

1	Introduction	1
1.1	Research Questions and Objectives	5
1.2	Structure of the Dissertation	6
2	Theoretical Background	9
2.1	Breastfeeding	9
2.2	The Concept of Health	15
2.3	Health Inequalities, Health Literacy and the Role of Health Behavior	17
2.3.1	Individual Factors	24
2.3.2	Institutional Factors	30
2.4	Health Literacy as a Connector	36
2.5	Theoretical Framework of this Work	42
3	The Mexican Case: Socioeconomic Foundations	47
3.1	Latin America	47
3.2	Institutional Framework: Welfare and Healthcare in Latin America	50
3.3	Socioeconomic Situation of Mexico	52
3.4	Mexican Health Policy, Health Indicators, and Health Expenditure	53
3.5	Mexico's Divided Public Healthcare System	55
3.6	Women and the Issue of Breastfeeding in Mexico	57
4	Data & Methods	61
4.1	Quantitative Analysis	62
4.1.1	UNICEF's Multiple Indicator Cluster Survey	62

4.1.2	Mexican MICS	64
4.1.3	The Analysis Sample and Inclusion Criteria	65
4.1.4	Measured Variables	66
4.1.5	Analytical Strategy	69
4.2	Qualitative Analysis	70
4.2.1	Interview Setting and Selection of Interviewees	70
4.2.2	Development of the Interview Guideline	71
4.2.3	Transcripts	74
4.2.4	Analytical Method	75
4.2.5	Analytical Strategy—Coding Scheme	76
5	Results	81
5.1	Quantitative Results: Opportunities and Barriers to the Breastfeeding Decision	81
5.1.1	Descriptive Findings in the Quantitative Analysis	82
5.1.2	Multivariate Findings in the Quantitative Analysis	84
5.2	Qualitative results: Mexico the Breastfeeding “amigo”—Learning from Mexican Mothers about their Experiences	89
5.2.1	Prenatal Care	90
5.2.2	Childbirth	92
5.2.3	Skin-to-skin Contact and Barriers for Initializing Exclusive Breastfeeding	93
5.2.4	Support System after Birth and Challenges in Everyday Life	96
5.2.5	Breastfeeding Information	98
5.2.6	Breastfeeding and the Labor Market	100
6	Conclusion	105
6.1	Main Results	107
6.2	Theoretical Contribution	108
6.3	Discussion of Results	111
6.4	Limitations	116
6.5	Implications	117
	References	123