



Effective Health Care

Breastfeeding and Maternal and Infant Health Outcomes

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- *Breastfeeding and Maternal and Infant Health Outcomes* will go forward for refinement to update an archived comparative effectiveness or effectiveness review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement stage.
- When key questions have been drafted, they will be posted on the AHRQ Web site. To sign up for notification when this and other EPC Program topics are posted, please go to https://subscriptions.ahrq.gov/service/multi_subscribe.html?code=USAHRQ.

Topic Description

Nominator(s): Organization

Nomination Summary: The nominating organization advocates for optimal care for childbearing women and newborns. They assert that breastfeeding is a preventive practice that is associated with reduced likelihood of chronic and other conditions in both mother and baby. They are specifically interested in an update to an archived 2007 AHRQ Evidence-Based Practice Center Report. They noted that sharing updated results about shorter- and longer-term health benefits of breastfeeding for both women and babies is crucial to the work of their organization.

Staff-Generated PICO

Population(s): Infants; childbearing women

Intervention(s): Breastfeeding

Comparator(s): Formula feeding, mixed feeding

Outcome(s): Infant: short-term and long-term benefits and risks (e.g. acute otitis media, obesity, cognitive development); maternal: short-term and long-term benefits and risks (e.g. osteoporosis, cancer, return to pre-pregnancy weight)

Key Questions from Nominator:

1. What are the comparative benefits and harms for infants and children among those who mostly breastfeed, mostly formula feed, and mixed feed, and how are these outcomes associated with duration of feeding? Do the harms and benefits differ for any specific subpopulations based on socio-demographic factors?
2. What are the comparative benefits and harms for maternal health outcomes among

women who breastfeed, formula feed, and mixed feed, and how are these associated with duration of feeding? Do the harms and benefits differ for any specific subpopulations based on socio-demographic factors?

Considerations

- Breastfeeding has known health benefits for infants and mothers. The 2007 AHRQ systematic review found that breastfeeding was associated with a reduction in the risk of acute otitis media, non-specific gastroenteritis, severe lower respiratory tract infections, atopic dermatitis, asthma, and obesity.
- Recent policies and use of resources support breastfeeding, and breast feeding is now part of a core set of measures related to perinatal care.
- Based on a search of the literature, an update of the archived 2007 AHRQ report *Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries* is feasible.