

BREASTFEEDING: SIMPLY THE BEST

World Breastfeeding Facts

Globally, **a mother's return to paid work after childbirth** is one of the leading reasons for early supplementation with artificial formula and early cessation of breastfeeding.

When men take paternity leave, their infants are more likely to be breastfed at 2, 4 and 6 months.

Only about 10% of countries in the Americas, East Asia and the Pacific, the Middle East and North Africa provide **childcare benefits**.

Many of the world's leading companies are adopting more equitable, generous parental leave and other **family-friendly policies** for reputational and cost-saving benefits.

Increasing paid leave and innovative strategies to break down cultural barriers, can have a big impact on the duration of paternity leave a father takes.



WABA | WORLD BREASTFEEDING WEEK 2019

August 1 - 7, 2019

Breastfeeding is one of the best investments in saving lives and improving the health, social and economic development of individuals and nations. Although global breastfeeding initiation rates are relatively high, and despite international recommendations, only 40% of all babies under 6 months are exclusively breastfed and 45% continue breastfeeding up to 24 months. Additionally, there are large regional and in-country variations in breastfeeding rates. Scaling up optimal breastfeeding according to the recommendations could prevent more than 823,000 child and 20,000 maternal deaths each year. Not breastfeeding is associated with lower intelligence and results in economic losses of about \$302 billion annually. Concerted action is needed in order to achieve the World Health Assembly (WHA) target of at least 50% exclusive breastfeeding for 6 months by 2025. Many barriers to optimal breastfeeding exist, one of the largest being lack of support for parents at work.



"Paid parental leave benefits children, families, employers, and economies. No parent should have to choose between providing for their family economically and delivering the best nourishment and care for their child..."

Affordable childcare within the workplace or nearby, along with flexible working hours, help mothers continue breastfeeding and enable both parents to provide the best care to their young children...

Recent evidence shows that paid maternity leave and workplace interventions that support breastfeeding improve breastfeeding rates and other health outcomes, including economic improvement and a reduction in child mortality."

#WBW2019

www.worldbreastfeedingweek.org



Upcoming Lactation Education and Events

June 3-7, 2019 (Mitchell, SD) **Lactation Counselor Training Course (CLC)**, https://centerforbreastfeeding.org/register_lctc/

June 20-21, 2019 (Des Moines, IA) **Outpatient Breastfeeding Champion**, <https://lacted.org/desmoines201906/>

July 29, 2019 (Superior, WI)

Northland Breastfeeding Coalition meeting, Noon - 2:00 pm.
www.northlandbreastfeedingcoalition.org

August 1 & 2, 2019. (Minneapolis, MN) **Maternal Nutrition Conference**, <https://ccaps.umn.edu/national-maternal-infant-child-nutrition-course>

September 19 & 20, 2019. (Staples, MN) **Protecting Breastfeeding in a World of Pharmacology**, guest speakers Thomas Hale & Joanne Wesley, for more information:
kristinabecht@lakewoodhealthsystem.com or 218-894-8846

September 23, 2019 (Two Harbors, MN)

Northland Breastfeeding Coalition meeting, Noon - 2:00 pm.
www.northlandbreastfeedingcoalition.org

October 24 & 25, 2019. (Rochester, MN) **Minnesota Breastfeeding Coalition Annual Meeting & Workshop**, <https://mnbreastfeedingcoalition.org/>

October 21-25, 2019 (Minneapolis, MN) **Foundations for Best Practice in Lactation Care**, to register: www.mhealth.org/lactationcourses

October 29-30, 2019 (Minneapolis, MN) **Excellence in Care with the Ten Steps**, to register: www.mhealth.org/lactationcourses

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Partnership.

Interested in receiving this newsletter? Contact yoditg@communityhealthboard.org

For more breastfeeding resources & information visit:
www.healthynorthland.org/resources/breastfeeding