



Ms Dorothy McKune (South Africa)

Why the first 100 days of exclusive breast feeding matter



Why The First 1000 Days Matter

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Outline

- **Definition**
- **Lancet Series**
- **Preconception**
- **First six months**
- **Two years**
- **Climate Change**
- **HIV & Breastfeeding**
- **Recommendations**



Learning Objectives

1. Learn why breast milk is the recommended form of nutrition for *all infants*.
2. To strengthen breastfeeding knowledge and skills among nurses/midwives to improve breastfeeding outcomes.
3. To promote and support breastfeeding intention, initiation and duration.

**Got
Milk?**



**Got
Breast
Milk?**

The First 1000-Days of Life

Pregnancy

First 6 months

6-24 Months

$$\begin{array}{ccccccc} 270 & + & 180 & + & 550 & = & 1000 \\ \text{Days} & & \text{Days} & & \text{Days} & & \text{Days} \end{array}$$

The first 1000 days from conception through child's second birth is a critical window of growth and development.

Lancet Series Messages

The Lancet published
3 landmark series on
Child Development
2008, 2011, & 2016



Pregnancy

- Iron for brain development
- Folic Acid: Baby's brain and spinal cord
- Omega 3 fatty acids: Neurodevelopment
- Calcium: Bone growth and health
- Vitamin D: Healthy immune system

Pregnancy increases the need for nutrients



Schwarzenberg, S. J., Georgieff, M. K., & COMMITTEE ON NUTRITION (2018). Advocacy for improving nutrition in the first 1000 days to support childhood development and adult Health. *Pediatrics*, 141(2) e20173716)

Infancy

- WHO has deemed exclusive breastfeeding as “the single largest potential impact on child mortality of any preventative intervention.”
- Exclusive breastfeeding for the first 6 months confer unique nutritional and non-nutritional benefits to infant and mother and, in turn, optimize infant, growth and development (Lancet Series, 2016).

Breastmilk is more than just good nutrition

Early Childhood

- Breastfeeding two years (WHO)
- Dietary diversity
- Complementary food
- Macronutrients and micronutrients



Infant feeding should not be considered as a lifestyle choice but rather as a basic health issue (<http://www.who.int/nutrition/>)

Hamner, H.C., Perrine, C.G. & Scanlon, K.S. (2016). Usual intake of key minerals among children in the second year of life, NHANES 2003–2012. *Nutrients*, 8(8), 468.

Some Facts

- **One third of the world children 700 million children** are undernourished or overweight (UNICEF 2019).
- **Nearly 150 million** under age 5 suffer from stunting (UNICEF, 2019).
- **340 million children** 1-2 years suffer from deficiencies
- **Only 42% of children** are breastfed at 6 months.
- **Malnutrition cost global economy 3.5 trillion** a year. (Global Panel, 2016).

Suboptimal feeding is related to 800,000 death in children (Victoria et al., 2016)

Global Breastfeeding Rates

Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect

- **African countries: Guinea-Bissau, Ethiopia, Malawi, Gambia, Uganda, Rwanda**
- **Norway had the highest rate at six months**
- **1 in 5 children high income countries**
- **1 in 3 in low and middle income**
- **Child obesity, diabetes and infections could be reduced if babies are breastfed.**

Breastfeeding rates | Around the world

Countries with highest rates after 12 months

- ◆ Senegal (99.4%)
- ◆ The Gambia (98.7%)
- ◆ Malawi (98.3%)
- ◆ Guinea-Bissau (97.8%)
- ◆ Ethiopia (97.3%)

Countries with lowest rates after 12 months

- ◆ UK (0.5%)
- ◆ Saudi Arabia (2%)
- ◆ Denmark (3%)
- ◆ Greece (6%)
- ◆ Canada and France (9%)

Source: *The Lancet, 2016*

Victoria et al., (2016). Breastfeeding in the 21st Century: Epidemiology, mechanisms, and lifelong effect. *The Lancet*, 387 (10017), 475–490.

“Increasing breastfeeding rates can improve a country’s prosperity by lowering healthcare costs and producing stronger, more able workforces.”

Walters, D. L., & Phan, L. T. H., & Mathisen, R. (2019). The cost of not breastfeeding: Global results from a new tool. *Health Policy & Planning*, 34(6), 407-417

Important Websites

UNICEF Sponsored Video

<https://www.youtube.com/watch?v=mpyD19Slia>

Early Childhood Commission's Live Twitter Chat

<https://twitter.com/hastag/1st1000Matter?src=hash>

WHO/UNICEF Scorecard

https://www.unicef.org/nutrition/index_100585.html

The Lancet Series <http://www.thelancet.com/series/breastfeeding>

The Alive & Thrive initiative

<https://www.aliveandthrive.org/cost-of-not-breastfeeding/>



Hurricane Katrina , 2005

Breastfeeding
saves lives in a
natural disaster.
Human milk is
clean and ready
to use.



Philippines , 2006



Chinese Earthquake , 2008



Fort McMurray Fire , 2016



Kim Family Oregon ,2006

In an emergency there may be no clean drinking water or a clean environment. Breastfeeding moms can provide plenty of milk even in stressful environments.

South Africa

- Population- 58 million
- Almost 8 million people are infected with HIV
 - 4, 700 000 (62.67%) are women.
 - 90% of people living with HIV knew their status.
 - Young people ages 15 to 24 years (Stats South Africa, 2019)
- More than 95% of women tested and 90% on ART

South Africa has the largest HIV epidemic in the world.
20% of all people in the world (UNAIDS, 2018)

Tshwane Declaration

Office, E. (2011). Tshwane Declaration in support of breastfeeding. *South African Journal of Clinical Nutrition*, 24(4).

Studies have shown that a combination of breastfeeding and antiretroviral drugs can significantly reduce the risk of transmitting HIV to babies through breastfeeding.

WHO (2009). New WHO Recommendations: Preventing Mother-To-Child Transmission.

www.who.org

- EBF promotion to be mainstreamed into all relevant policies, legislation, strategies and protocols
- International Code on Marketing of Breast Milk substitutes to be finalized and adopted into legislation
- Adoption of 2010 WHO guidelines on HIV infant feeding: EBF and ART to prevent HIV (including funding)
- Discontinuation of free formula program in public clinics (except by prescription for medical conditions)
- Implementation of Baby Friendly Health Initiative and Kangaroo Mother Care for all public hospitals and clinics
- Support for communities to be “Baby Friendly”, including community-based interventions as part of continuum of care
- “Comprehensive services to ensure that all mothers are supported to exclusively breastfeed their infants for six months... This will require skilled support by health workers at all levels of the public and private health services...” (p. 214)

Tshwane Declaration

www.sajn.co.za/index.php/SAJN/article/viewFile/586/820

- **Political will and strong advocacy.**
- **Communication.**
- **Evidence-based advocacy**
- **Training of all healthcare professionals.**
- **Mothers are no longer offered formula and are encouraged to breastfeed.**



UNICEF South, 2011

Consider these Suggestions

- Implement the “**Ten Steps to Successful Breastfeeding**”
- Monitor **policies, programs, and funding** for breastfeeding.
- Political commitment to protect, promote and support of breastfeeding
- **Comprehensive education and training to staff**
 - **Education of all mothers**
 - **Prenatal classes**
 - **Resources to offer basic information about problems mother might experience.**

Strongly encourage public acceptance of breastfeeding

Thank You



Alberta Hockey Player



Chocolate Milk Mommies