

# **CONSEQUENCES OF INADEQUATE EXCLUSIVE BREASTFEEDING IN CHILDREN FROM LATIN AMERICA: A SYSTEMATIC REVIEW.**

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## **ABSTRACT**

**Introduction:** Exclusive breastfeeding is essential for the healthy growth and physical and mental development of your baby. Not breastfeeding or breastfeeding for less than six months increases the risk of the child developing various diseases.

**Objective:** To gather and explain the consequences of not providing exclusive breastfeeding to children in Latin America.

**Methodology:** Scientific articles were searched on the PubMed and Scielo platforms, following the PRISMA method. Specific criteria were used to decide which articles to include or exclude in this study. In total, 13 selected articles were analyzed.

**Results:** The reviewed research shows that insufficient breastfeeding or breastfeeding for less than six months can lead to issues such as developmental and growth delays, overweight and obesity during adolescence, and underweight in childhood. It also indicates a high risk of respiratory diseases such as pneumonia and bronchiolitis, skin problems like allergic dermatitis and atopic dermatitis, iron deficiency anemia, vitamin A deficiency, and severe dehydration.

**Conclusion:** It is important to have new information about the risks of breastfeeding in our society. This helps people understand its significance in preventing diseases and ensuring proper growth for babies.

**Keywords:** Breastfeeding, Risk, Child, Latin America, Breast milk.

## ***INTRODUCTION***

Exclusive breastfeeding (EBF) is the best way to nourish a baby during the first six months of life. Breast milk contains everything a baby needs: carbohydrates, proteins, fats, vitamins, hormones, and enzymes that aid in food digestion. This is crucial for the health and physical and mental development of babies.

Additionally, breast milk contains substances like immunoglobulin A, white blood cells, and oligosaccharides that prevent bacteria from adhering to the mucosa, thus protecting against infections. It also includes important vitamins and minerals such as iron and zinc. The only vitamin not sufficiently available is vitamin D, which is produced when children are exposed to sunlight. Breast milk also contains other beneficial substances like enzymes and growth promoters.

However, it is essential to learn what to do when breastfeeding is not practiced or not done correctly. This knowledge helps to understand why certain diseases occur and how they can be prevented.

Some studies have shown that failing to provide EBF or doing so inadequately puts babies at risk of diseases such as gastrointestinal issues (e.g., stomatitis or diarrhea), respiratory diseases (e.g., asthma or pneumonia), cognitive and physical problems, overweight and obesity, and skin conditions like urinary tract infections or dermatitis. However, these studies often overlook the cultural and social aspects of the country. Therefore, researchers in Latin America need to deeply understand the impact of inadequate breastfeeding in the region.

## RESULTS

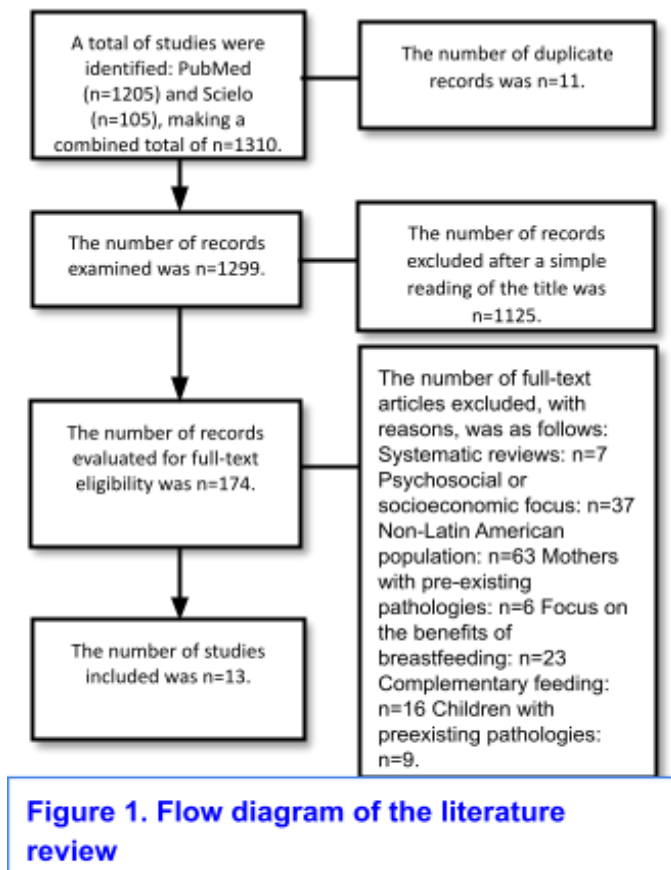
The search was conducted in November 2024, focusing on information available on the PubMed and Scielo platforms, considering only results published from 2019 to the present.

### Inclusion Criteria

1. Articles published in the last 5 years.
2. Reliability index of 95%.
3. Population from Latin America.
4. Articles addressing the risks of inadequate breastfeeding.
5. Maternal population aged 18 to 40 years.
6. Case reports, case-control studies, and similar articles.
7. Articles that include breastfeeding for less than 6 months as a risk factor for developing a pathology.

### Exclusion Criteria

1. Systematic reviews and meta-analyses that meet the inclusion criteria.
2. Populations of mothers with pre-existing pathologies or conditions during breastfeeding.
3. Articles comparing breastfeeding with pre-existing pathologies.
4. Mothers undergoing polytherapy.
5. Articles focused on the benefits of exclusive breastfeeding (EBF).
6. Articles focused on the psychosocial or economic consequences of inadequate breastfeeding.
7. Articles on complementary feeding.
8. Population outside Latin America.



After an extensive discussion among the authors of this review, it was decided to include a total of 13 articles that met the established criteria. It is important to emphasize that the consequences of inadequate breastfeeding were cited as one of the main risks for different pathological situations. In some articles, it was considered as the only factor, while in others, it was included alongside other possible secondary causes.

## RESULTS

Betancur Otalvaro JP and his colleagues studied the determinants of bronchiolitis diagnosis, using a descriptive, cross-sectional, retrospective approach with a population of 762 patients who had complete medical histories including all risk factors. They identified modifiable risk factors, with the most significant being the absence of exclusive breastfeeding (EBF) (less than 4 months) in 75% of the population. Other non-modifiable factors that were also relevant included overcrowding (55%) and living with other children (75%). Non-modifiable factors such as male sex (59.4%) and age (49.2% between 0 and 3 months and nearly 90% under one year) were also observed. When associating EBF with the severity of the disease, the following findings were noted: patients with mild bronchiolitis had EBF, moderate bronchiolitis patients did not have EBF (close to 70% of all moderately severe patients), and 100% of severe patients did not have EBF.

Brito LC dos and colleagues showed that in their sample of children, the majority were male (55.5%), with an average age of 8.5 months ( $\pm 6.1$  SD), and the highest number of children was in the group under six months (40.9%); born at the end of gestation (85.5%), vaginal delivery (52.7%), and appropriate weight (2,500g–4,000g) (73.6%). Most children had undergone recommended neonatal screening tests (biological, auditory, tongue-tie assessment, pulse oximetry, and red reflex test) (65.5%), were exclusively breastfed (EBF) until the 6th month (51.8%), had updated vaccination records (65.9%), and had siblings (61.8%).

Vital JP and collaborators conducted a descriptive, cross-sectional study with a population of 85 patients admitted to the hospital for urinary tract infection from September 2017 to September 2019. Review of medical histories revealed an increased prevalence among patients under one year (58.8%), predominantly female (83.5%), and *E. coli* as the isolated pathogen (76.4%). Key risk factors included the absence of EBF (36.5%), disposable diapers (40%), and inadequate external genital hygiene (35.3%).

Sri Widiastuti and her team concluded that there is a significant relationship between the practice of exclusive breastfeeding (EBF) and the frequency of sick children and the productivity of mothers providing medical care ( $p = 0.002$ ). Results showed odds ratios (OR) of 3.22 for the frequency of sick children and 2.99 for maternal productivity. EBF practice may reduce the frequency of sick children and increase maternal productivity.

Arredondo A and colleagues aimed to assess EBF, early feeding practices, and their relationship to overweight and obesity in children. They conducted a cross-sectional analytical and explanatory study with 396 children, finding a prevalence of 6% for overweight and 7.7% for obesity. Only 6.9% of patients were exclusively breastfed, while 71.7% received formula in the first six months. Significant associations for overweight and obesity, in order of magnitude, included: consumption of non-breast milk ( $p=0.02$ ;  $RR=3.25$ ), introduction of liquids in the first three days of life ( $p=0.02$ ;  $RR=2.90$ ), introduction of complementary feeding before six months ( $p=0.043$ ;  $RR=0.57$ ), consumption of sugary foods ( $p=0.01$ ;  $RR=0.25$ ), and consumption of eggs ( $p=0.05$ ;  $RR=0.28$ ).

Macêdo R da C and colleagues conducted research that found an association between EBF and overweight in preschool children. A cross-sectional study involving 448 preschoolers revealed that 11.16% had excess weight, and only 41.9% had EBF until six months. These findings indicated that the risk of excess weight was twice as high in children who did not receive EBF (95% CI: 1.09; 5.83). In conclusion, not receiving EBF until six months is a risk factor for developing excess weight in preschoolers.

Ferrer Arrocha M and other researchers aimed to determine the prevalence of overweight and obesity and their association with risk factors in school-aged children. They conducted a cross-sectional study with 125 children aged 5 to 10 years, finding a prevalence of 14.4% for overweight and 16.8% for obesity. It was determined that 61.5% of overweight children did not have EBF, increasing their risk of obesity or overweight. An important additional finding was that overweight mothers ( $p=0.01$ ) were at higher risk of having overweight children.

Portales Martínez Y led a study to identify risk factors for the development of complicated pneumonia, considering six important factors. The study was divided into two stages: an initial diagnostic stage and a prospective observational cohort study, including a total of 296 children. Results showed the following risk factors: overcrowding (OR 1.9), passive smoking (OR 1.76), no EBF until six months (OR 1.85), anemia (OR 4.5), recurrent infectious morbidity (OR 1.69), and recent use of antimicrobials (OR 2.38). The prognostic tool applied had a sensitivity of 85.47% and a specificity of 92.74%.

Vázquez López B and a group of researchers aimed to characterize acute bronchiolitis. They conducted a retrospective, observational, descriptive, cross-sectional study with analytical phases, involving 72 patients. Risk factors identified included age under six months (73.6%) and absence of EBF (43%). It was noted that most children required more than two days of hospitalization.

Researchers from Guáimaro conducted an observational, analytical, and retrospective case-control study led by Coronel-Carvajal C. The study included 114 children under five years of age to identify non-atopic risk factors associated with recurrent wheezing. Statistical associations were found with EBF for less than six months (OR 7.3, 95% CI 6.2–8.2, X MH=6.8) and obesity (OR 3.6, 95% CI 6.2–2.1, X MH=2.5). Other environmental associations included maternal smoking during pregnancy (OR 5.5, 95% CI 7.2–4.2, X MH=4.9) and living with smokers (OR 7.5, 95% CI 9.5–5.9, X MH=6.2). A significant relationship was also found with bronchiolitis (OR 6.4, 95% CI 9.0–4.5, X MH=4.8).

In an observational, retrospective, cross-sectional, and relational study, Rodríguez-Hernández AI and colleagues took samples from 168 patients aged 1 year or younger. The results showed that the main consumption of EBF was 37.7% for less than 4 months, early weaning for under six months was 31.42%, and introduction of whole milk at one year was 12%. Predictors included food allergies (60.45%), allergy prevalence in 66% of the population, atopic dermatitis (17.1%), and rhinitis (20.8%). Statistical analysis concluded a relationship between allergen consumption and dairy feeding patterns as predisposing factors ( $R \geq 0.3$ ).

In a cross-sectional descriptive study involving 384 infants, with a sample of 105 patients, Romero-Reinaldo Y aimed to identify risk factors for iron-deficiency anemia in hospitalized infants. The prevalence of iron-deficiency anemia was 61%. Patients with this condition showed a statistically significant relationship with the following risk factors: EBF for less than six months (OR: 2.1; CI: 1.9–2.5) and complementary feeding (OR: 1.5; CI: 1.3–2.4).

Matamoros N and colleagues conducted an analytical, observational, cross-sectional study in six-month-old infants and their mothers, aimed at identifying vulnerable groups for vitamin A deficiency. A total of 63 mother-infant pairs were included. No mothers showed serum vitamin A deficiency, but 5% of the infants did. Breast milk was analyzed, and 12% had vitamin A deficiency. A statistically significant difference in serum retinol levels was found between infants fed with vitamin A-deficient milk and those fed with adequate milk ( $p=0.042$ ). The conclusion was that lower levels of vitamin A in milk lead to higher serum retinol deficiency in infants.

**Table 1:1. Main Characteristics of the Reviewed Studies**

TITLE	METHOD	SAMPLE	RESULTS
Determinantes de la hospitalización en pacientes con diagnóstico de bronquiolitis en Barranquilla, Colombia.	Descriptive cross-sectional retrospective study.	A population of 762 patients who had their complete medical history.	There is a higher risk in the absence of exclusive breastfeeding, overcrowding, and living with other children.
Knowledge of caregivers and factors associated with neuropsychomotor development in children	Cross-sectional study, with a quantitative approach.	220 child-caregiver pairs attended in the public health services of the municipality of Parnaíba, state of Piauí.	197 children were classified with normal development, and 23 with suspicious development.
Caracterización de pacientes pediátricos con infección del tracto urinario.	Descriptive, cross-sectional study.	85 patients who were admitted to the hospital service.	There is a higher risk of urinary tract infections due to the lack of exclusive breastfeeding, disposable diapers, and poor genital hygiene.

The Practice of Exclusive Breastfeeding Can Reduce Frequency of Sick Children and Improve the Productivity of Health-Care Provider Mothers: Study in Samarinda, Indonesia	Quantitative study.	160 health-care provider mothers from hospitals in cities and districts in Samarinda, Indonesia.	The practice of exclusive breastfeeding can reduce the frequency of sick children and the productivity of health-care provider mothers.
Breastfeeding and feeding practices in the first year of life and its association with overweight and obesity of children in Mexico	Analytical and explanatory cross-sectional study.	396 children under 1 year old.	There is a risk of excess weight in children who consume formulas other than breast milk and the introduction of liquids within the first three days.
Associação entre aleitamento materno e excesso de peso em pré-escolares.	Cross-sectional study.	448 preschoolers.	The risk of overweight is 2 times higher in children without exclusive breastfeeding.
Factores de riesgo relacionados con el sobrepeso y la obesidad en niños de edad escolar.	Cross-sectional study.	125 children aged 5 to 10 years.	The lack of exclusive breastfeeding is associated with obesity and overweight.
Instrumento pronóstico de neumonía comunitaria complicada en niños	Two stages: The first one was a diagnostic phase, and the second was a prospective and observational cohort study.	A total of 296 children included.	There is a higher risk of complications in children with overcrowding, passive smoking, anemia, lack of exclusive breastfeeding, and antibiotic use.
Caracterización clínico epidemiológica de lactantes con bronquiolitis aguda grave	Retrospective, observational, descriptive, cross-sectional study.	72 patients.	There is a higher risk of severe acute bronchiolitis in children under 6 months and the lack of exclusive breastfeeding.
Factores no alérgicos asociados a la sibilancia recurrente en el menor de cinco años.	Observational, analytical, and retrospective	A total of 114 children under	The lack of exclusive breastfeeding, obesity, a smoking mother, or living with smokers is

	case-control study.	five years old participated.	associated with recurrent wheezing.
Patrones de alimentación en el primer año de vida y su relación con aparición de alergias en pacientes de 1 a 4 años de edad.	Observational, retrospective, cross-sectional, and relational study.	168 patients aged 1 year or less to 4 years.	The consumption of allergenic foods and the lack of exclusive breastfeeding are associated with allergies.
Anemia ferropénica en lactantes ingresados en un servicio de Pediatría	Descriptive cross-sectional study.	The sample consisted of 105 patients.	Exclusive breastfeeding for less than six months and early complementary feeding increase the risk of iron-deficiency anemia.
Lactancia materna exclusiva y su relación con el estado nutricional de vitamina A del binomio madre-hijo.	Analytical observational cross-sectional study.	It included a total of 63 mother-child pairs.	A lower amount of vitamin A in breast milk is associated with lower vitamin A levels in neonatal serum.

## DISCUSSION

Through data analysis, various diseases were identified in which insufficient exclusive breastfeeding (EBF) represents a significant risk factor. Ferreira ALL and their team observed a higher risk of inadequate personal skills development and physical growth in children who did not receive sufficient amounts of Lacto-N-Tetrosa (LNT), a molecule found in breast milk. Similarly, limited breast milk intake was associated with an increased risk of retinopathy of prematurity in neonates with low birth weight and less than 32 weeks of gestation.

One of the most analyzed consequences of exclusive breastfeeding (EBF) for less than six months is excess weight in children. This risk factor has been linked to both obesity and overweight at different stages of development. Arredondo A. and Melo JMM, along with their teams, found that the early introduction of milk other than breast milk and EBF for less than 30 days increased the risk of excess weight in children under one year of age. Similarly, Salazar-Gutiérrez L. and Macêdo R da C. demonstrated that the absence of EBF is associated with obesity and overweight, findings also observed in a cross-sectional study conducted in a population of 125 schoolchildren. Furthermore, Besain Valdés JM. and colleagues concluded that EBF for less than five months is a risk factor for obesity, overweight, and increased

adiposity in adolescents. Conversely, the lack of breastfeeding not only influences excess weight; Gonçalves VSS and their team found that children who were breastfed had a lower prevalence of underweight and a healthier body mass index (BMI).

Regarding prevalent diseases, EMA and their team identified that the absence of exclusive breastfeeding (EBF) increases the risk of illness in children, a fact confirmed by Vital JP and colleagues, who noted that the lack of EBF is a risk factor for urinary tract infections. In respiratory conditions, Nass Martínez Y. and González-Coquel S concluded that severe pneumonia is associated with the absence of breastfeeding. Another common condition, acute bronchiolitis, while generally having a low complication rate, showed a significant relationship with the absence of EBF in severe cases, according to Vázquez López B. and Betancur Otalvaro JP. Additionally, EBF for less than six months was found to increase the risk of recurrent wheezing. Finally, among allergic conditions, Maldonado-Gómez W. and colleagues found that a lack of EBF for more than four months is associated with allergies in children under four years old and specifically with atopic dermatitis in children under seven.

The last three consequences associated with inadequate exclusive breastfeeding (EBF) are iron deficiency anemia, which shows a statistically significant relationship with EBF for less than six months; issues such as dehydration and hypernatremia in newborns, partially attributable to poor suction, as indicated by López Martín D. and their team; and finally, vitamin A deficiency in breast milk, identified by Matamoros N. and colleagues as a cause of this vitamin's deficiency in newborns' blood.

## **CONCLUSION**

The absence of exclusive breastfeeding or even its duration being less than six months is associated with serious short- and long-term consequences for children's health. These consequences found in the last five years in the Latin American population include: deficits in personal skill development and physical growth, overweight and obesity up to adolescence, increased risk of underweight, elevated risk of developing prevalent childhood diseases, complications in respiratory illnesses such as pneumonia and bronchitis, increased prevalence of recurrent wheezing, hypersensitivity reactions, atopic dermatitis, iron-deficiency anemia, vitamin A deficiency, and hypernatremic dehydration.

It is important to gather updated and region-specific information on the risks faced by children who do not have access to exclusive breastfeeding in order to raise public awareness about its importance for disease prevention and optimal development of every newborn.

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