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Quantitative Assessment of Breastfeeding Practices and Maternal Body Composition in Moroccan Lactating Women during Six Months after Birth Using Stable Isotopic Dilution Technique

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The evaluation of breast milk intake is of particular importance for setting future breast-feeding recommendations and to investigate success strategies for breastfeeding promotion. Exclusive breastfeeding during the first 6 months of an infant's life is an important factor for optimal growth and health of the child. Moreover, the assessment of postpartum changes in maternal body composition provides important information. In Morocco, this is the first time that breastfeeding practices and human milk intake have been quantified and that changes in maternal body composition postpartum have been assessed. This study included 32 mother-baby pairs. The exclusive breastfeeding rate, intake of human milk and water from other sources and the body composition of the mothers were measured at 1st, 3rd and 6th month postpartum by using the deuterium oxide dose-to-mother technique. Results showed that the exclusive breastfeeding rate was 33.3% at the first month, 26.7% at the third and 12.5% at the sixth. Mean intake of breast milk was 615.6 g/d, 741.9 g/d and 843.6 g/d at 1, 3 and 6 months respectively. As expected, there was a significant change in the mothers' body composition between the first and sixth months. As a proportion of body weight, fat free mass increased by 13.4% and fat mass decreased by 33.4%. In conclusion, the rate of exclusive breastfeeding in Morocco remains low, despite advice on the benefits of breastfeeding, clearly showing a resistance to change the behavior of these mothers.

Biography

Ghizlane Choua, PhD is a Nutrition professional researcher in nutrition, my participation was in many innovative projects in the field of Health and Nutrition among children, adolescents and adults especially pregnant and breastfeeding mothers. coordinator in The Brooklyn Hospital Center, Nutrition Coordinator, Program Assistant, Account Manager at webhelp, Laboratory technician/Assistant and Program manager at National Center for Energy Sciences and Nuclear Techniques (CNESTN). She is working as a Researcher in Nutrition at University of Pisa, Italy and University Ibn Tofail. I am completed project on Project done in the Determination the amount of breast milk and its zinc content consumed by the child of low birth weight. Also worked as a reviewer Reviewer At International Journal of Child Health and Nutrition (IJCHN) Journal of Health, Population and Nutrition. She published many articles in her research and educating people about healthy lifestyle practice.

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