

# Clin Nutr | 母乳喂养持续时间与母亲产后体重滞留之间的关系

本文关键字：母乳喂养、产后体重滞留、荟萃分析

影响因子：5.496

建议阅读时间：2 分钟

## 目的

通过荟萃分析的方法，阐述不同母乳喂养持续时间与产后体重滞留之间的关系。

## 方法

本研究中，关于母乳喂养持续时间对产后体重滞留影响的所有相关研究均来自于 Pubmed、Cochrane 和万方等数据库（1960-2016 年）。此次荟萃分析已经在系统评价的国际前瞻性注册数据库中进行了注册（CRD42016038409）。

## 结果

此次研究共纳入了 14 项队列研究，涉及 66 项比较。与人工喂养的母亲相比，母乳喂养的母亲其产后体重滞留显著降低了 0.38kg（95%置信区间：-0.64、-0.11kg）。亚组分析显示，初产妇、年龄低于 30 岁或孕前体质指数正常的母亲，产后体重滞留水平较低。将母乳喂养持续时间按阶段划分为 <12 周、12 周-24 周、24 周-48 周以及 >48 周，母乳喂养母亲的产后体重滞留呈现出 U 形趋势：在母乳喂养的早期阶段（<12 周）开始下降，（从 <12 周时的+0.23 公斤下降到 24-28 周时的-1.58 公斤），，然后在后续阶段又出现上升（从 24-28 周时的-1.58 公斤，增加到 >48 周时的-0.97 公斤）。

## 结论

研究结果表明，母乳喂养（纯母乳喂养及混合母乳喂养）持续时间与产后体重滞留呈负相关。在年龄 < 30 的母亲、初产妇、孕前体质指数正常或母乳喂养持续时间为 6-12 个月的母亲中，母乳喂养对产后体重滞留的影响更为显著。

参考文献: Jiang M,et al. Clin Nutr. 2018 Aug;37(4):1224-1231.

文献链接: <https://www.ncbi.nlm.nih.gov/pubmed/28606701>

**Table 1**  
Main characteristic of the included articles in the present research.

Author, year	Country	Age	Sample size	Pre-pregnancy BMI (kg/m <sup>2</sup> )	Parity	Breastfeeding duration	Postpartum time	Loss rate
Lorraine, 1997	USA	30	207	21.6–22.6	Multipara	4 months	4 months	0
Sichieri, 2003	Brazil	30.2	4348	<25 or ≥25	Primipara/ multipara	1–3 months	3 month	0
		30.4		<25 or ≥25		4–7 months	7 months	
		30.2		<25 or ≥25		8–11 months	11 months	
		31.2		<25 or ≥25		≥12 months	≥12 months	
Krause, 2010	USA	23.9	14,330	26.3	Multipara	<3 months	3 months	46.5
		23.9		26.3		<6 months	6 months	
Ostbye, 2010	USA	22.5	32,920	26.4	Multipara	<1 months	2.8 years	53.2
		22.5		26.4		2–5 months		
		22.5		26.4		>5 months		
Alison, 2011	USA	36.8	570	26.9	Multipara	<3 months	3 years	7
		37.2		24.9		3–6 months		
		38.2		24.8		6–12 months		
		38.8		23.7		≥12 months		
Brewer, 1989	USA	27	56	<25	Mutipara	<3 months	3 months	0
		27		<25		3–6 months	6 months	
Zhao, 2012	China	27.8	450	<25	Primipara	<42 days	42 days	0
		27.8		<25		4–6 months	4–6 months	
Chen, 2013	China	28	608	23.7	Primipara	<42 days	42 days	32.6
		28		23.7		42 days–3 months	3 months	
		28		23.7		3–6 months	6 months	
		28		23.7		6–9 months	9 months	
Gilbert, 2004	Brazil	26.2	405	22.7	Multipara	2 months	2 months	23.1
						6 months	6 months	
Butte, 1999	USA	28.8	76	<25	Multipara	3 months	3 months	15.8
Wosje, 2004	USA	>30	168	<25	Multipara	6 months	6 months	14.3
Dewey, 1993	USA	>30	85	22	Multipara	3 months	3 months	0
Dujmovic, 2014	Croatia	30.7	159	23.21	Multipara	12 months	12 months	11.7
						1 months	1 months	
						3 months	3 months	
						6 months	6 months	
Okechukwu, 2008	Nigeria	26.8	527	23.51	Multipara	1,2,3,4,5,6 months	1,2,3,4,5,6 months	0

**Table 3**  
Subgroup analyses of postpartum weight retention in stratified by feeding method, country, age, parity, pre-pregnancy body mass index, breastfeeding duration, and postpartum duration.

Sub-group analysis	Comparisons	References	PPWR, Kg (95% CI)	Test of heterogeneity (I <sup>2</sup> )
<b>Breast feeding method</b>				
Exclusive breast	43	8, 9, 14–20, 23	–0.31 (–0.70, 0.08)	91.7%
Mixed	14	9, 15–18	–0.65 (–1.12, –0.19) <sup>†</sup>	94.0%
Exclusive/mixed	9	12, 13, 21, 22	–0.18 (–0.63, 0.27)	75.8%
<b>Country</b>				
Developed	25	9, 12–15, 19–22	–0.24 (–0.65, 0.16)	92.2%
Developing	41	8, 16–18, 23	–0.48 (–0.84, –0.11) <sup>†</sup>	93.3%
<b>Age</b>				
≤30 year old	39	9, 12, 13, 15–19, 23	–0.65 (–0.98, –0.32) <sup>†</sup>	94.1%
>30 year old	27	8, 14, 20–22	0.10 (–0.29, 0.50)	83.8%
<b>Parity</b>				
Primipara	22	8, 16, 17	–1.38 (–2.28, –0.48) <sup>†</sup>	90.0%
Multiple	44	8, 9, 12–15, 18–23	0.04 (–0.24, 0.33)	93.7%
<b>Pre-pregnancy body mass index</b>				
<25 kg/m <sup>2</sup>	50	8, 12, 14–23	–0.44 (–0.75, –0.12) <sup>†</sup>	94.1%
≥25 kg/m <sup>2</sup>	16	8, 9, 13, 14	–0.30 (–0.74, 0.14)	84.3%
<b>Breastfeeding duration</b>				
<12 weeks	23	8, 13–23	0.23 (–0.20, 0.66)	91.5%
12–24 weeks	23	8, 9, 12–19, 22, 23	–0.20 (–0.27, –0.13) <sup>†</sup>	89.3%
24–48 weeks	13	8, 9, 13, 14, 17, 21–23	–1.58 (–2.27, –0.89) <sup>†</sup>	86.5%
≥48 weeks	7	8, 14, 17	–0.97 (–1.45, –0.49) <sup>†</sup>	90.8%
<b>Postpartum time</b>				
<12 weeks	21	8, 15–23	0.27 (–0.21, 0.74)	91.3%
12–24 weeks	21	8, 9, 12, 15–19, 22, 23	–0.21 (–0.28, –0.14) <sup>†</sup>	90.2%
24–48 weeks	11	8, 9, 17, 21–23	–1.76 (–2.55, –0.96) <sup>†</sup>	84.3%
≥48 weeks	13	8, 13, 14, 17	–0.75 (–1.34, –0.16) <sup>†</sup>	86.3%
<b>Postpartum weight</b>				
Measured	45	9, 13–15, 17–23	–0.65 (–0.97, –0.33) <sup>†</sup>	95.1
Self-reported	21	12, 8, 16	0.24 (–0.13, 0.60)	50.5

<sup>†</sup>P < 0.05.

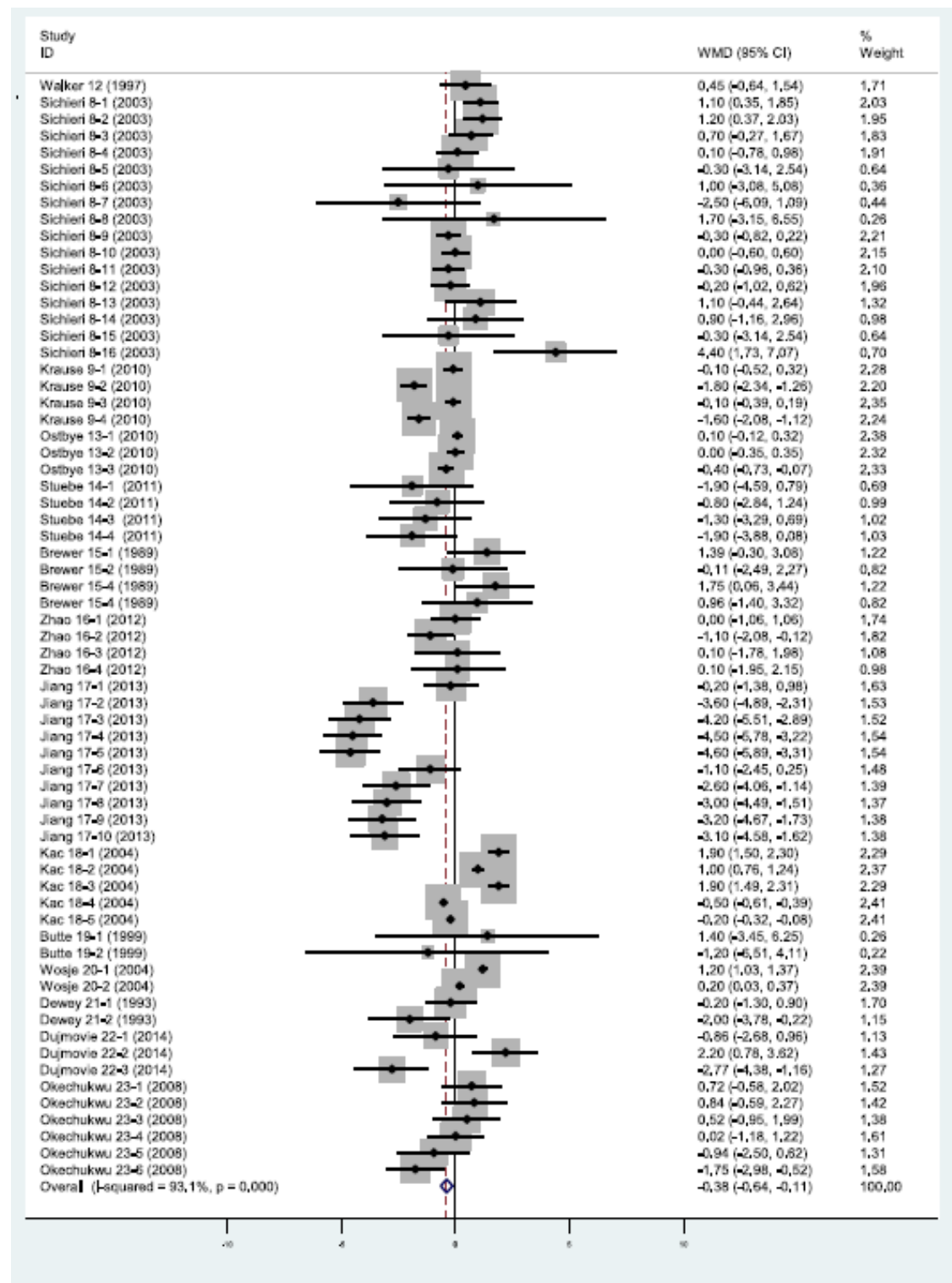


Fig. 2. Random-effects model meta-analysis of cohort studies that described the influence of breastfeeding duration on postpartum weight retention.