

Nutrition guidance assignment

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Part 1: Differences between primary and secondary research sources:

A primary research source is a document that provides evidence of a specific event, object, or person. Such sources can include results of experiments, analytical data, legal documents, and even eyewitness accounts. A secondary research source is one that interprets and analyzes primary sources. Secondary sources can cite a primary source and other secondary sources as well.

Such sources can include articles found in newspapers, a review in a scholarly journal that analyzes someone else's research (Primary and Secondary Sources). 1 A specific example of a primary research source would be, a recorded interview with a Choctaw American Indian and a secondary source would be a journal article about Native Americans who served in WWII (BMCC Library). 2

Part 2: Guidance on Breastfeeding

A systematic review was conducted to assess the association between breastfeeding and childhood obesity. 3 Due to the rapid increase in number of cases reported within the past few years, obesity has become a major health concern for all ages. Obesity has been known to lead to diabetes, cardiovascular disease, and even death. It has been proposed that obesity starts at childhood and early preventative actions such as breastfeeding can lower the risk of childhood obesity and other health complications. "

According to the International Obesity Taskforce (IOTF) and the World Health Organization (WHO), there are more than 200 million overweight or obese

children throughout the world and, in 2010, over 42 million children under the age of 5 were classified as overweight." 3

The objective of this research article was to analyze previous studies that had been conducted and had shown the association of breastfeeding in regard to childhood obesity. To perform this study, researchers comprised a strategy to screen Full Text databases for articles that were relevant to breastfeeding and obesity in children. They excluded any studies that provided insufficient data, were not primary researches, or focused on another disease other than obesity. They were able to find twenty-five studies that were of relevance to their investigation.

From the analysis of these studies, seventeen studies revealed an effect between breastfeeding, and the reduced risk of childhood obesity. They found that children who were breastfed for at least seven months showed a significant decrease in the risk of childhood obesity than those who were breastfed less than three months. They were also able to conclude that there was a 22% decrease in obesity of children who were breastfed than those who never were. 3 From their research, they were able to be concluded that breastfeeding has been found to be a preventative factor in fighting obesity in children.

From this study, it can be recommended that clinical practitioners provide mothers-to-be with information on obesity and the affects from it, the benefits of breastfeeding and how it can lower obesity in children and provide them with alternative resources to conduct more research if they are still unsure if they should breastfeed or bottle feed their infant.

They should stress the increasing rate of obesity in children and how human milk provides the infant with adequate nutrition needed for growth and how it can be a preventative measure in reducing the risk of their child later being identified as overweight or obese. It has been suggested that lack of support leads to a decrease in breastfeeding, so any educational information that can be given to the family to help support the mother can help increase the longevity of breastfeeding a newborn.

Part 3: Patient-Centered Resource

Womenshealth.gov, is a credible website resource for mothers-to-be and new moms to utilize. It is a site within the U. S. Department of Health ; Human Services that provides information on breastfeeding. It is a great patient centered resource because it includes education on breastfeeding and why it is best for the baby, provides tips and illustrations on how to breastfeed comfortably and how to overcome common challenges, and even includes personal stories from other mothers to help encourage breastfeeding.

Within this site, it also includes a section of other resources on information about breastfeeding, and a section about breastfeeding from other federal agencies. Patients can utilize this resource in many ways. It provides answers to many of the top questions mothers have about breastfeeding that they may be afraid to ask or just answers to questions that they want more information on.

This site uses information found from the American Academy of Pediatrics and many other credible sources to provide mothers with the most accurate information and is not a position website that is just one-sided. It does agree with current scientific evidence on the health benefits of breastfeeding a newborn. One unique thing I found about this source, is that it provides a helpline for mothers to call if they need help or have any questions with the material provided of general questions on breastfeeding.

Part 4: Social Media

I have created a blog for expecting and new mothers about breastfeeding that can be posted in " Cafemom." This is a social networking site that allows mothers-to-be and mothers to get advice and support on various topics and allows them to learn from experiences of other mothers.

Works Cited

- Primary and Secondary Sources. <https://library.ithaca.edu/sp/subjects/primary>. Accessed August 2, 2018.
- BMCC Library. <http://lib1.bmcc.cuny.edu/help/sources/>. Accessed August 2, 2018.
- Yan J, Liu L, Zhu Y, Huang G, Wang PP. The association between breastfeeding and childhood obesity: a meta-analysis. *BMC Public Health*. 2014; 14(1). doi: 10.1186/1471-2458-14-1267.