

# Comfortable Support Linked to Breastfeeding Success for Obese Mothers

## Objective

Long-term breastfeeding success is best achieved through proper instruction, intervention and tools in the first days postpartum.<sup>1</sup> In a study conducted with a major academic university from 2013-2014, an experimental group of 50 obese women with gestational diabetes were provided with a complimentary Boppy® Pillow and prenatal lactation education. The control group did not receive a Boppy® Pillow or prenatal lactation education.<sup>2</sup>

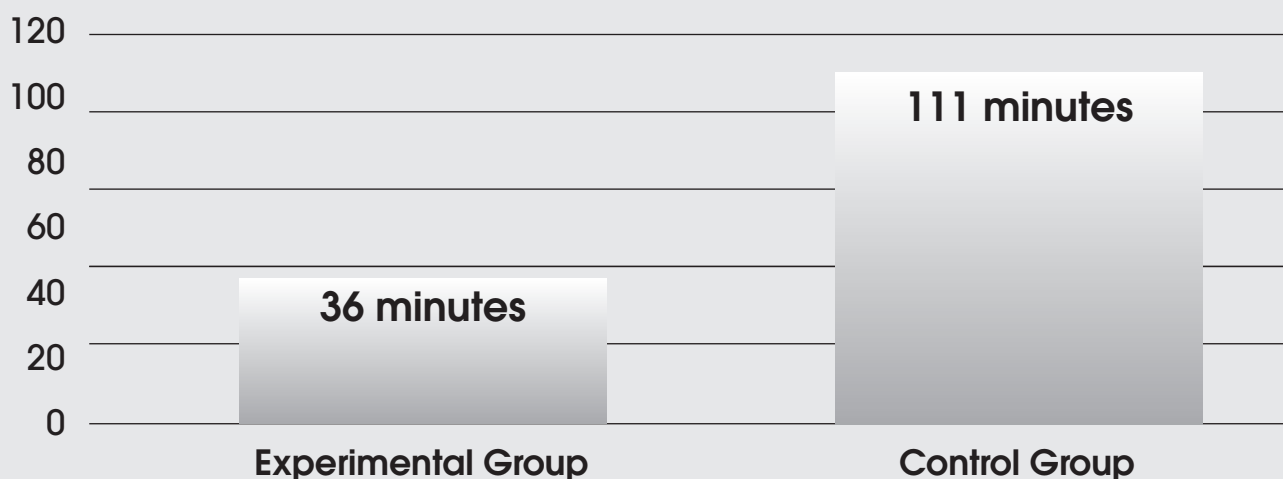
The mothers were asked to take their pillows with them for delivery and subsequent hospital stay, with the goal of optimizing breastfeeding success through the use of a supportive nursing pillow. These mothers were asked to fill out surveys that consider the connection between Boppy® Pillow use and breastfeeding initiation, comfort and success. The surveys were issued at hospital discharge, six weeks, four months, seven months and ten months postpartum.

84% of the experimental group reported leaving the hospital nursing their newborns successfully

## Time to Initiate Breastfeeding

The World Health Organization (WHO) recommends initiating breastfeeding within half an hour after birth.<sup>3</sup> Moms from the experimental group breastfed their newborns at a median rate of 36 minutes after delivery.

### Minutes Until Initiation of Breastfeeding



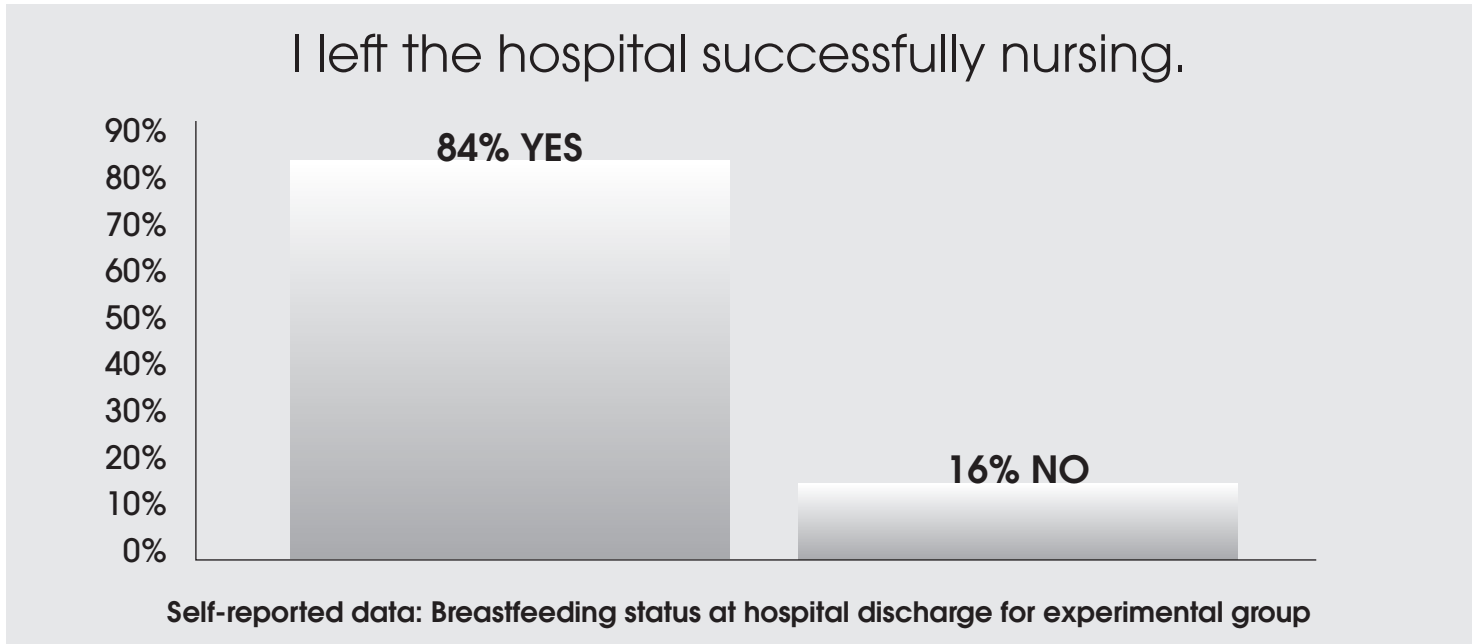
In contrast, the control group waited a median of 1 hour and 51 minutes before the first feeding. A meta-analysis of seven studies by Perez-Escamilla et al concluded that early contact had a positive effect on the duration of breastfeeding at the age of two to three months.<sup>4</sup>

## Breastfeeding Success Linked to Mother's Comfort

All women in the experimental group reported that they were "very satisfied" or "somewhat satisfied" with the Boppy® Pillow for their first days of breastfeeding in the hospital.

Patients in the experimental group had a mean BMI of greater than 38 at baseline. The study showed that 92% of respondents rated the Boppy® Pillow "very comfortable" or "somewhat comfortable" to use. None rated it uncomfortable, demonstrating that the Boppy® Pillow is a comfortable breastfeeding tool for obese mothers.

On the initial survey, presented at hospital discharge, 84% of the experimental group reported leaving the hospital nursing their newborns successfully. In follow-up surveys, these mothers reported using the Boppy® Pillow for most breastfeeding sessions through 10 months postpartum.



## Obstacles to Overcome

In spite of known scientific data showing that breast milk has all the nutrients that an infant needs for the first six months of life,<sup>1</sup> more than 60% of all new moms in the study reported that their newborns were given formula in the hospital at the recommendation of a doctor or nurse.

## Conclusion

Based on the survey responses, there were better breastfeeding outcomes for mothers who received the Boppy® Pillow and additional lactation education. These mothers initiated breastfeeding their infants more quickly after childbirth. They also reported nursing their infants for a longer duration (10 month follow-up) than their counterparts in the control group.

<sup>1</sup> [http://www.cdc.gov/breastfeeding/pdf/BF\\_guide\\_1.pdf](http://www.cdc.gov/breastfeeding/pdf/BF_guide_1.pdf) p.2

<sup>2</sup> Secondary data obtained by The Boppy Company, LLC in conjunction with a major academic university, 2014.

<sup>3</sup> <http://www.unicef.org/newsline/tensteps.htm> Accessed March 18, 2015.

<sup>4</sup> Perez-Escamilla R et al (1994) Infant feeding policies in maternity wards and their effect on breast-feeding success: an analytical overview. *American journal of public health*, 84(1):89-97.