Increased bottle size was associated with increased weight gain in infants

**Design:** Secondary analysis of a cluster randomised control trial for obesity prevention in which four centres were randomly allocated to either an interactive educational kit for obesity prevention or to an injury prevention programme as control.

**STUDY QUESTION**

**Setting:** Primary care paediatric residency training sites in the USA.

**Patients:** Healthy, exclusively formula-fed infants presenting to the 2-month preventive visit, born ≥34 weeks’ gestation, weighing ≥1500 g and had weight-for-length z score (WLZ) ≥3rd percentile.

**Exposure:** Bottle size used to feed the infant at the 2-month visit ≥6 oz.

**Comparison:** Bottle size <6 oz. The decision to dichotomise bottle size at 6 oz was made a priori.

**Outcomes:** Primary outcome was change in WLZ. Secondary outcomes were weight-for-age Z-score (WAZ) and change in weight.

**Covariates considered:** Gender, ethnicity, birth weight, age at the 2-month visit, household income, education and nutritional assistance.

**Follow-up period:** Outcomes were measured at the 6-month visit.

**Patient follow-up:** 386 infants were exclusively formula-fed in the primary study. 289 with complete information at the 6-month visit were included in the analysis.

**MAIN RESULTS**

After adjusting for confounding, infants fed with large bottles had a significantly greater WLZ, WAZ and weight change at the 6-month visit.

**CONCLUSION**

Larger bottle size was associated with an increase in weight in infants.

**Outcomes Adjusted change (95% CI)**

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Adjusted change (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight-for-length Z-score (units)</td>
<td>0.24 (0.07 to 0.41)</td>
</tr>
<tr>
<td>Weight-for-age Z-score (units)</td>
<td>0.31 (0.08 to 0.54)</td>
</tr>
<tr>
<td>Weight change (kg)</td>
<td>0.21 (0.05 to 0.37)</td>
</tr>
</tbody>
</table>

**REFERENCES**


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