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Socioeconomical status and its relationship with breast-feeding in Mexican infants younger than 1 year

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Background: Breast-feeding has beneficial effects on the mother and toddler. The absence of it has been implicated in numerous adverse effects. Currently, we see less patients nursing, the estimated prevalence in Mexico for 2012 was a 14.6% of exclusive breast-feeding in the first 6 months of life.

Problem: Information has been documented in other countries about how socioeconomical status has a direct impact on the incidence of nursing. There has not been such information reported in Mexico. Do differences in socio-economical status have differences in the exclusivity and application of nursing in their babies?

Objective: The primarily objective of this study was to compare the duration of breast-feeding in Mexican infants younger than one year with low socioeconomical status versus those with medium and high socioeconomical status.

Methods: The design was a replicative, observational, retrospective, transversal and comparative study, without follow-up on the studied patients. The sample was a total of 1962 Mexican infants, younger than 1 year. The data was obtained at the public national health institute through the national health and nutrition survey 2012 (ENSANUT 2012) applied in 1719 houses (total of 55,008 homes surveyed), the study period was from May 2011 to May 2012, the level of significance (α) was of 95% for two tails, $Z=1.90$, $Z=1.96$ with a potency of B 90% for the both.

Results: The number of surveyed patients was 783 for low, 691 for medium and 488 for high socioeconomical status, representing 39.9%, 35.2% and 24.9% respectively of the total studied sample. We formed two groups of interest, the low socioeconomical status versus the rest of the group (39.9% versus 60.1%). Studied subject medium age was 6.5 months with a Standard Deviation (SD) ± 3.5 months. The highest number of patients nursing is during the first months of life, especially during the first month. The proportion of subjects that did not receive breastfeeding was higher among the group of medium and high socio-economical status. The mean breastfeeding duration was 5.4 months (± 3.5 months) in the low socioeconomic status, versus 4.3 months (± 3.3 months) in the medium to high socioeconomic status. The level of significance for the test was found to have $p>0.001$.

Conclusion: There is a statistically significant difference in breastfeeding duration among Mexican infants younger than one year with low socioeconomic status, versus those with medium to high socioeconomic status. .

Biography

Luis Fernando Sanchez Espino was completed MD degree at the University of El Tecnológico de Monterrey (Class of 2015), in Monterrey, Mexico. Currently first year resident of pediatrics at Zambrano-Hellion TecSalud Hospital.

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