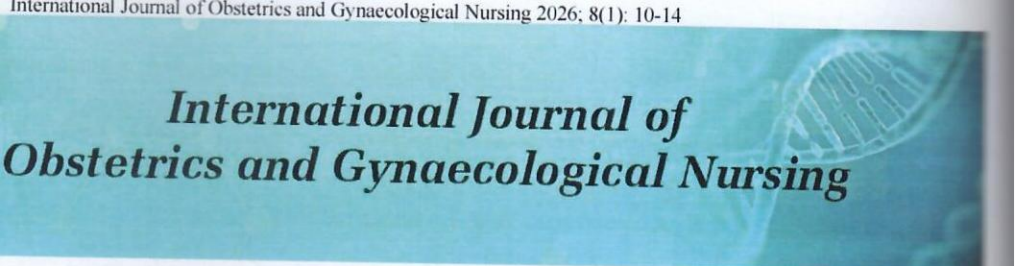


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A study to assess the effect of exclusive breastfeeding on postpartum weight loss among women in tertiary care hospital, Navi Mumbai

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Abstract

Postpartum weight retention is a major contributor to long-term overweight and obesity among women. Exclusive breastfeeding has been proposed to support postpartum weight loss due to its high energy demands, yet evidence from tertiary-care hospital settings remains limited. This prospective observational study aims to assess the effect of exclusive breastfeeding on postpartum weight loss among women delivering in a tertiary care hospital. Postpartum mothers meeting eligibility criteria will be enrolled immediately during delivery. Breastfeeding practices will be categorized based on WHO definitions and weight measurements will be recorded at Postpartum day one, one week, one month and six months postpartum. The study will evaluate the association between exclusive breastfeeding and maternal weight change over time. Findings from this research may help strengthen breastfeeding counselling and guide interventions aimed at improving maternal health outcomes in tertiary care hospitals.

Keywords: Exclusive breastfeeding, postpartum weight loss, maternal health, tertiary care hospital, body mass index (BMI)