

Table 2: Studies in the literature examining the associations between breastfeeding duration and childhood overweight/obesity occurrence.

Source	Study Sample	Type of Study	Location	Follow-up Period/Study Design	Study Results
Huus et al. 2008 ²⁸	16,058 neonates → 7,356 children at five years of age	Prospective cohort study (All Babies in South- east Sweden Study)	Southeast Sweden	Follow-ups via question- naire at ages 1, 2.5, and 5 years of age	There was a weak association between exclusive breastfeeding for < 4 months and obesity at age 5 years, but after adjustment for confounding factors, the association was non-significant
Gopinath et al. 2012 ⁸	1,741 children aged 6 years and 2,354 children aged 12 years	Cross-sectional study (The Sydney Child- hood Eye Study)	Sydney, Aus- tralia	Data collection about the perinatal environment re- trospectively, through the use of questionnaires	Breastfeeding for < 3 months was a statistically significant factor over- weight occurrence in twelve-year-old cohort, while it was marginally non- significant in the six-year-old cohort
Shi et al. 2013 ²⁹	968 full-term children aged 6-11 years	Population-based study (Canadian Health Measures Survey)	Canada	Data collection about the perinatal environment retrospectively, through the use of questionnaires and interviews	Exclusive breastfeeding for 6 months was inversely associated with the occurrence of obesity in childhood (6-11 years of age)
Grube et al. 2015 ⁷	13,163 children and adolescents aged 3-17 years	Cross-sectional study (KiGGS)	Germany	Analysis of retrospec- tively collected data about breastfeeding duration	Breastfeeding for <4 months was a statistically significant risk factor for the occurrence of overweight and obesity on the overall sample. When analysis was carried out for different age groups (3-6, 7-10, 11-13 and 14-17 years of age), breastfeeding for ≥ 4 months had a beneficial effect on the occurrence of overweight and obesity only in ages 7-10 years
Portela et al. 2015 ⁶	672 mother-baby pairs	Prospective cohort study	Feira de Santana, Brazil	Follow-up at 6 years	Breastfeeding duration < 12 months was associated with higher preva- lence of overweight and obesity at six years of age
Wang et al. 2017 ³⁰	1,234 neonates	Prospective study	United States of America	Follow-ups at 2, 3, and 4.5 years and at grade 1, 3, and 6, including anthro- pometric measurements evaluation	Obesity prevalence was lower among children that were breastfed for ≥6 months, in comparison with breastfeeding duration <6 months or no breastfeeding at all