Exclusive Breastfeeding at Six Months Postpartum in Low-Income Populations: A Literature Review Nancy A. Kurilla MSN, RN, RNC-MNN, IBCLC, CLC, RNC-LRN

INTRODUCTION

- Human milk is the optimal nutrition for infant health and survival (WHO, 2023)
- Babies fed human milk and breastfeeding persons have reduced risks of many acute and chronic diseases (ACOG, 2023; CDC 2023; WHO, 2023)

BACKGROUND AND SIGNIFICANCE

- Projected Healthy People 2030 goal for exclusive breastfeeding (EBF) at six months 42.4% (HHS, 2020)
- Low-income populations enrolled in the **Special Supplemental Nutrition Program** for Women, Infants, and Children (WIC) have low EBF rates at six months (19.9%) ± 1.9, 95% CI) (CDC, 2023)
- Low-income populations' EBF rates are also lower than those in the general US population at 25.6% (CDC, 2020)
- Approximately 17% of US children live in poverty and are vulnerable to higher incidences of chronic diseases (US Census Bureau, 2021)
- Research is critically needed to understand what factors affect a person's choice to EBF for at least six months postpartum

PURPOSE

To learn factors related to EBF at six months in low-income populations

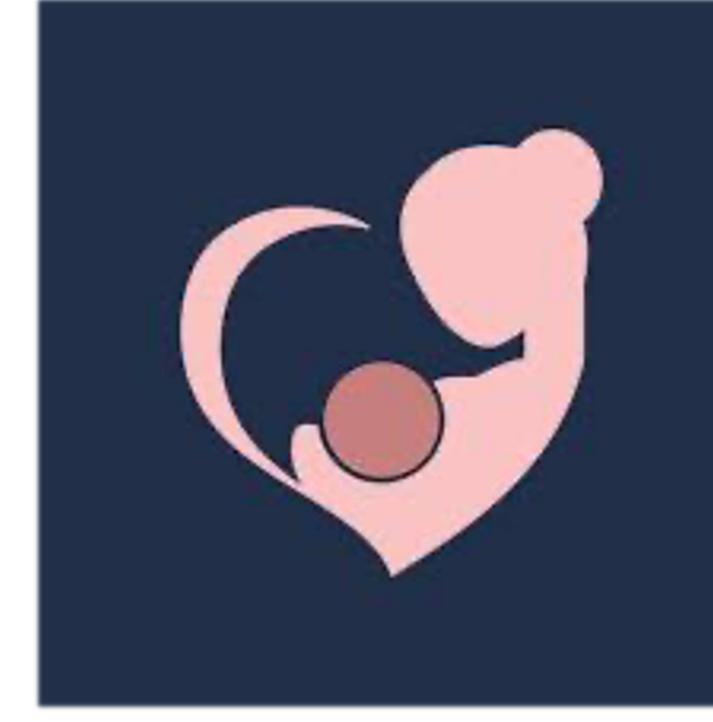




SCHOOL OF NURSING



References available upon request Nancy.Kurilla@slu.edu Nkurill@siue.edu



METHODS

- Searched CINAHL, PubMed, and Scopus Search terms: Breastfeed*, breastfed, exclusive, low socioeconomic, low-income, and six months
- Publication dates limited to the last five years
- Review conducted to identify the evidence that included: English language, primary studies, low-income, and factors related to EBF at six months in low-income populations

FINDINGS

- Seven studies met this review's inclusion criteria
- Factors positively related to EBF at six months in low-income populations:
 - > Higher education
 - Healthcare professional support
 - > Social support positive predictors for EBF at six months in low-income populations.
- Positive predictors for EBF at six months in lowincome populations:
 - > Older age
 - Lower BMI
 - > Strong control beliefs
 - > Peer counseling
- Factors impeding EBF rates at six months in low-income populations:
 - > Negative influences by healthcare professionals
 - > Lack of community-based programs and social support

CONCLUSION

- Low-income communities need more resources to support breastfeeding persons
- Healthcare professionals need proper education with support, promotion, and protection of breastfeeding
- Further research is needed to learn about factors and interventions supporting EBF at six months postpartum in low-income populations