

Breastfeeding in the global policy context

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The WHA six global nutrition targets

**COMPREHENSIVE
IMPLEMENTATION
PLAN**
ON MATERNAL,
INFANT AND
YOUNG CHILD
NUTRITION

World Health Organization

TARGET	BASELINE 2012	TARGET FOR 2025
<p>40% REDUCTION IN THE NUMBER OF CHILDREN UNDER-5 WHO ARE STUNTED</p>	162 million	≈100 million
<p>50% REDUCTION OF ANAEMIA IN WOMEN OF REPRODUCTIVE AGE</p>	29%	15%
<p>30% REDUCTION IN LOW BIRTH WEIGHT</p>	15%	10%
<p>NO INCREASE IN CHILDHOOD OVERWEIGHT</p>	7%	≤7%
<p>INCREASE THE RATE OF EXCLUSIVE BREASTFEEDING IN THE FIRST 6 MONTHS UP TO AT LEAST 50%</p>	38%	≥ 50%
<p>REDUCE AND MAINTAIN CHILDHOOD WASTING TO LESS THAN 5%</p>	8%	<5%

On 25 September 2015 the UN General Assembly adopted the 2030 Agenda for Sustainable Development



17 Goals and 169 targets



Improve nutrition

- end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round
- end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons
- Breast milk contains all the nutrients an infant needs in the first six months of life.
- Continued, frequent breastfeeding is associated with greater linear growth
- Longer breastfeeding is associated with a reduction in risk of being overweight or obese

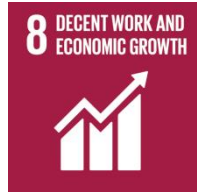


Reduce mortality and morbidity

- end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births
- reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and wellbeing
- Optimal breastfeeding could save the lives of 820,000 children under age 5
- Children who are breastfed for longer periods have lower rates of infectious disease and death
- Current rates of breastfeeding prevent almost 20,000 deaths from breast cancer per year and another 20,000 deaths could be prevented by improving breastfeeding practices further
- Breastfeeding is associated with a reduction a woman's risk of diabetes and might reduce rates of ovarian cancer.



End poverty, promote economic growth and reduce inequalities



- eradicate extreme poverty for all people everywhere,
- sustain per capita economic growth in accordance with national circumstances
- progressively achieve and sustain income growth of the bottom 40 per cent of the population
- Breastfeeding avoids use of family resources for infant formula and for health care expenses.
- Breastfeeding is associated with adding US\$302 billion annually in additional income



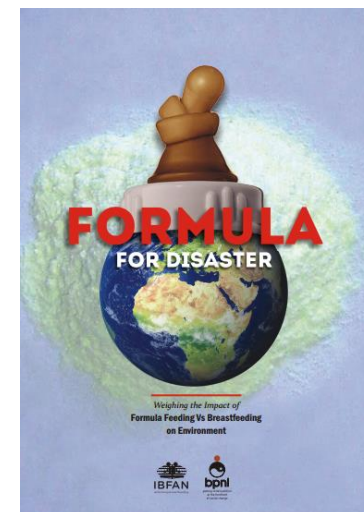
Improve education

- ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and Goal-4 effective learning outcomes
- ensure that all girls and boys have access to quality early childhood development, care and preprimary education so that they are ready for primary education
- Breastfed children are smarter (3 IQ points)
- The longer the breastfeeding the bigger the gain in intelligence
- Teachers' academic ratings at age 6.5 years significantly higher for both reading and writing in children who were breastfed
- Breastfeeding is needed to ensure optimal early childhood development

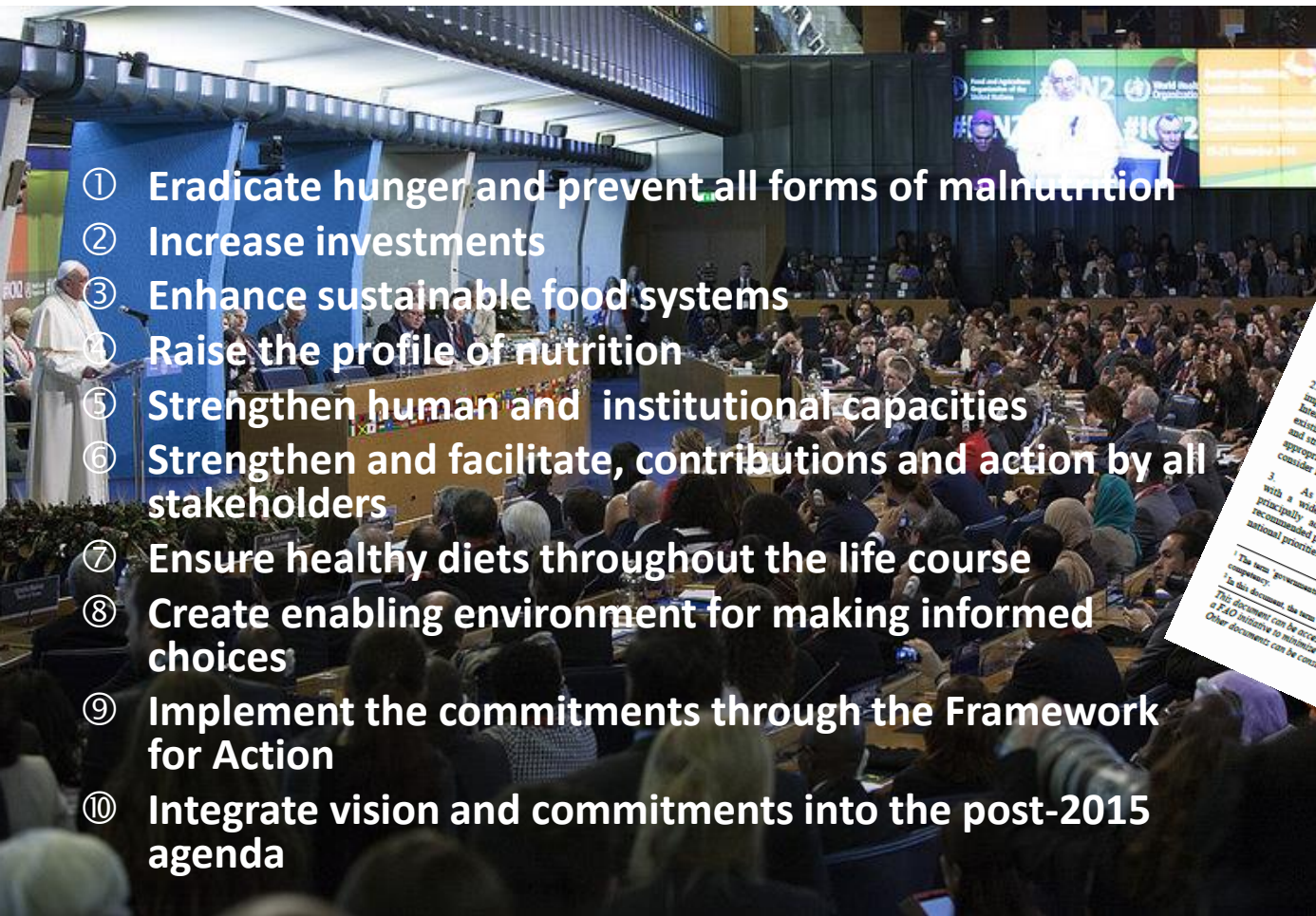


Enhance sustainability and climate resilience

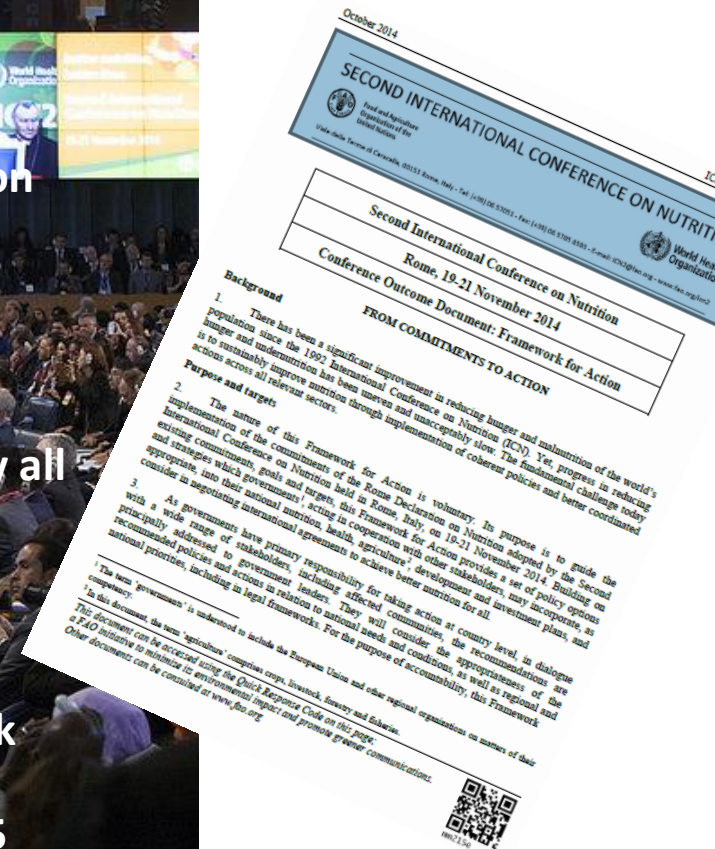
- achieve the sustainable management and efficient use of natural resources
- halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains
- Strengthen resilience and adaptive capacity to climate-related hazards and natural disasters in all countries
- “Human milk is not skimmed, processed, pasteurized, homogenized, packaged, stored, transported, repackaged, dried, reconstituted, sterilized or wasted. It requires no fuel for heating, no refrigeration, and is always ready to serve at the right temperature. In short, it is the most environmentally friendly food available.”
(Francis and Mulford, 2000)
- Breastfeeding as a resilience measure



ICN 2 commitments and Framework for Action



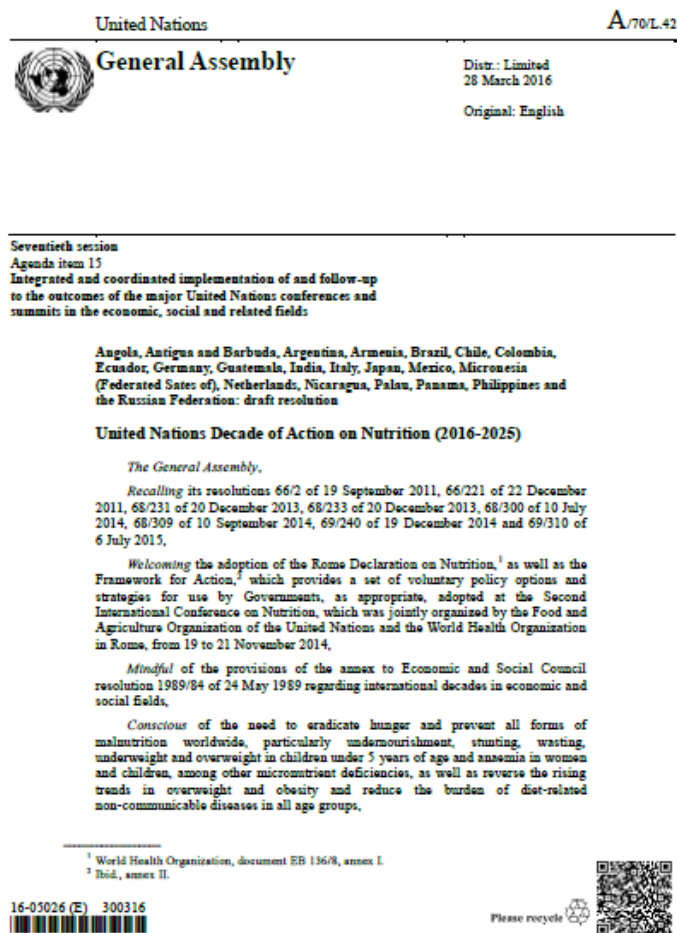
- ① Eradicate hunger and prevent all forms of malnutrition
- ② Increase investments
- ③ Enhance sustainable food systems
- ④ Raise the profile of nutrition
- ⑤ Strengthen human and institutional capacities
- ⑥ Strengthen and facilitate, contributions and action by all stakeholders
- ⑦ Ensure healthy diets throughout the life course
- ⑧ Create enabling environment for making informed choices
- ⑨ Implement the commitments through the Framework for Action
- ⑩ Integrate vision and commitments into the post-2015 agenda



Recommended actions to promote, protect and support breastfeeding

- R 29: Adapt and implement the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions.
- R 30: Implement policies and practices, including labour reforms, as appropriate, to promote protection of working mothers.
- R 31: Implement policies, programmes and actions to ensure that health services promote, protect and support breastfeeding, including the Baby-Friendly Hospital Initiative.
- R 32: Encourage and promote – through advocacy, education and capacity building – an enabling environment where men, particularly fathers, participate actively and share responsibilities with mothers in caring for their infants and young children, while empowering women and enhancing their health and nutritional status throughout the life course.
- R 33: Ensure that policies and practices in emergency situations and humanitarian crises promote, protect and support breastfeeding.

The UN General Assembly proclaims 2016-2025 the Decade of Action on Nutrition



Goal: Increase activities conducted at the national, regional and global levels to **implement the recommended actions included in the ICN2 Framework for Action** aimed at achieving the global **targets** for improving maternal, infant and young child nutrition and for NCD risk factor reduction to be achieved by 2025 and the corresponding SDG targets to be achieved by 2030

Making SMART commitments

Specific, Measurable, Achievable, Relevant and Time-bound (SMART) so that they can be tracked and monitored taking into account existing indicators

Example

FFA R29: Adapt and implement the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions

The Head of Government/Minister of Health will acknowledge adequate breastfeeding as the highest priority for the Government to combat the double burden of malnutrition and makes the following commitment(s) :

- Example 1– By 2017, a legislation will be established that introduces the provisions of the International Code of marketing of breastmilk substitutes
- Example 2 - By 2017, a functional unit will have been established (in the Ministry of Health) to effectively and actively monitor, implement and enforce sanctions in case of violations, with a first report produced by the end of 2018.

