

# FOOD INSECURITY AND BREASTFEEDING

## A VISUAL RESEARCH ABSTRACT

### BACKGROUND

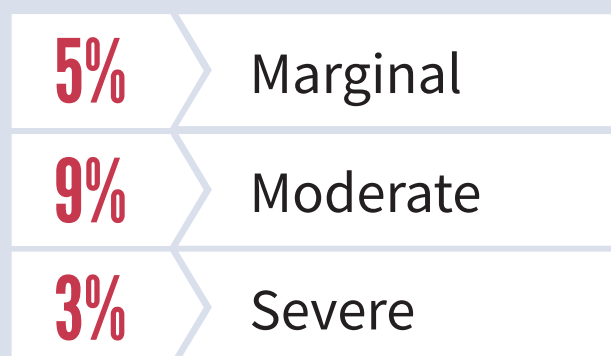
- ▶ Insecure access to food because of financial constraints is a serious public health problem in affluent Western countries. Studies suggest that food insecurity contributes to the early cessation of breastfeeding in Canada.

### STUDY

- ▶ Cross-sectional study of 10 450 women who answered the Canadian Community Health Survey (2005–2014).
- ▶ Relation between food insecurity and breastfeeding, adjusting for demographics, mood disorders and diabetes.

### RESULTS

#### FOOD INSECURITY:



After adjusting for demographic factors:

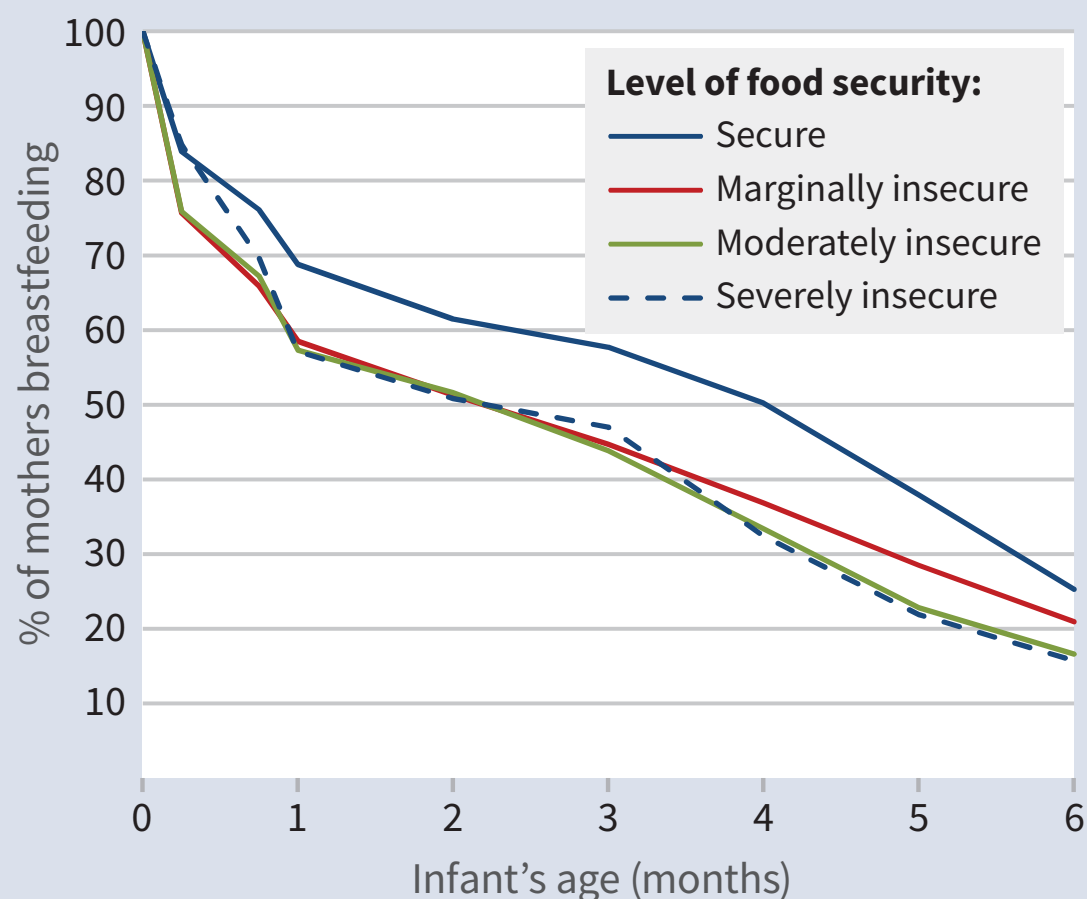


Breastfeeding initiation was not related to food insecurity status.



Odds of exclusive breastfeeding to 4 months were lower among women with any level of food insecurity compared with women who had food security.

#### DURATION OF EXCLUSIVE BREASTFEEDING BY FOOD SECURITY STATUS:



### INTERPRETATION

Early cessation of breastfeeding necessitates formula feeding. For food insecure families, this may add to their financial burden and may lead to further negative effects on infant nutrition.