

INFANT FEEDING AND OBESITY

Scientific evidence indicates that breastfeeding provides an ideal window of opportunity for obesity prevention and may help in the development of taste receptors and appetite control.

IBFAN - the **International Baby Food Action Network** aims to improve the health and well being of babies and young children, their mothers and their families through the protection, promotion and support of breastfeeding and optimal infant feeding practices. We aim to strengthen independent, transparent and effective controls on the marketing of the baby feeding industry through the full implementation of the **International Code of Marketing of Breastmilk Substitutes** and subsequent WHA Resolutions.

The **World Health Assembly** recommends exclusive breastfeeding for the first six months of life followed by continued breastfeeding for two years and beyond alongside safe and adequate amounts of indigenous and local foods. (WHA 55.25)



ARTIFICIALLY FED INFANTS CONSUME 30,000 MORE CALORIES THAN BREASTFED INFANTS BY 8 MONTHS OF AGE (EQUIVALENT TO 120 CHOCOLATE BARS)

Student Study Guide for Breastfeeding and Human Lactation
KG Auerbach, J Riordan - 1993



THE US CENTRE FOR DISEASE CONTROL AND PREVENTION SAYS THERE ARE TWO POTENTIAL, COST-EFFECTIVE INTERVENTIONS THAT CAN BE PUT INTO PLACE IMMEDIATELY TO DEAL WITH THE CHILDHOOD OBESITY EPIDEMIC:

1. **decreased television viewing**
2. **breastfeeding promotion.**

SOME OF THE STUDIES WHICH INDICATE THAT BREASTFEEDING IS IMPORTANT IN OBESITY PREVENTION

INVERSE ASSOCIATION OF OVERWEIGHT AND BREASTFEEDING IN 9 TO 10 YEAR OLD CHILDREN IN GERMANY.

The results of this study highlight the importance and possible preventive potential of early nutrition in the development of overweight in children. Both feeding behaviours acquired by the nursing infant and metabolic effects may contribute to the observed inverse association of breastfeeding and overweight in children
Liese AD et al, Int J of Obesity 2001, 25:1644-1650

OVERWEIGHT AND OBESITY IN 6- TO 14- YEAR OLD CZECH CHILDREN IN 1991. PROTECTIVE EFFECT OF BREASTFEEDING.

Longer duration of breastfeeding was associated with a significantly lower prevalence of overweight. The fact that the baby's intake varies at each feed during breastfeeding, a lower energy density of human milk compared with formula milk, and thus a better self-control of food consumption in breastfed children, are possible explanations for the observed effect of breastfeeding
Toschke AM et al, J Pediatrics 2002;141:764-9

TRENDS AND PREDICTORS OF OVERWEIGHT AND OBESITY IN EAST GERMAN CHILDREN.

Breastfeeding was protective with regard to obesity. This effect was stronger if the children were exclusively breast-fed
Frye C and Heinrich J Int J of Obesity 2003, 27:162-172

EARLY DETERMINANTS OF CHILDHOOD OVERWEIGHT AND ADIPOSITY IN A BIRTH COHORT STUDY: ROLE OF BREASTFEEDING

Early bottle-feeding brings forward the obesity rebound, predictive of obesity in later life.
Bergmann KE et al Int J of Obesity 2003;27:162-172

DOES BREASTFEEDING PROTECT AGAINST PEDIATRIC OVERWEIGHT? ANALYSIS OF LONGITUDINAL DATA FROM THE CDC AND PREVENTION

This study reinforces the rationale for recommendations to breastfeed for at least a year
Grunmer-Strawn et al, Pediatrics 2004;113:81-86

THE WHO MULTICENTRE GROWTH REFERENCE STUDY (MGRS): RATIONALE, PLANNING AND IMPLEMENTATION.

The seven-year study carried out by the WHO shows that babies exclusively breastfed for six months are healthier and leaner than artificially fed babies.
Food and Nutrition Bulletin, Volume 25, Number 1, March 2005.

BREASTFEEDING AND OVERWEIGHT

A study among 2087 Australian children has concluded that babies breastfed for at least a year are leaner than those weaned earlier. Babies never breastfed were the most likely to be overweight
Burke V et al (2005). J Ped 147: 56-61.

SURVEYS OF NORWEGIAN YOUTH INDICATED THAT BREASTFEEDING REDUCED SUBSEQUENT RISK OF OBESITY.

Breastfeeding during infancy appears to protect against adolescent overweight and obesity.
Kvaavik e et al (2005) J Clin Epidem Vol 58, Iss 8, p 849.e1 - 849.e8

DURATION OF BREASTFEEDING AND RISK OF OVERWEIGHT

A meta-analysis of the existing studies on duration of breastfeeding and risk of overweight strongly supports a dose-dependent association between longer duration of breastfeeding and decrease in risk of overweight
Harder T et al (2005). Am. J. Epidemiol, 2005 Sep 1;162(5):397-403

ASSOCIATION OF BREASTFEEDING AND EARLY CHILDHOOD OVERWEIGHT IN CHILDREN FROM MOTHERS WITH GESTATIONAL DIABETES MELLITUS

Exclusive breastfeeding was an independent predictor that a child would not be overweight
Schaefer-Graf UM et al. Diabetes Care. 2006 May;29(5):1105-7



IBFAN consists of over 200 public interest groups working in over 100 countries, including 58 registered groups in Europe. IBFAN advocates for strong international tools and national policies to protect breastfeeding. It offers training and some groups provide direct support to mothers in breastfeeding.

The scope of IBFAN's work is broad: Maternity Protection, Infant feeding and HIV, Contaminants in baby foods, Residues in Breastmilk, Code Monitoring, Codex Alimentarius, the Convention on the Rights of the Child, Infant feeding in Emergencies and company campaigns such as the Nestlé Boycott.

The **Convention on the Rights of the Child** calls on Governments to protect children from exploitation and the World Health Assembly Resolutions on Infant Feeding and on Diet, Physical Activity and Health contain safeguards against conflicts of interest. IBFAN advocates for these Conventions and resolutions to be used

to ensure that health and education facilities are commercial free environments, which do not permit detrimental practices such as the baby food industry giving parent craft classes and junk food companies providing core educational materials.

Poster presentation for the WHO European Ministerial Conference on Counteracting Obesity. Istanbul, Turkey. 15-17th November 2006



www.babymilkaction.org