

References for “Exclusive Lactation: an intervention associated with improved lipid profile postpartum”

1. LippiG,AlbieroA,MontagnanaM,etal.Lipidandlipoproteinprofilein physiological pregnancy. *Clin Lab* 2007;53(3-4):173-7. (<https://www.ncbi.nlm.nih.gov/pubmed/17447654>)
2. JayalekshmiVS,RamachandranS.Maternalcholesterollevelsduringgestation: boon or bane for the offspring? *Mol Cell Biochem* 2021;476(1):401-416. DOI: 10.1007/s11010-020-03916-2.
3. BrizziP,TonoloG,EspositoF,etal.Lipoproteinmetabolismduringnormal pregnancy. *Am J Obstet Gynecol* 1999;181(2):430-4. DOI: 10.1016/s0002-9378(99)70574-0.
4. StuebeAM,Rich-EdwardsJW.Theresethypothesis:lactationandmaternal metabolism. *Am J Perinatol*. 2009;26(1):81-88. DOI:10.1055/s-0028-1103034
5. GundersonEP,LewisCE,WeiGS,WhitmerRA,QuesenberryCP,SidneyS. Lactation and changes in maternal metabolic risk factors. *Obstet Gynecol* 2007;109(3):729-38. DOI: 10.1097/01.AOG.0000252831.06695.03.
6. NiuZ,NayaCH,ReynagaL,etal.AssociationofBreastfeedingDurationwith 12-Month Postpartum Blood Lipids in a Predominately Lower-Income Hispanic Pregnancy Cohort in Los Angeles. *Int J Environ Res Public Health* 2022;19(5). DOI: 10.3390/ijerph19053008.
7. RameezRM,SadanaD,KaurS,etal.AssociationofMaternalLactationWith Diabetes and Hypertension: A Systematic Review and Meta-analysis. *JAMA Netw Open* 2019;2(10):e1913401. DOI: 10.1001/jamanetworkopen.2019.13401.
8. RajaeiS,RigdonJ,CroweS,TremmelJ,TsaiS,AssimesTL.Breastfeeding Duration and the Risk of Coronary Artery Disease. *J Womens Health (Larchmt)* 2019;28(1):30-36. DOI: 10.1089/jwh.2018.6970.
9. GroerMW,JevittCM,SahebzamaniF,BecksteadJW,KeefeDL.Breastfeeding status and maternal cardiovascular variables across the postpartum. *J Womens Health (Larchmt)* 2013;22(5):453-9. DOI: 10.1089/jwh.2012.3981.
10. Organization WH. Indicators for assessing infant and young child feeding practices: conclusion of a consensus meeting held 6-8 November 2007 in Washington D.C. USA. . World Health Organization. Geneva2008.
11. Mansournia MA, Altman DG. Inverse probability weighting. *BMJ*. Published online January 15, 2016:i189. doi:[10.1136/bmj.i189](https://doi.org/10.1136/bmj.i189)
12. Breastfeeding. Accessed September 12, 2023. <https://www.who.int/health-topics/breastfeeding>
13. Kallio MJ, Siimes MA, Perheentupa J, Salmenpera L, Miettinen TA. Serum cholesterol and lipoprotein concentrations in mothers during and after prolonged exclusive lactation. *Metabolism* 1992;41(12):1327-30. DOI: 10.1016/0026-0495(92)90103-h.

Table 1. Descriptive tables of demographic variables (individual-level variables)

Characteristic	Overall, N=94 ¹	NEBF N= 19 ¹	EBF N = 75 ¹	p-value
Ethnicity ²				0.641
Not Hispanic or Latino	73 (77.66%)	14 (73.68%)	59 (78.67%)	
Hispanic or Latino	21 (22.34%)	5 (26.32%)	16 (21.33%)	
Race ²				0.673
White or Caucasian	65 (69.15)	12 (63.16)	53 (70.67)	
Black or African American	14 (14.89)	3 (15.79)	11 (14.67)	
Asian or Pacific Island	2 (2.13)	0 (0.0)	2 (2.67)	
Other	13 (13.83)	4 (21.05)	9 (12.00)	
Education ²				0.764
High School Graduate	19 (20.65%)	14 (19.18)	19 (20.65)	
College Graduate	41 (44.57%)	32 (43.84)	41 (44.57)	
Postgraduate	28 (30.43%)	24 (32.88)	28 (30.43)	
Others	4 (4.35)	3 (4.11)	4 (4.35)	
Marital status ²				0.019
Married	76 (81.72%)	12 (63.16)	64 (86.49)	
Non-married	17 (18.28%)	7 (36.84)	10 (13.51)	
Current working status ²				0.641
Full time	32 (34.78%)	8 (42.11)	24 (32.887)	
Part-time	21 (22.83%)	3 (4215.79)	18 (24.66)	
Not at all	39 (42.39%)	8 (42.11)	31 (42.47)	
Income, yearly ²				0.140
Less than \$70,000	46 (51.11%)	12 (66.67)	34 (47.22)	
>=\$70,000	44 (48.89%)	6 (33.33)	38 (52.78)	
Mode of Delivery ²				0.192
Vaginal	73 (78.49%)	17 (89.47)	56 (75.68)	
Cesarean	20 (21.51%)	2 (10.53)	18 (24.32)	
Parity ³	1.97 (0.92)	1.84 (1.01)	2.0 (0.9)	0.507
Gravida ³	2.5 (1.26)	2.5 (1.43)	2.49 (1.22)	0.919
BMI ³	26.01 (3.88)	27.38 (4.1)	25.68 (3.76)	0.094
PRIME Score ³	11.88 (7.31)	12.32 (8.01)	11.77 (7.18)	0.775
Gestational Age at delivery ³	39.52 (0.99)	39.4 (0.86)	39.54 (1.02)	0.6152

¹n (%); Mean (SD)²Pearson's Chi-squared test³Independent Sample T-Test calculated at the individual level. Overall (N=94), 100% EBF (N=75), and did not 100% EBF (N=19).