

# Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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## [Breastfeeding promotion in the prenatal setting \(revised 2024\)](#)

Women who received prenatal education on breastfeeding have higher rates of breastfeeding, breastfeed longer, and are more likely to exclusively breastfeed. This revised protocol recommends to discuss breastfeeding at each prenatal visit (focus on the most important topics), involve the father or partner, and improve breastfeeding training for health workers in prenatal care.

## [How resources combining expertise and social support help breastfeeding women address self-doubt and increase breastfeeding self-efficacy: a mixed-methods study](#)

Women experience a high need for information on breastfeeding from pregnancy to postpartum. Women prefer sources that have both expertise and social support. Accessibility limits the use of preferred sources for information, causing feelings of inadequacy. The strongest predictors of breastfeeding self-efficacy were sources of competence and social support.

## [The effect of breastfeeding education and skin-to-skin contact on breastfeeding efficiency and maternal attachment: a randomized controlled study](#)

This study had 3 groups tested: a skin-to-skin contact (SSC) education group, breastfeeding education group, and a control group. Result showed SSC and breastfeeding education increased mother's connection to baby. SSC had a positive effect on breastfeeding success.

## [The effect of biological nurturing on breastfeeding success and self-efficacy in primiparous women: a randomized controlled study](#)

It is recommended that health professionals use a variety of techniques to educate on breastfeeding to increase self-efficacy in mothers. Biological nurturing is an approach used to start breastfeeding. It defends the natural breastfeeding process. This study was conducted with 130 mothers who had a caesarean section. Results showed that the experimental group had a statistically significant average higher score in effective breastfeeding than control group.

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## [The relationship between mothers' obsessive and compulsive behaviours regarding baby care and breastfeeding self-efficacy: the mediator role of postpartum depression](#)

This study found a significant negative correlation between breastfeeding self-efficacy and postpartum depression. There was a significant positive correlation between postpartum depression and a mothers' obsessive and compulsive behaviours regarding baby care. Results show that an increase in mothers' obsessive and compulsive behaviours regarding baby care will increase postpartum depression and thus adversely affect breastfeeding self-efficacy.

## [Maternal mediterranean diet during lactation and infant growth](#)

Human milk is affected by mother's diet during lactation. Study measured associations between maternal diet during lactation and infant anthropometrics at 6 months. Results showed higher maternal MedDiet score, and higher fruit and fish intake associated with lower flank skinfold thickness of infant at 6 months.

## [The association between maternal psychological health and human milk oligosaccharide composition](#)

Human milk oligosaccharides (HMOs) composition varies in women. This study showed that several HMOs varied in women with maternal depressive symptoms and stress. This could suggest a relationship between maternal psychological health and breast milk composition. Additional studies would be needed to understand impact on infant health.

## [Effect of breastfeeding education program and nurse-led breastfeeding online counseling system \(BMUM\) for mothers: a randomized controlled study](#)

Investigates the results of a nurse-led online breastfeeding counseling system on breastfeeding self-efficacy, attitudes, problems, frequencies, and postpartum depression. Program not found to decrease breastfeeding problems but saw positive results for self-efficacy, attitudes, and decreased postpartum depression.

## [Breastfeeding during covid-19 stay-at-home orders: implications for future maternal work policies and health equity](#)

Explores the impact of COVID-19 on breastfeeding experiences of U.S. women. Survey conducted online reveals the pandemic impacted feeding practices in ways such as ease of breastfeeding at home, bonding, increased breastfeeding duration. A challenge addressed was limited access to lactation support.

## [Structural sexism and breastfeeding in the united states, 2016-2021.](#)

Many studies have found that structural sexism impacts women's health. Higher rates of structural sexism were found to be associated with higher rates of low-risk cesarean births. This could suggest association between structural sexism and "overmedicalization" of birth. This study focuses on structural sexism and breastfeeding initiation and duration. Results found lower levels of breastfeeding through six months with higher levels of structural sexism.