

Impacto de la lactancia materna en el sobrepeso u obesidad de escolares.

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RESUMEN

Introducción: La Organización Mundial de la Salud (OMS), sostiene que el incremento del sobrepeso y la obesidad en la niñez es un problema para la salud pública en países industrializados y en desarrollo. Es importante la relación que existe entre las prácticas de la lactancia materna por parte de la madre al neonato desde el momento del nacimiento. La Lactancia Materna Exclusiva (LME), representa la opción con mayor cantidad de nutrientes y provee de beneficios positivos para la madre y el niño. Estudios demostraron que la leche materna exclusiva o predominante durante los primeros seis meses de vida es un factor protector contra la malnutrición por exceso durante la etapa preescolar. **Objetivo:** Demostrar el impacto de la lactancia materna en el sobrepeso u obesidad de escolares. **Metodología:** Estudio descriptivo, retrospectivo y comparativo basado en una revisión sistemática en las diferentes líneas de investigación de acceso libre y especializadas en ciencias de la salud que cumplieran con los criterios de inclusión. **Resultados:** La malnutrición por exceso fue significativamente mayor en pacientes con cuatro o menos meses de lactancia materna exclusiva, el grado de obesidad infantil se relacionaron con el tiempo de duración de la lactancia materna exclusiva. Estudios revelaron que existe una relación entre el sobre peso de niños escolares y adolescentes y el abandono de la lactancia materna exclusiva antes de los cinco meses de edad. **Conclusión:** La lactancia materna exclusiva protege al

niño frente al exceso de peso y la adiposidad a corto y mediano plazo, siendo importante que a corto plazo se desarrollen estudios comparativos entre la cantidad y duración de la exposición a lactancia materna y su influencia en el sobre peso u obesidad de los niños.

Palabras clave: Lactancia materna, obesidad, sobrepeso, escolares.

ABSTRACT

Introduction: The World Health Organization (WHO) maintains that the increase in overweight and obesity in childhood is a public health problem in industrialized and developing countries. The relationship that exists between the mother's breastfeeding practices to the neonate from the moment of birth is important. Exclusive Breastfeeding (EBF) represents the option with the highest amount of nutrients and provides positive benefits for the mother and the child. Studies have shown that exclusive or predominant breast milk during the first six months of life is a protective factor against excess malnutrition during preschool. **Objective:** To demonstrate the impact of breastfeeding on the overweight or obesity of schoolchildren. Methodology: Descriptive, retrospective and comparative study based on a systematic review in the different lines of free access research specialized in health sciences that met the inclusion criteria. **Results:** Malnutrition due to excess was significantly higher in patients with four or less months of exclusive breastfeeding, the degree of childhood obesity was related to the duration of exclusive breastfeeding. Studies revealed that there is a relationship between the overweight of school children and adolescents and the abandonment of exclusive breastfeeding before five months of age. **Conclusion:** Exclusive breastfeeding protects the child against excess weight and adiposity in the short and medium term, it is important that in the short term comparative studies are developed between the amount and duration of exposure to breastfeeding and its influence on the envelope children's weight or obesity.

KeyWords: Breastfeeding, obesity, overweight, schoolchildren.

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