



THE ORIGINS PROJECT: HOW DOES OUR INFANT FEEDING PROFILE COMPARE TO NATIONAL RATES?

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BACKGROUND

The **ORIGINS Project** is a prospective, longitudinal birth cohort, recruiting 10,000 pregnant women and their partners antenatally and following each family over a five-year period. This infant feeding profile is a basis for further exploration of health outcomes in infants, including food allergies and eczema.

AIM



The aim of this study was to explore the infant feeding profiles of infants aged 6-12 months of age.

METHODS

Infant feeding data includes:

Breast Feeding

Formula Feeding

Introduction to Solids

ORIGINS questionnaire data is collected at multiple time-points from pregnancy until early childhood and includes nutrition¹, physical health, mental health, physical activity and environmental factors. Anthropometric data is not collected at 6 months of age.



| | ORIGINS Cohort (n=506) | National Health Survey 2020-2021 ² |
|--|------------------------|---|
| Six-months old exclusively breastfeeding | 41% | 35% |
| Six-months old breastfeeding | 60% | 74% |
| One-year old exclusively breastfeeding | 33% | Not available |
| One-year old breastfeeding | 43% | 51% |
| Average age introducing solids | 5.3 months | Not available |
| Introduced to solids at <6 months old | 57% | 46% |

NB: The National Health and Medical Research Council recommends introducing solids to infants at six months of age³.

RESULTS

From a sub-set of the cohort:



506 ONE-YEAR-OLDS



73.9 cm
mean height



10.1 kg
mean weight



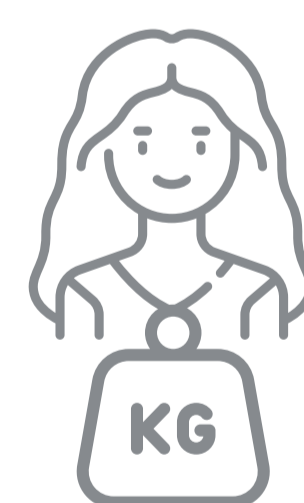
58%
first child of the family

Mothers:



33 years
mean age

94%
married or in de-facto relationship



25.5 kg/m²
pre-pregnancy BMI (n=268)



55.7%
university educated

CONCLUSION

The lower rates of breastfeeding at one year of age, and earlier introduction of solids, provides an avenue for further exploration into links with food allergies and eczema.

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