Breastfeeding as a protective factor against obesity

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Abstract

Introduction: Obesity is a serious concern that has assumed alarming proportions and is associated with negative consequences on the health of individuals. Therefore, several aspects that may have a protective role against this pathology, such as breastfeeding, have been analysed.

Aim: This study intends to identify whether there is a relation between being breastfed in childhood and the probability of becoming obese in adulthood, or not.

Materials and methods: It was conducted a review process, using scientific databases using the following terms: “breastfeeding”, “breast milk”, “obesity” and “IBM” and select the most relevant articles found. We also conducted an investigation recurring to a questionnaire survey, applied randomly to 100 people. Afterwards we treated the data using the program *SPSS-Statistics.*

Results: From the statistical analysis performed, we found that, within the sample surveyed, there is a significant prevalence of obesity, although most of the data point to normal BMI values. In addition, there is a relationship between the BMI of the subjects and whether or not they have been breastfed.

Conclusion: According to the variables analysed, it is possible to affirm that breastfeeding actually has a preventive effect regarding the risk of developing obesity in adulthood, although several results obtained have been inconclusive.

Keywords: Breastfeeding, breast milk, IBM and obesity.