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Interruption of Breastfeeding and Obesity: an Integrative Review

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ABSTRACT

Introduction: Obesity is understood as a global epidemic due to its degree of expansion in the last decades. Early Interruption of breastfeeding, in turn, has a significant influence on the prevalence of obesity in children and adolescents, taunting a high negative impact on public health. **Objective:** Had as objective to make a literature review to rate the association between duration of breastfeeding, relating it to risks and comorbidities of obesity. **Methodology:** The applied methodology consists of a review of scientific articles indexed in the databases LILACS, PubMed/ MEDLINE, BDNF and SciELO, using the terms "breastfeeding", "childhood obesity", "food introduction" as the descriptor of the article and "nursing" as a word throughout the text without period from 2006 to 2016. **Results and Discussion:** Several articles on obesity and breastfeeding were found, the review it consisted of 9 scientific papers. Where 06 shows obesity and other metabolic detrimental effects in the child's body due to lack of breast milk benefits and 03 discuss inadequate nutritional practices, initiated concurrently after the early interruption of breastfeeding. **Conclusion:** Exclusive breastfeeding up to six months of age, as well as complementary feeding practices, allows the prevention of obesity, promoting the physical and mental health of the infants and the woman who breastfeeds, being extremely important for the growth and development of the child. Therefore, the incentive to breastfeed by the nurse should be intense, so that the children have an adequate and healthy development, since Breastfeeding, included as one of the national priorities, is considered the strategy that most prevents infant morbimortality.

Keywords: Childhood Obesity. Breastfeeding. Food Introduction.

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