### Breastfeeding and Blood Pressure in Later Life: Systematic Review and Meta-analysis

**Objectives:** To systematically review and meta-analyse studies examining the relationship between breastfeeding and blood pressure (BP) in later life.

**Methods:**
- Studies published in English, Chinese, or Japanese.
- Studies in which participants were taking part.
- Studies in which breast versus bottle-feeding was the outcome.
- Studies in which salt reduction was combined with the intervention.
- Studies in which an estimate of the mean difference (breast minus bottle) was compared with bottle (artificial) feeding.

**Inclusion Criteria:**
- Pediatric and young adulthood.
- Duration of salt reduction lasting for ≥1 year.
- Studies with human subjects.
- Studies in which BP was a measured outcome.
- Studies in which BP was not an outcome.

**Participants:**
- Participants from 17,503 pediatric and young adulthood studies.
- Gender: males and females.

**Main Findings:**
- The difference in SBP between breast- and bottle-fed groups was 1.4 mmHg with a shorter duration of breastfeeding (pooled estimate: –0.8 mmHg).
- The pooled mean DBP was lower among breastfed infants (difference: –0.5 mmHg).
- The difference in SBP between breast- and bottle-fed groups was 1.4 mmHg with a shorter duration of breastfeeding (pooled estimate: –0.8 mmHg).

**Conclusion:**
- Breastfeeding was associated with a 1.4- and 0.5-mmHg reduction in SBP and DBP, respectively, although some potential confounders remain unstudied. The results have major public health implications in terms of preventing CVD.