

## Breastfeeding in the Global Context

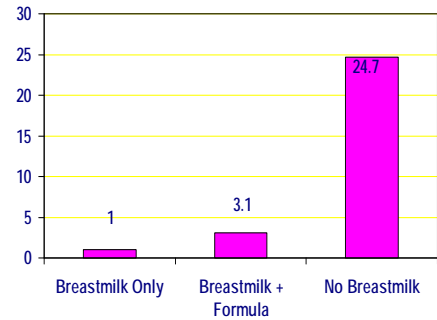
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Relative Risk for Mortality (0-1 Month) by Breastfeeding, Pelotas, Brazil



Victora et al Lancet 1987;Aug 8:319-21

Breastfeeding and Mortality

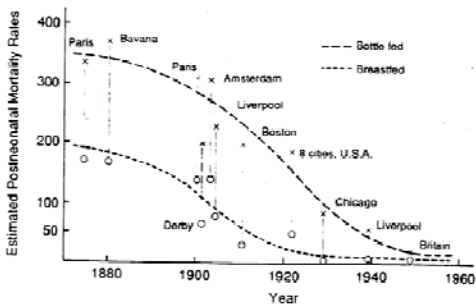


FIGURE 7-1. Estimated postneonatal mortality rates among breastfed and bottle-fed infants, various locations, 1870-1940. From Way (1990) with permission.

## Suboptimal breastfeeding increases the risk of malnutrition and illness

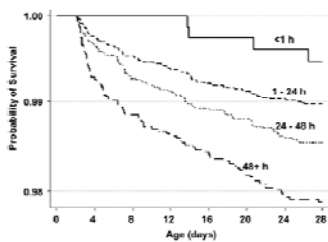


- What is optimal?
  - Early initiation: within first hour
  - Exclusive breastfeeding for 6 months
  - Continued breastfeeding for at least 1 year

*Promotion of exclusive breastfeeding could save more child lives than any other known health intervention.*

## Early initiation of breastfeeding keeps babies alive—especially in risky environments

FIGURE 2 Risk of mortality of infants in Nepal by time of breastfeeding initiation



Mullany, L. C. et al. J. Nutr. 2008;138:599-603

J. N. THE JOURNAL OF NUTRITION

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## Why is breastfeeding so much better, especially in developing countries?

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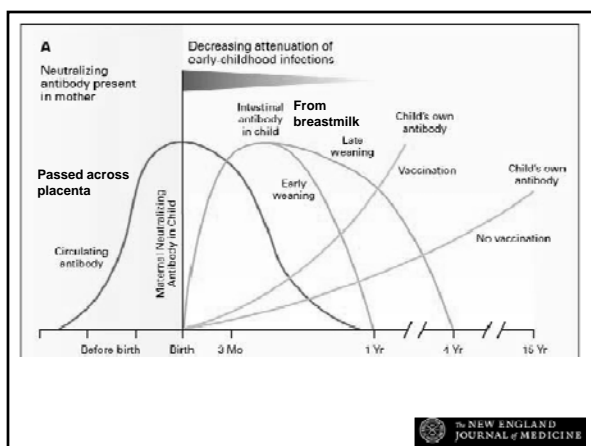
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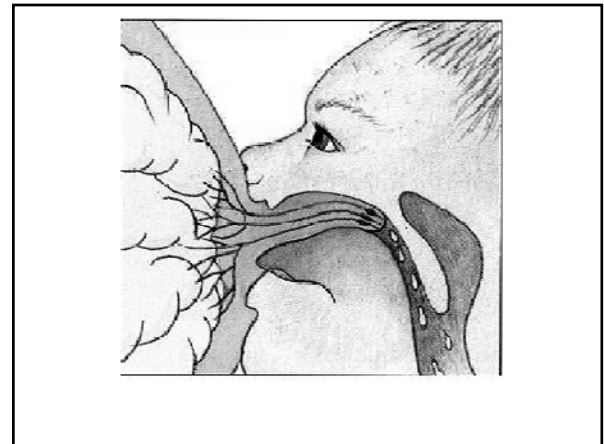
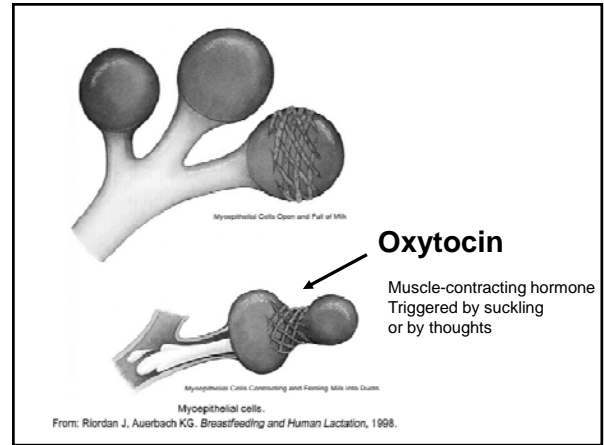
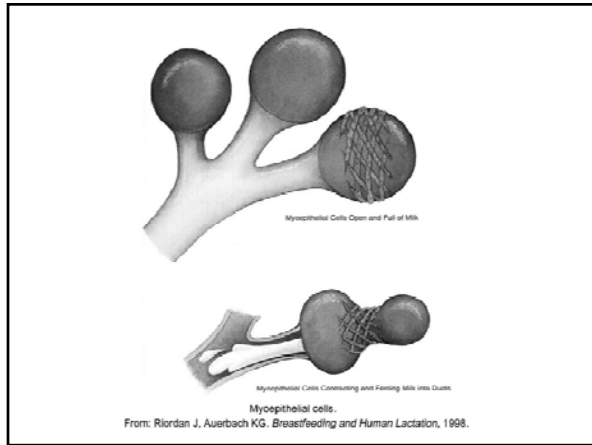
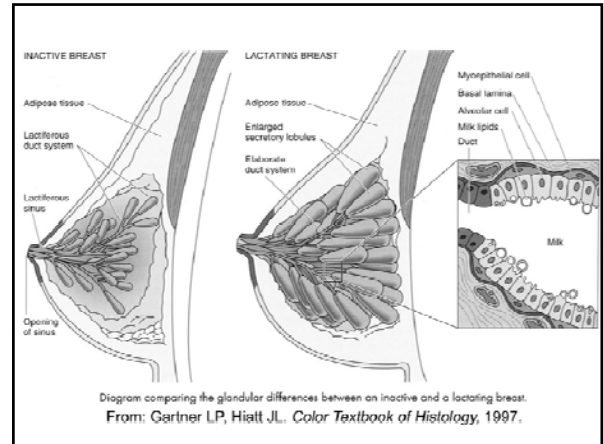
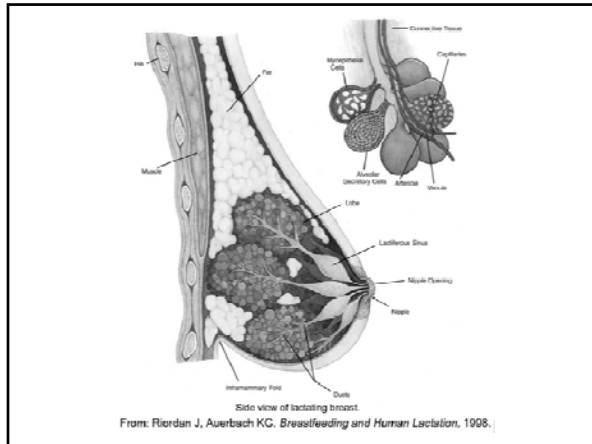
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- Breast milk is clean. It thus protects babies from environmental pathogens.
- Breastfeeding is economical.
- Breastfeeding helps babies and mothers bond.

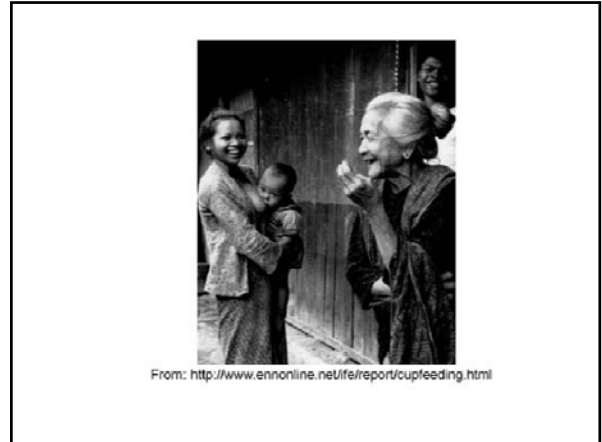


### Lactation terminology



- Lactation
  - Physiological process of milk production
- Breastfeeding
  - Complex behavior pattern surrounding lactation by which mother's milk is obtained by the infant
  - *Exclusive breastfeeding*: human milk is the infant's sole source of nutrients and water





*So why isn't every baby breastfed?*

**Social threats to breastfeeding**

- Trends of modernization and westernization
- Aggressive advertising by formula companies
- Lack of support systems for working mothers

**Biological threats to breastfeeding**

- HIV transmission through breastfeeding creates a difficult dilemma. (*More to come on that. . .*)
- Some environmental toxins, especially lipid-soluble ones, are secreted in milk
- Some nutrient deficiencies in mothers cause low-nutrient milk
  - Vitamin A
  - Iodine
  - B vitamins
- *Nonetheless, breast milk is still by far the best food for babies in nearly all circumstances*

## 10 steps to successful breastfeeding

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within half an hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.

From: WHO/UNICEF Statement. *Protecting, Promoting and Supporting Breast-feeding: The Special Role of the Maternity Services*, 1989.



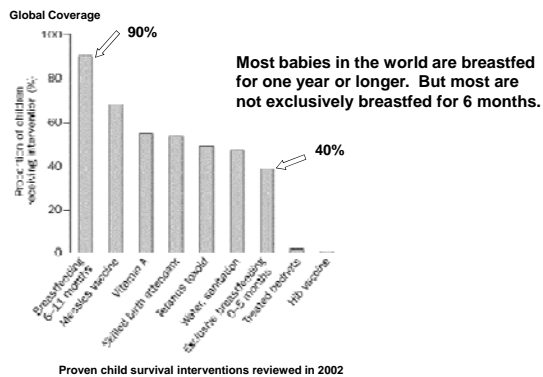
**Although both moms and newborns are evolved for breastfeeding, both need to learn how to do it.**

**The best teachers are other women who have breastfed.**

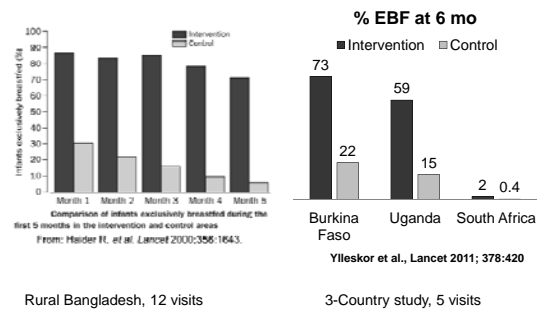
## 10 steps to successful breastfeeding, cont.

6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in; that is, allow mothers and infants to remain together - 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

From: WHO/UNICEF Statement. *Protecting, Promoting and Supporting Breast-feeding: The Special Role of the Maternity Services*, 1989.



## Peer counseling is an effective strategy



Ghana is one country that is moving forward with strong breastfeeding policies and interventions at a national level.

[http://www.youtube.com/watch?v=8O8nUMspL\\_c&feature=relmfu](http://www.youtube.com/watch?v=8O8nUMspL_c&feature=relmfu)