Maternal Age, 2011



U.S. Department of Health and Human Services Centers for Disease Control and Prevention. Breastfeeding among U.S. children born 2001-2011, CDC National Immunization Survey. [http://www.cdc.gov/breastfeeding/data/NIS\\_data/index.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm)



# Purpose

Conduct a systematic review of factors affecting breastfeeding in adolescent mothers.

- Initiation
- Longevity
- Success

# Why?

- Breastfeeding provides optimal nutrition
- Decreasing breastfeeding longevity rates
- Numerous health benefits

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

# Objective

## Identify

- Factors that support the decision to initiate breastfeeding in adolescent mothers.
- Factors that support the longevity and success of breastfeeding their infants.

# Methods

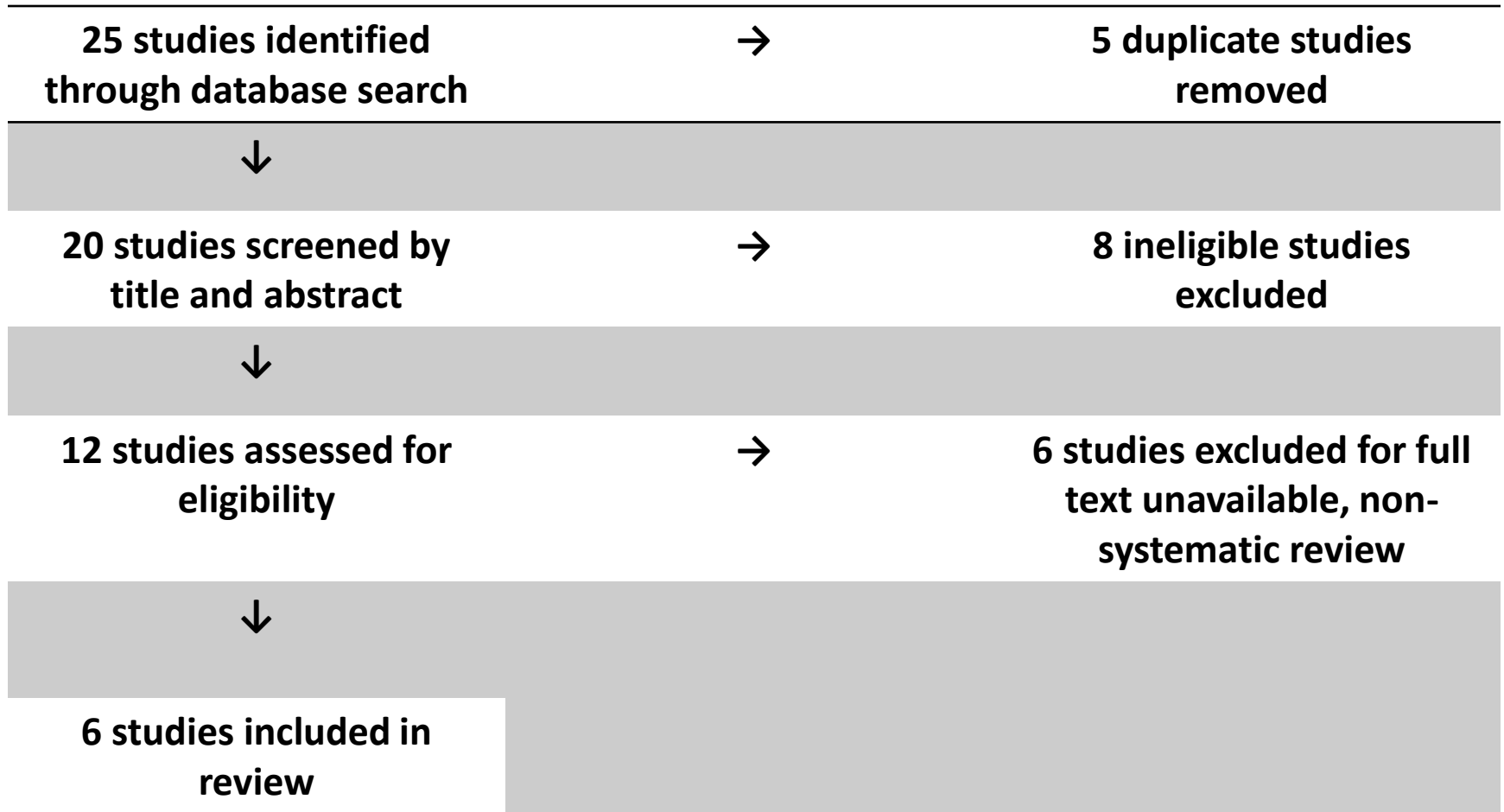
- SR guided by PRISMA
- Studies published Jan. 2000-Dec. 2014
- Electronic databases
  - CINAHL, PubMed, Cochrane
- Keywords
  - Breastfeeding, breast feeding, adolescents, adolescent mothers, support, success, influence, motivation, decision, intent, lactation education*



# Methods

- Inclusion criteria
  - Systematic Reviews, Full text, English language
- Independently evaluated with Dartmouth's Critical Appraisal worksheet
- Discrepancies evaluated collaboratively

# PRISMA



# Results

## Support Factors Categorized into 6 themes

- Preconception Care
- Healthcare Provider Support
- Role of Adolescent's Mother and Partner
- General Emotional, Esteem, and Social Network Support

# Results

## Support Factors Continued

- Breastfeeding Targeted Education Programs
- Overall Perception of Breastfeeding



# Conclusions

- Multi-faceted educational programs
  - Incorporate emotional, esteem, and social networks
- Adolescent's attitudes and beliefs significant
- Experts need to be skilled in lactation support and in teaching and coaching adolescents

# Conclusions

- Healthcare providers role
  - Need to provide accurate and thorough information
- Mothers of, and partners of adolescents play significant role
- Continued research in this area is needed

# ?Questions?

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- ?

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