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## The impact of breastfeeding on health and the economy

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### **Abstract:**

This research deals with the impact of breastfeeding on health and the economy, by addressing the statement of the concept of breastfeeding, its definition, types and effects on the child and on breastfeeding as well, and the second element we have devoted to explaining what is meant by the impact of breastfeeding on the economy by addressing some details related to artificial breastfeeding through a statement of its definition and impact on the child as well as the impact of breastfeeding and artificial feeding on the economy.

We have reached a set of results, including: that breast milk is the ideal food for the baby, as it provides all the nutrients necessary for healthy growth, and economically, it saves money for the purchase of milk and a bottle of milk, as well as the expenses of treatment of various diseases that can affect the infant who is fed with formula.

**Keywords:** breastfeeding, bottle-feeding, infant health, lactating health.

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### **1. Introduction:**

Praise be to Allah and enough, and prayers and peace be upon the Prophet Mustafa, his family and companions, and those who followed his path and followed and after:

The nutrition of the child is one of the important issues where the growth of the child depends on the type of food he eats, whenever the food is sound, this reflects positively on the health of the child, and therefore milk is considered the ideal food for the child because it is designed to provide him with all the nutrients that the infant needs for a healthy sleep, and therefore the stage of breastfeeding is the most important and dangerous stage in the life of the infant because he needs the help of others to grow and not be exposed to destruction, and we will try through this research to explain what is meant by breastfeeding and artificial feeding and try to Reaching the best type by explaining the pros and cons of each type of breastfeeding by addressing the concept of breastfeeding as well as explaining its types and benefits, and finally we will address the impact of breastfeeding on health as well as its impact on the economy.

The problem of this research came under the following question: **What is the impact of breastfeeding on health and the economy?**

**Objective of the study:** This study aims to demonstrate the impact of breastfeeding and artificial feeding on the health of infants and lactating women, as well as the impact of breastfeeding and artificial feeding on the economy.

**Research Methodology:** In this research, we have relied on the descriptive approach by collecting information and describing the studied phenomenon.

## **2. The impact of breastfeeding on health:**

### **2.1. Definition of lactation:**

#### **2.1.1. Lactation Language:**

Infants: Infants of the boy and others suckling example of beating hits, Najdi language, and infants example of hearing suckling infants and infants and infants and suckling and suckling and lactation and lactation, it is breastfeeding, and plural infants, suckled goat any drank milk itself, and saying: no wing you have to breastfeed your children, ie ask breastfeeding for your children. <sup>(1)</sup>

Breastfeeding and lactation is a source of the verb infants, infants, which is drinking milk from the udder or breast, and it is said to the newborn infant and lactating, and it is said to the woman who breastfeeds her child a breastfeeding and lactating woman, and the two breastfed: the folds on which he drinks. <sup>(2)</sup>

#### **2.1.2. As for the terminology, they are:**

Give the infant breast milk only while excluding any other food, whether solid or liquid, i.e. not giving the baby any other food or drink except breast milk. <sup>(3)</sup>

Breastfeeding is released and means feeding the newborn from breast milk through the nipple alternately, and breast milk is called breastfeeding and its color is close to white, and the rate of breastfeeding is calculated by dividing the number of children who are breastfed by the total children of the same age. <sup>(4)</sup>

### **2.2. Types of lactation:**

There are two types of breastfeeding for a baby: <sup>(5)</sup>

Breastfeeding: that is, when a woman breastfeeds her baby from her breast milk, as the milk secreted by her breasts after birth provides the necessary elements for the baby during the first months of his life.

Abnormal feeding: also known as artificial feeding, where infant formula is used to feed the baby instead of breast milk, and formula milk is known as infant formula, and is usually made from cow's milk that is processed to make it more suitable for infants.

The correct formula feeding for the baby is based on the use of the first formula for infants, which is the only formula that the baby needs, as the formula provides the children with the nutrients they need for growth and development and the baby can continue to eat it when we start offering him solid foods at about 6 months and drink them throughout their first year.

As for how long babies are breastfeeding, many medical experts, including the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding for 6 months. After introducing other foods, she recommends continuing to breastfeed through the baby's first year of life.

The number of times babies are breastfed varies by age, with newborns often needing to be breastfed every two or three hours, by two months they are breastfed once every three or four hours, and by six months most babies breastfeed once every four or five hours. Breastfeeding is very important for the baby, especially if it is natural it is better than bottle feeding.

### **2.3. Benefits of breastfeeding for baby:**

The benefits of breastfeeding are many, including: <sup>(6)</sup>

Breast milk provides the ideal nutrition for infants, as it contains almost perfect combination of vitamins, proteins and fats, that is, everything the baby needs to grow, and all of them are provided in a form that is easier to digest than infant formula, breast milk contains antibodies that help the baby fight viruses and bacteria, and breastfeeding reduces the baby's risk of asthma or allergies. In addition, babies who are exclusively breastfed during the first six months, without any combination, do not suffer from ear infections, respiratory diseases, and bouts of diarrhea, also have fewer hospitalizations and trips to the doctor..

Breastfeeding has also been linked to higher IQ scores in late childhood in some studies, moreover, physical proximity, skin-to-skin touching, and eye contact all help the baby bond with their mother and feel safe, and breastfed babies are more likely to gain the right amount of weight as they grow rather than gain weight. AAP says breastfeeding also plays a role in preventing SIDS It is sudden infant death syndrome, and is thought to reduce the risk of diabetes, obesity and certain types of cancer as well.

These benefits are specific to the infant and there are benefits related to breastfeeding, including that breastfeeding burns additional calories, so it can help the breastfeeding woman to lose weight during pregnancy faster, and the hormone oxytocin is secreted, which helps the uterus return to its size before pregnancy and may reduce uterine bleeding after birth, and there are continuous benefits of breastfeeding after one year and up to two years, especially in the mother, and breastfeeding reduces the risk of infection Breast and ovarian cancer may also reduce the risk of osteoporosis, and the mother does not have to buy and measure formula milk or sterilize nipples or warm bottles, this saves her time and money, and it also gives her regular time to relax quietly with her baby.

In the first few days after birth the first milk is perfect and is called colostrum, colostrum is thick yellowish, and there is not much of it, but it helps the growth of the newborn's digestive system and prepare itself to digest breast milk.

Colostrum is the first stage of breast milk, which changes over time to give the baby the nutrition it needs as it grows, and the second stage is called transitional milk where colostrum is gradually replaced by the third stage of breast milk, which is called mature milk, so that by 10 to 15 days after birth, the breastfeeding woman will get mature milk, which gives the baby all the nutrition he needs..

The benefits of breast milk for the baby are also included <sup>(7)</sup>:

It contains all the nutrients that the baby needs during the first six months,

It also contains a range of factors that protect the baby while the immune system is still developing, helps the child resist infection and disease, even later in life, reduces the risk of obesity in the long run, helps develop the eyes, brain and other body systems, breastfeeding helps develop the jaw.

#### **2.4. Effects of breastfeeding on lactating women:**

Breastfeeding women should be prepared for the side effects they may experience as a result of breastfeeding and manage them properly, including: <sup>(8)</sup>

Back pain, which is one of the side effects of breastfeeding, when you bend to put your baby on your chest to breastfeed, this will cause you back pain as a result of the weight of your baby, and this effect can be treated by sitting in a position with the back straight while feeding the baby, as well as looking for a way to lift the baby to you, for example using additional

pillows in the breastfeeding stone and this will reduce the weight that the mother must carry and prevent her from bending over to carry the baby.

Bruising as breastfeeding can cause some large bruises on the breast, especially if the toddler presses on the breast during the breastfeeding period, in which case the baby's hands can be covered with gloves.

Carpal tunnel syndrome, the carpal tunnel is a passage in the wrist consisting of ligaments and bones, protecting the tendons as well as the median nerve, and pressure on this nerve can cause carpal tunnel syndrome. Breastfeeding mothers may experience carpal tunnel symptoms more severe than non-breastfeeding mothers, and those who thought they had carpal tunnel can communicate with their doctor about their concerns and should tell them that they are breastfeeding, as they may treat carpal tunnel syndrome through the following: Splinting is a non-surgical option that your doctor may suggest as a treatment.

NSAIDs, which are commonly used in cases of carpal tunnel suffered by breastfeeding women due to lactation.

Cramps when you breastfeed, as the body produces hormones such as: oxytocin, which is responsible for helping the uterus shrink to its size before pregnancy, when it shrinks, it may convulse, this is normal during breastfeeding and a sign that the breastfeeding body is doing what it is supposed to do.

Osteoporosis during breastfeeding The mother may lose a small percentage of her bone mass, so she should maintain her bone strength by exercising and eating calcium-rich foods such as vegetables and milk, and she can also talk to her doctor about finding a supplement.

### **3. The impact of breastfeeding on the economy:**

#### **3.1. Bottle feeding <sup>(9)</sup>**

Before we address the impact of breastfeeding on the economy, it is necessary to clarify some of the details that fall under artificial feeding, as there are cases and circumstances in which the mother may have to feed her child through artificial feeding, which is an external means that is used in order to feed and grow the infant with milk appropriate to the age of the infant, and it is using the feeding bottle, and the formula contains nutrients close to breast milk, and there are several types of formulations suitable for children's ages and weight, and from It is necessary to ask the pediatrician which type is appropriate for the child.

Commercially prepared infant formula is a dietary alternative to breast milk and contains some vitamins and nutrients that infants need from nutritional supplements, and commercial formulations made in sterile conditions try to be an alternative to breast milk and this using a complex combination of proteins, sugars, fats and vitamins that cannot be made at home, in the first few months of a child's life can rely on formula milk because it is easy to digest and contains whey protein.

The difference between breast milk and formula is that breast milk is the best for the baby, and it is not equal to other types of milk because it protects the baby from viral and bacterial infections such as ear infections, respiratory infections, urinary tract infections, bacterial meningitis, enteritis, and other benefits that we have discussed before.

As for formula, it is also a healthy option for babies, it is created in the laboratory and in most cases cow's milk is commercially modified. Different brands and types of milk can lead to confusion, preparation errors and contamination, putting the baby's health at risk. The formula does not contain the same antibodies as breast milk, and the high concentrations of vitamins

and minerals in the formula make it difficult to digest and make the baby more likely to suffer from gas, constipation and stomach pain.

When preparing the infant's artificial feeding, it is necessary to sterilize the cannula well by boiling it well, as well as using healthy water or boiling water for a minute and letting it cool well before the feeding date, putting the appropriate amount of water specified by the doctor, then adding the amount of milk powder to the water according to the instructions on the package, the feeding bottle must be shaken well, test the temperature and make sure that it is suitable before feeding.

### **3.2. Causes of artificial feeding**

We can attribute the reason why the mother resorts to artificial feeding to a group of reasons, including: <sup>(10)</sup>

The mother has a disease or is taking specific medications, which prevents her from breastfeeding her child naturally, so as not to infect him or transmit the effects of medications to him, poor milk supply well, the presence of infection, infections or wounds in the mother's nipples, a sufficient reason not to breastfeed the child for a long time, the mother's suffering from postpartum depression, as this is accompanied by a bad psychological condition for the mother that affects her physical ability as well, and therefore she does not bear the pressure of breastfeeding her child.

Another important reason is that the woman has given birth to twins, and therefore her natural milk will not be enough to meet the needs of the two children, and this may be a sufficient reason for the mother to resort to feeding them formula, in order to compensate them, and we should not forget also that there are cases in the child, which is that he may be allergic to milk, so the only way to get rid of this is to resort to some types of milk that are special to avoid allergies.

### **3.3. The impact of lactation on the economy**

Breastfeeding is economically beneficial to the family because breast milk is free and ready at all times and reduces the expense needed to buy medicines to treat diseases that can be prevented by breastfeeding. <sup>(11)</sup>

A breastfeeding mother who relies on breastfeeding to feed her baby saves money and time when her baby is healthy and does not need care and treatment, expensive and imported formula milk and feeding bottles on the one hand and on the other hand saves resources and time by avoiding the use of fuel and water. <sup>(12)</sup>

### **Conclusion:**

From the above, we can reach a set of results, including:

Breastfeeding is of two types: when a woman feeds her baby from her breast milk; or unnatural feeding, also known as bottle-feeding, where infant formula is used to feed the baby instead of breast milk.

-Breastfeeding is one of the best ways that the mother relies on to feed her baby, so she does not need to heat and re-cool the water, nor does she need to sterilize and disinfect the bottle for breastfeeding, and therefore it can be said that the mother does not need any preparations before or after the lactation process.

-Breastfeeding has a great credit for providing a pure and healthy food for the infant, as the germs spread in the food we eat, in the water we drink and in the air we inhale negatively affect the effectiveness of artificial feeding.

Breastfeeding is a strong emotional bond between the mother and her infant, as the mother cannot breastfeed her baby while she is far from him, unlike artificial feeding, where it is possible to rely on a substitute person or on some things surrounding the infant such as the pillow in the absence of an assistant.

-Direct physical contact is essential for the normal development of the child and breastfeeding helps the infant grow well away from various internal and physical diseases, as breast milk contains antibodies in addition to being unexpired.

Breastfeeding has an impact on infants and breastfeeding women at the same time.

Breastfeeding can save money by not buying formula and milk bottles, as well as reducing the expenses needed to buy medicines to treat diseases that can be prevented by breastfeeding.

Breast milk is the ideal food for the baby, as it is designed to provide him with all the nutrients for healthy growth, breast milk adapts to the growth of the child to meet his changing needs, and protects him from infections and diseases, in addition to being easy to obtain and available whenever the child needs it, and in some cases the mother cannot breastfeed the child, in this case it is possible to resort to artificial feeding even if the benefits of breast milk are not compared to artificial milk, but it is an alternative to it.

### **Marginalization list:**

- (1) Ibn Manzur, Lisan al-Arab, Dar Sader Beirut, 3rd Edition, 1414 AH, vol 8, pp. 125-126.
- (2) Omar Edition, Sociodemographic Determinants of Breastfeeding in Algeria Using Bilateral Logistic Regression through the Data of the Multiple Indicator Cluster Survey (MICS4) 2012-2013, Journal of the Researcher in the Humanities and Social Sciences, N°1, p. 319.
- (3) Ibid., p. 319.
- (4) Bennour Sabra and Kouache Zahra, The Reality of Breastfeeding in Algeria between 2000 and 2012 Based on Algerian Multiple Indicator Survey Data, Journal of the Researcher in the Humanities and Social Sciences, N°4, p. 103.
- (5) Types of lactation and the effect of lactation on breastfeeding women, article published on <https://www.babonej.com.com>, accessed October 2, 2022.
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