

Study of breastfeeding difficulties due to obesity informs need for targeted interventions

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Typically, within 50 to 72 hours of giving birth, a woman will begin to secrete copious milk in a process called lactogenesis II. Infants of mothers who want to breastfeed but who have delayed lactogenesis II experience excessive weight loss and therefore are at high risk for formula supplementation.

A study led by the University of Pennsylvania School of Nursing's Diane Spatz, PhD, RN-BC, FAAN, the Helen M. Shearer Term Professor of Nutrition, has found that delayed lactogenesis was more prevalent among women who were obese pre-pregnancy and that excessive gestational weight gain was also associated with a delay in lactogenesis II. The study has been published in the *Journal of Human Lactation*.

"Because nearly one in four women in the United States begins pregnancy with a [body mass index](#) (BMI) equal to or greater than 30, the study underscores the need for targeted interventions and support to help these women achieve their personal breastfeeding goals," explains Spatz.

More information: Irma Preusting et al. Obesity as a Predictor of Delayed Lactogenesis II, *Journal of Human Lactation* (2017). [DOI: 10.1177/0890334417727716](https://doi.org/10.1177/0890334417727716)

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