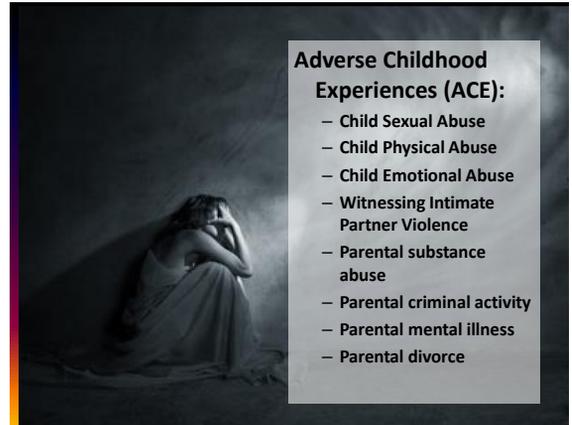




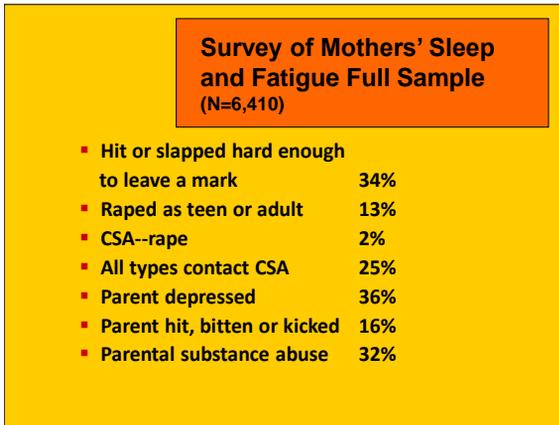
Breastfeeding and Survivors of Adverse Childhood Experiences

Kathleen Kendall-Tackett, PhD, IBCLC, FAPA



Adverse Childhood Experiences (ACE):

- Child Sexual Abuse
- Child Physical Abuse
- Child Emotional Abuse
- Witnessing Intimate Partner Violence
- Parental substance abuse
- Parental criminal activity
- Parental mental illness
- Parental divorce



Survey of Mothers' Sleep and Fatigue Full Sample (N=6,410)

- Hit or slapped hard enough to leave a mark 34%
- Raped as teen or adult 13%
- CSA--rape 2%
- All types contact CSA 25%
- Parent depressed 36%
- Parent hit, bitten or kicked 16%
- Parental substance abuse 32%



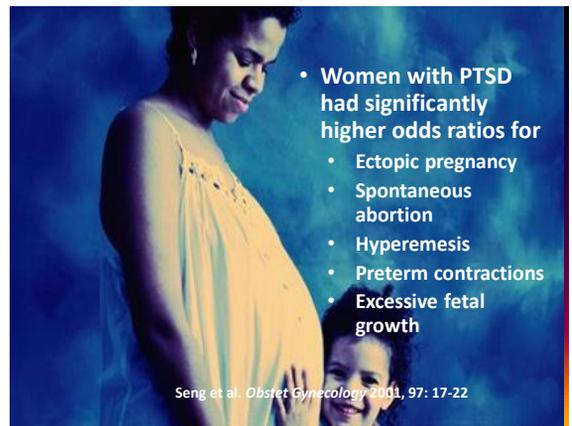
- Higher
 - healthcare use
 - healthcare costs
- More
 - reported symptoms
 - chronic pain syndromes
 - cardiovascular disease
 - metabolic syndrome and diabetes
 - autoimmune disease
- Overall less satisfaction with their health



Canadian Community Health Survey (N=36,984)

- PTSD increased risk of:
 - cardiovascular disease
 - respiratory diseases
 - chronic pain
 - gastrointestinal illnesses
 - cancer

Sareen et al. *Psychosom Med* 2007; 69(3), 242-248



- Women with PTSD had significantly higher odds ratios for
 - Ectopic pregnancy
 - Spontaneous abortion
 - Hyperemesis
 - Preterm contractions
 - Excessive fetal growth

Seng et al. *Obstet Gynecology* 2011, 97: 17-22

360 primips 74% Black, 77% low-income, 12% CSA

Intention to breastfeed

- Sexual abuse survivors (53.6%)
- Non-abused women (40.6%)

Benedict, Paine & Paine, 1994 Final report, National Center on Child Abuse and Neglect. Washington DC: NCCAN



Representative U.S. sample of 1220 mothers with children younger than age 3

- 7% reported CSA

CSA survivors more than twice as likely to initiate breastfeeding (OR=2.58)

Prentice et al., *J Hum Lact* 2002, 18: 219-226



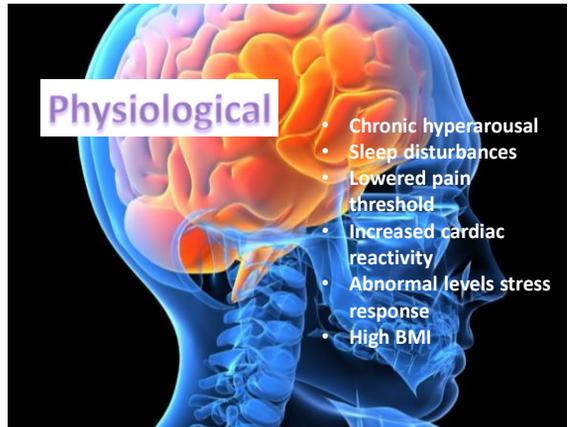
Impact ACEs

- Physiological
- Behavioral
- Cognitive
- Social
- Emotional



Physiological

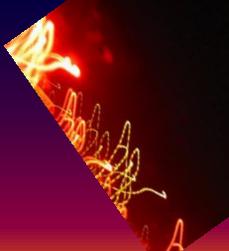
- Chronic hyperarousal
- Sleep disturbances
- Lowered pain threshold
- Increased cardiac reactivity
- Abnormal levels stress response
- High BMI



Dunedin Multidisciplinary Health and Development Study (N=1,037), age 20

- Independent effect of childhood maltreatment on C-reactive protein
- Elevated white blood cells and fibrinogen
- Severe abuse led to more inflammation

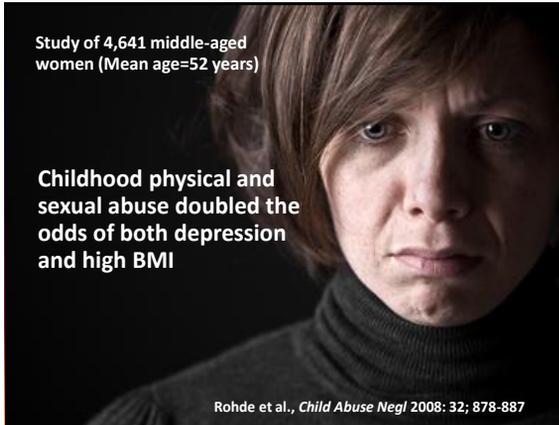
Danese et al., *Proc Nat Acad Sci U S A* 2007;104(4), 1319-1324



Behavior

- High BMI
- Substance Abuse
- Smoking
- High-risk sexual behavior
- Suicide attempts
- Sleep problems





Study of 4,641 middle-aged women (Mean age=52 years)

Childhood physical and sexual abuse doubled the odds of both depression and high BMI

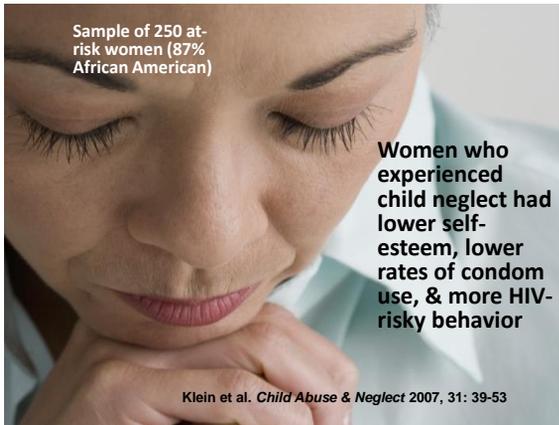
Rohde et al., *Child Abuse Negl* 2008; 32: 878-887



921 men and women from Finland

- In women, depressive symptoms increased risk of metabolic syndrome
- Metabolic syndrome in childhood predicted higher depressive symptoms in adulthood

Pulkki-Raback et al., *Health Psychol* 2009; 28: 108-116



Sample of 250 at-risk women (87% African American)

Women who experienced child neglect had lower self-esteem, lower rates of condom use, & more HIV-risky behavior

Klein et al. *Child Abuse & Neglect* 2007, 31: 39-53



Cognitive I: Beliefs about Self

- Shame/self-blame
- Attributional style
- Self-efficacy
- Health perception



Cognitive II: Beliefs about Others

- Internal Working Model
- Mistrust & Hostility
- Rejection Sensitivity



Sample from primary care,

- 52% of CSA survivors did not trust others
- 17% of non-abused women

Hulme, *Child Abuse Neglect* 2000, 24: 1471-1484

Social Factors

- Insecure Attachments
- Quality of Current Relationships
- Divorce
- Social Isolation
- Co-Dependent Style
- Low Income
- Homelessness
- Revictimization



One study found no difference between abused and non-abused women in initiation or duration of breastfeeding

“Are women who are abused by their partners less likely to breastfeed?”

Bair-Merritt et al., *Pediatrics* 2006, 117: 278-290; Bullock et al., *Canadian J Nurs Res* 2001, 32: 43-56



- Smoking
- Short hospital stay
- Low birth weight baby
- Admission to NICU
- Partner’s lack of support



Amir & Donath, *Birth* 2002, 29: 112-123; Heck et al., *Birth* 2003, 30: 153-159; Kong & Lee, *J Adv Nurs* 2004, 46: 369-379; Scott et al., *Birth* 2006, 33: 37-45

CSA women

- Less positive with children, more negative interactions
- Lower self-esteem and maternal confidence
- Quality of mother/child relationship was explained by the mother’s mental health

Longitudinal study from Avon, UK (N=8292)

Roberts et al. *Child Abuse Neglect* 2004, 28: 525-545



Women who broke the cycle of abuse

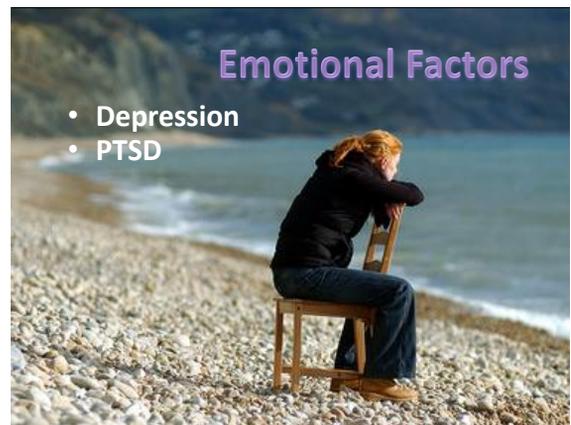
- Had emotional support from a non-abusive adult during childhood
- Participated in therapy
- Had a non-abusive, emotionally supportive relationship with a mate



Egeland, Jacobvitz & Sroufe, *Child Develop* 1988, 59: 1080-1088

Emotional Factors

- Depression
- PTSD



Community sample of 3,568 women (ages 18-64)

Women with a history of CSA and CPA had increased prevalence of:

- Severe depression
- Joint pain
- Nausea and vomiting
- Fair/poor health

Bonomi et al. *Child Abuse Negl* 2008; 32: 693-701

- Half had a history of CSA
- CSA women were had significantly more depressed and anxious, with greater life stresses
- Less improvement in symptoms over time

3-year follow-up of mothers who had MDD postpartum

Buist & Janson, *Child Abuse Neglect* 2001, 25: 909-921

Breastfeeding improves mother-infant interaction and stops intergenerational transmission of abuse and trauma

- Babies of depressed-breastfeeding mothers had normal EEG patterns
- Depressed-BF moms touched, stroked and looked at babies more than depressed-non/BF moms

Jones et al., *Biol Psychology* 2004; 67: 103-124

14-year longitudinal study in W. Australia of 2900 pregnant women

- Children assessed at 2, 6, 8, 10 and 14 years
- Longer duration of breastfeeding associated with better child mental health at every assessment

Oddy et al. *J Pediatrics* 2009; 56(4), 568-574

Child Behavior Checklist Scores

– Total morbidity

| | Never BF | BF 12+ Months |
|--------|----------|---------------|
| Age 2 | 16.1 | 9.6 |
| Age 5 | 26.3 | 16.0 |
| Age 8 | 19.4 | 13.5 |
| Age 10 | 15.2 | 12.6 |
| Age 14 | 16.7 | 10.9 |

Oddy et al. *J Pediatrics* 2009; 56(4), 568-574



- 15-year cohort study of 7,223 Australian mother-infant pairs
- 512 substantiated maltreatment reports (4.3% of cohort)
- Breastfeeding decreased risk of maternal-perpetrated child maltreatment
 - OR=2.6 for non-breastfed
 - OR=1.1 for breastfed

Strathearn et al. Pediatrics 2009; 123: 483-493



- Risk of neglect decreased with breastfeeding duration
 - OR=1.0 >4month
 - OR=2.3 for <4 months
 - OR=3.8 for non-breastfed

Strathearn et al. Pediatrics 2009; 123: 483-493

