

world congress on **WOMEN HEALTH AND GYNAECOLOGY**

June 13, 2022 | Webinar

Population-Based Survey Showing That Breastfed Babies Have a Lower Frequency of Risk Factors for Sudden Infant Death Syndrome Than Nonbreastfed Babies**José Leonardo Landa-Rivera***Marina Baixa Hospital, Spain*

Justification: Breastfeeding provides the best infant food, and closeness to the mother is crucial for successful breastfeeding. However, sharing parents' beds and sleeping on the stomach poses a high risk for sudden infant death syndrome (SIDS). There is little information on these practices regarding the Spanish population. Objective: To explore breastfeeding and bed-sharing practices in the study population

Materials and Methods: A cross sectional observational study was conducted through an anonymous telephone survey with a representative random sample of babies born in the Health Area of La Marina Baixa, Alicante, between 2018 and 2019. A previous-day strategy was implemented to determine the feeding and bed-sharing variables.

Results: The total breastfeeding and formula-feeding rates were 47.0% and 52.9%, respectively. The overall bed-sharing rate was 66.5%. The breastfeeding rate was 86.4% with bed-sharing and 13.6% without bed-sharing. The rate of prone sleeping position in children younger than 6 months of age was 9.3–3.5% with breastfeeding and 5.8% with formula feeding. Lower frequencies of tobacco, alcohol, and nonsupine sleeping positions were observed among mothers who practiced breastfeeding and bed-sharing.

Conclusions: We found a close relationship between breastfeeding and bed-sharing and a lower frequency of SIDS risk factors associated with both practices. Families should be informed about the risk factors associated with SIDS to encourage safe bed-sharing while avoiding recommendations that discourage breastfeeding.

Biography

José Leonardo Landa-Rivera has completed his MD from Barcelona University in 1973 and post-graduate in Pediatrics at San Joan de Déu Hospital in Barcelona in 1976. Epidemiological, operational and clinical research with PAHO/CLAP, Montevideo 1991. He has worked as Neonatologist in Honduras and Spain from 1982 to 2015. He was co-researcher with the UC Davis Nutrition Dept. (1990-1998). Former member of the Advisory Council of La Leche League International (1988-1992). Former member of the Breastfeeding Committee of Spanish Pediatric Association (2002-2012). He has published more than 12 papers in reputed journals.