

It is a women's right to breastfeed her child in any location...

BBC will work to create:

- Baby Cafes
- Mother Friendly workplaces
- Mother Friendly establishments
- Baby friendly hospitals



Breastfeeding...

- Protects your baby from a long list of illnesses
- Protects your baby from developing allergies
- Increases your child's intelligence
- Protects your child from obesity
- Lowers your baby's risk of SIDS
- Reduces your stress level and your risk of postpartum depression
- Reduces your risk of some types of cancer

Breastfeeding ...

One of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed. However, in the United States, although most mothers hope to breastfeed, and

75% of babies start out being breastfed, only...

15% are exclusively breastfed 6 months later

In the U.S.

73.9% of children were never breastfed

43.4% of children were still breastfeeding at 6 months of age

22.7% of children were breastfeeding at 1 year of age

When mothers do not breastfeed they generally use infant formulas. It is recommended by the World Health Organization that parents are told about the health risks of using formula. This brochure has information from medical research that shows the risks of formula feeding to help you make a more informed decision about feeding your baby.



The World Health Organization recommends:

- exclusive breastfeeding (only breastmilk) for the first 6 months,
- gradually introducing other nutritious foods at six months along with continued breastfeeding for 2 years and beyond.

BREASTMILK

Antibodies

Hormones

Anti-Viruses

Anti-Allergies

Anti-Parasites

Growth Factors

Enzymes

Minerals

Vitamins

Fat

DHA/ARA

Carbo-hydrates

Protein

Water

FORMULA

Minerals

Vitamins

Fat

DHA/ARA

Carbo-hydrates

Protein

Water

Risks of Formula Feeding

Higher risk of allergy

Formula feeding is linked to higher incidence of eczema, allergies to food, inherited allergies and allergies which affect breathing such as hay fever.

Higher risk of asthma

Medical studies show that babies who are fed formula are 40 to 50 percent more likely to have asthma or wheezing.

Higher risk of heart disease

A study shows that breastfeeding may help to reduce the risk of heart disease by keeping cholesterol levels low later in life. It also showed that 13- to 16- year-olds who were formula fed have higher blood pressures than children who had received breastmilk.

Higher risk of death

from diseases Babies who are formula fed have a higher risk of death due to illnesses such as diarrhea and lung infections.

Higher risk of obesity

Research is showing that children who are formula fed are nearly 40 per cent more likely to be obese than children who are breastfed – even after looking at other things that may explain why a person may be overweight.

Higher risk of childhood cancers

Research shows that children who have not been breastfed are more likely to get leukemia and other cancers than children who were given only breastmilk.

Higher risk of diarrhea

Studies show that babies who are formula fed are twice as likely to have diarrhea than breastfed babies.

Higher risk of diabetes

Research shows that formula feeding increases the risk of getting diabetes later in life.

Higher risk of lung infections

Children who are formula fed are 16.7 times more likely to have pneumonia than children who were given only breastmilk as infants.

Higher risk of ear infections

Studies show that infants who are formula fed are 50 per cent more likely to have ear infections than babies who receive only breastmilk.

Higher risk of infection from contaminated formula

Babies have become very sick and some have died because of harmful germs in formula. Some formulas cannot be sterilized.

Higher risk of chronic diseases

Formula feeding is linked to higher risk for Type 1 diabetes and bowel diseases such as celiac disease and inflammatory bowel disease.

Risk of lower intelligence

Studies show that children who are breastfed do better on intelligence tests than children who were formula fed.

Higher risk of effects of environmental poisons

Breastfeeding lowers the harmful effects on a child's health from poisons in the environment like PCBs and dioxins. Children who are breastfed do better on tests for brain development than formula fed children.

