

A close-up photograph of a newborn baby being held by a person. The baby is wearing a white onesie and is positioned against the person's chest. The person holding the baby is wearing a yellow and orange patterned top. The background is a light-colored fabric.

# Breastfeeding for child survival, development and health

Regional consultation meet on nutrition  
Chandigarh, 9-10 January 2006

**Dr. Arun Gupta**

*National Coordinator, BPNI*

*[arun@ibfan-asiapacific.org](mailto:arun@ibfan-asiapacific.org)*

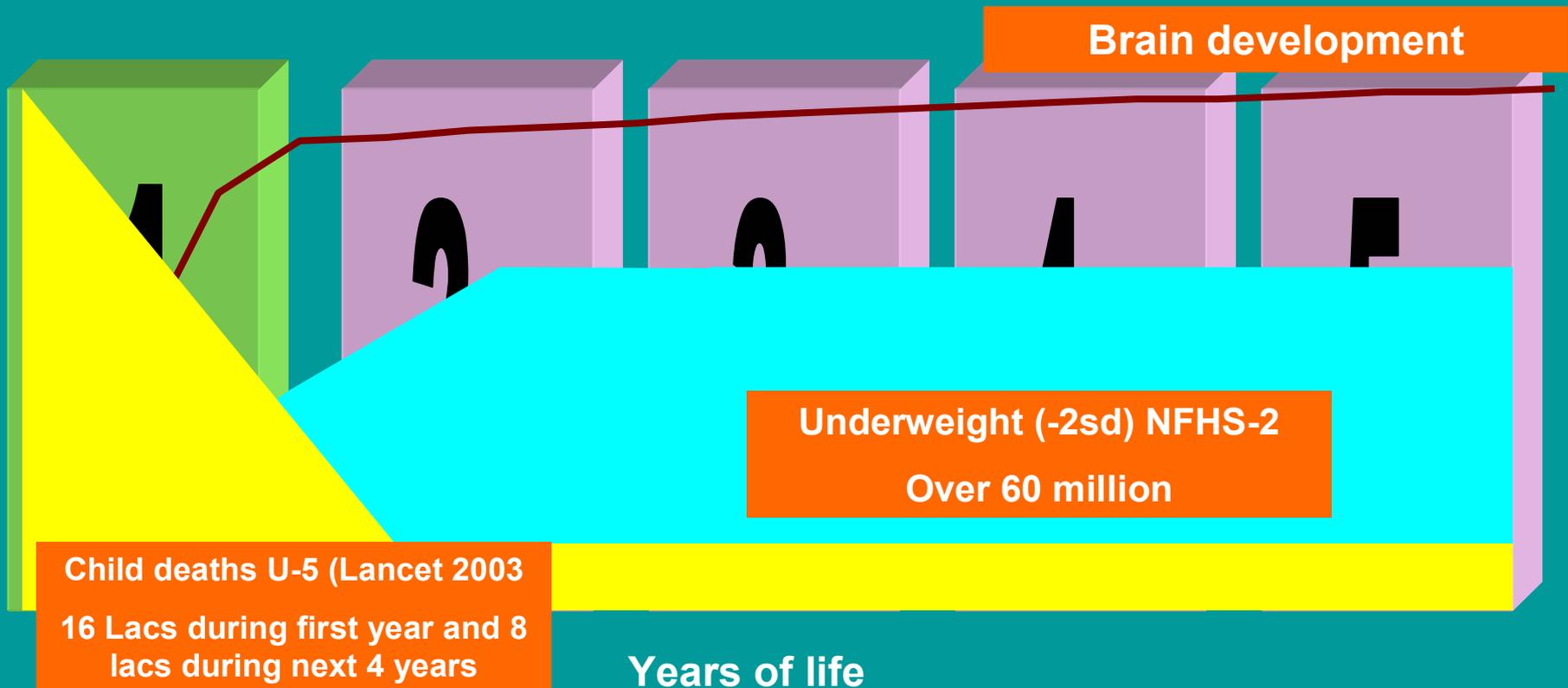
# Introduction

- Child survival and development in India
- Criticality of infancy (first year) for sustainable human development
- North data
- Our 10<sup>th</sup> and 11<sup>th</sup> plans
- Action Ideas

# First year is critical!

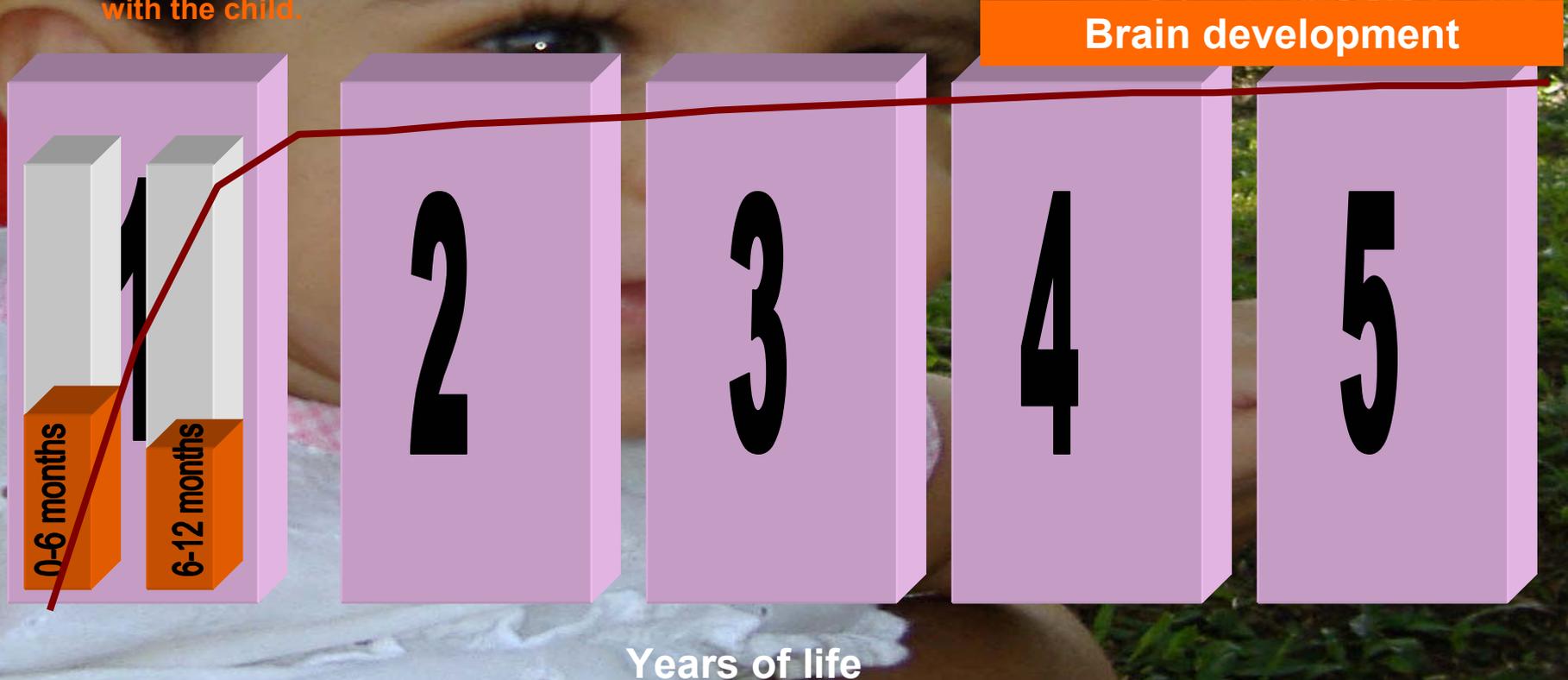


- Malnutrition strikes in infancy from 11 % at 0-6 months reaches its peak by 23 months, then flat.
- 36 million under three/ nearly 60 million U-5 are underweight and undernourished thus underdeveloped
- 2.4 million children die and 2/3<sup>rd</sup> in first year



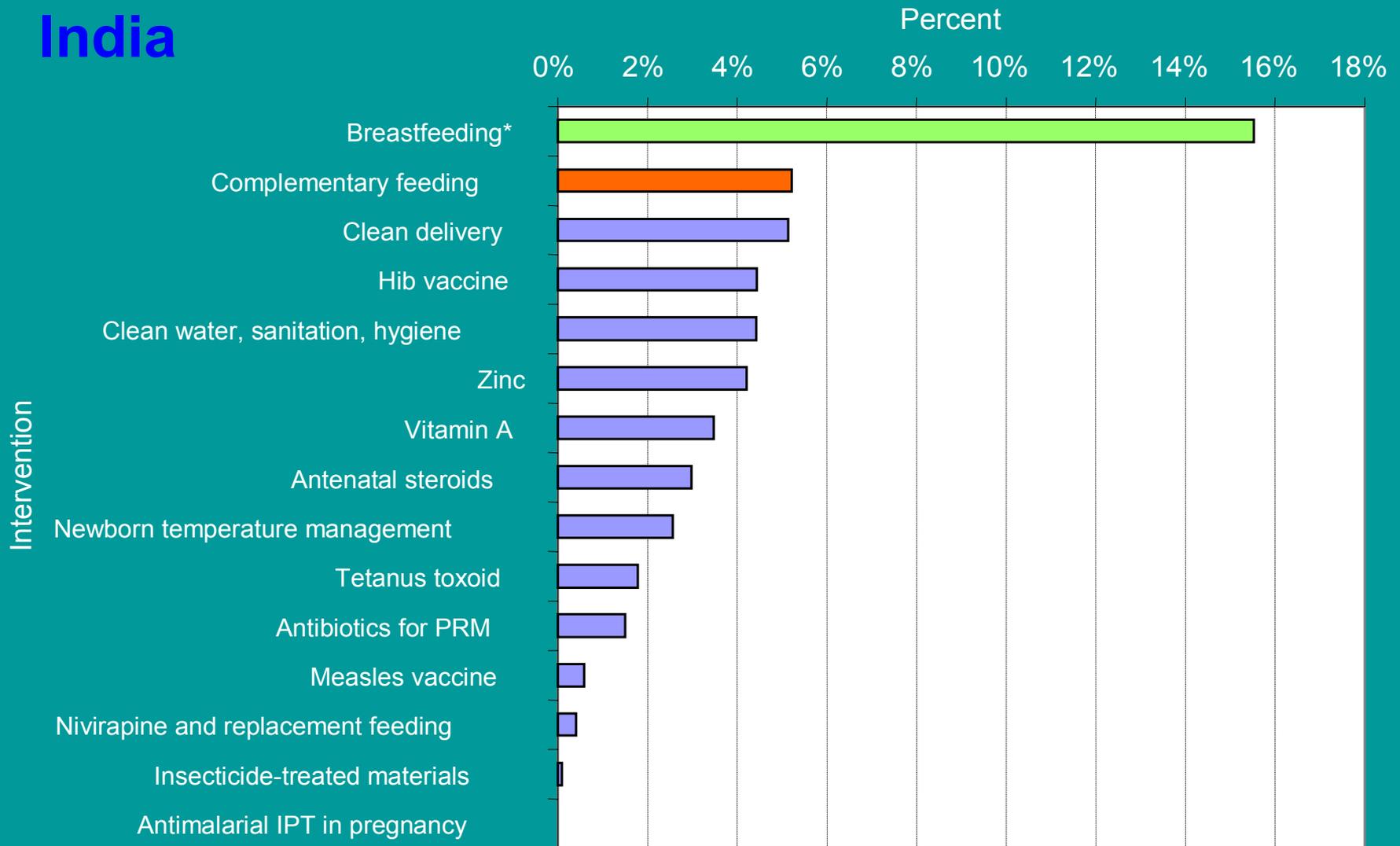
# What happens with infants?

- 2.4 million U-5 deaths in India(10.9 M global deaths)
- 2/3<sup>rd</sup> during 1<sup>st</sup> year alone, according to the WHO , these are related to inappropriate infant and young child feeding.
- Only 40% EX BF for the first 6 months, 33% adequately CF 6-9 months.
- Brain development is dependent on level of interaction with the child.



# Under-5 deaths preventable through universal coverage with individual interventions (2000)

India

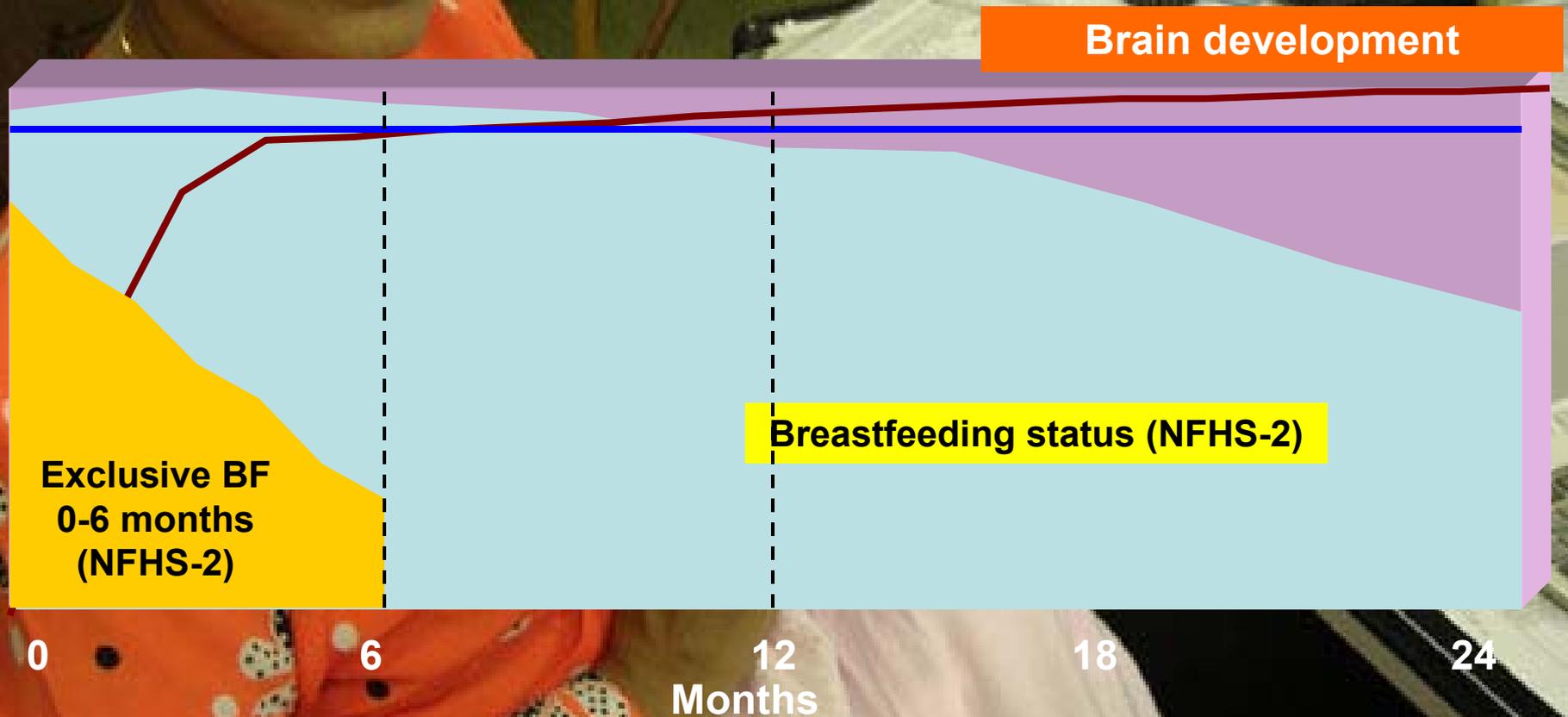


\*Breastfeeding: Exclusive for first 6 months and continued for 6 to 12 months

Source: Jones et al. LANCET 2003;362:65-71

# Breastfeeding !

- We are a breastfeeding nation
- We are “drop outs” in EX BF
- Only 90% EX BF can achieve benefits described in Lancet



# Breastfeeding enhances brain development

- Brain develops in first two years the most
- Depends on amount of interactions
- Breastfeeding contributes to IQ, visual acuity, mathematical abilities and analytical capacity. (evidence available)
- Prepares children for BETTER LEARNING at PSE/Schools

# Advantage CHINA

Indicator	CHINA	INDIA
infant mortality rate (IMR)	30	63
No. of U5 deaths	692,000	2180,000
U5 underweight	10 (92,555,000)	47 (118,568,000)

India's Underweight population of 10 years olds:

141,504,188

U3 UW: 30

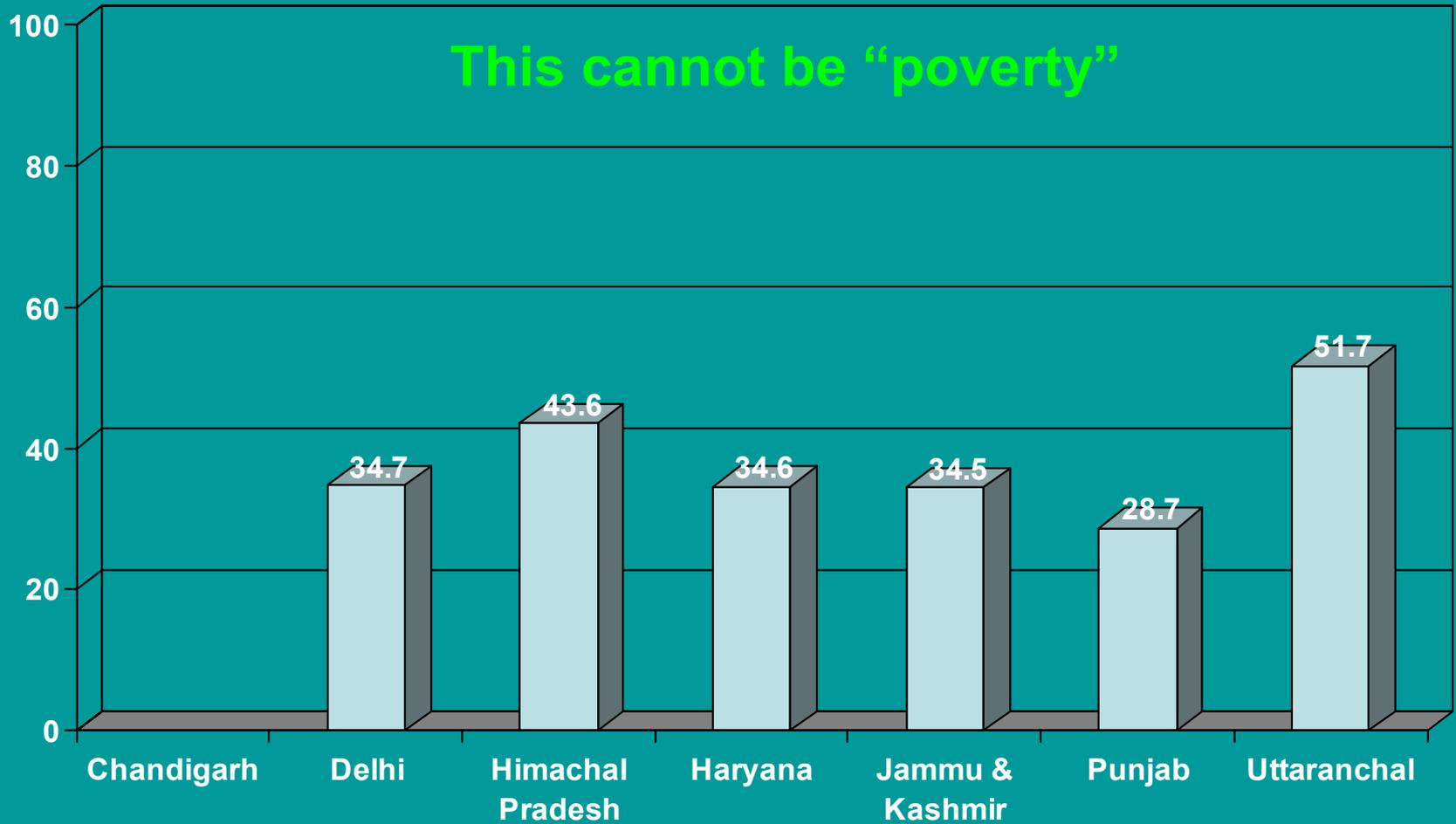
90,321,822

IMR: 40 – U3 underweight: 47

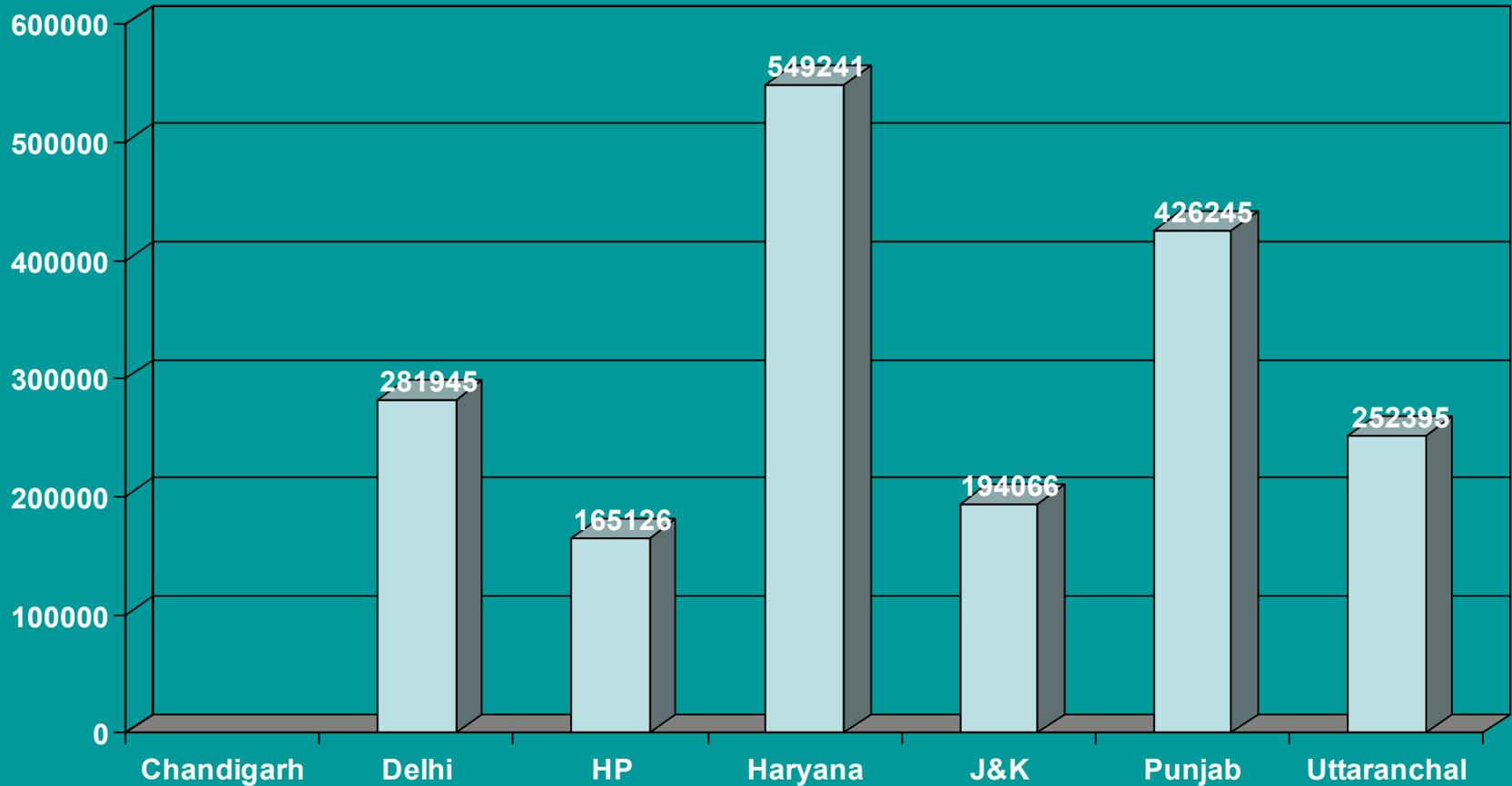
144,665,211

# Under Weight U-3 (-2sd)

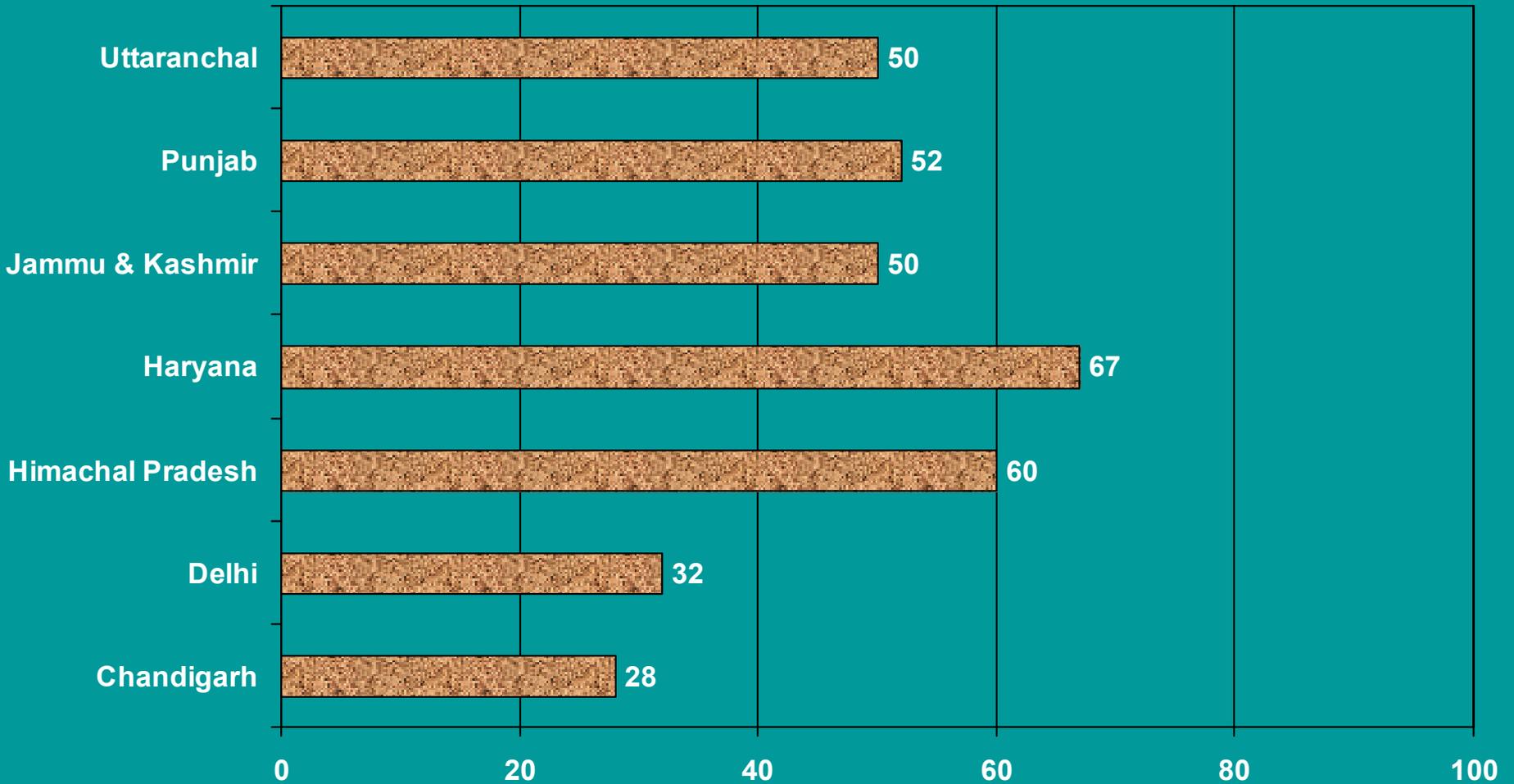
(NFHS-2)



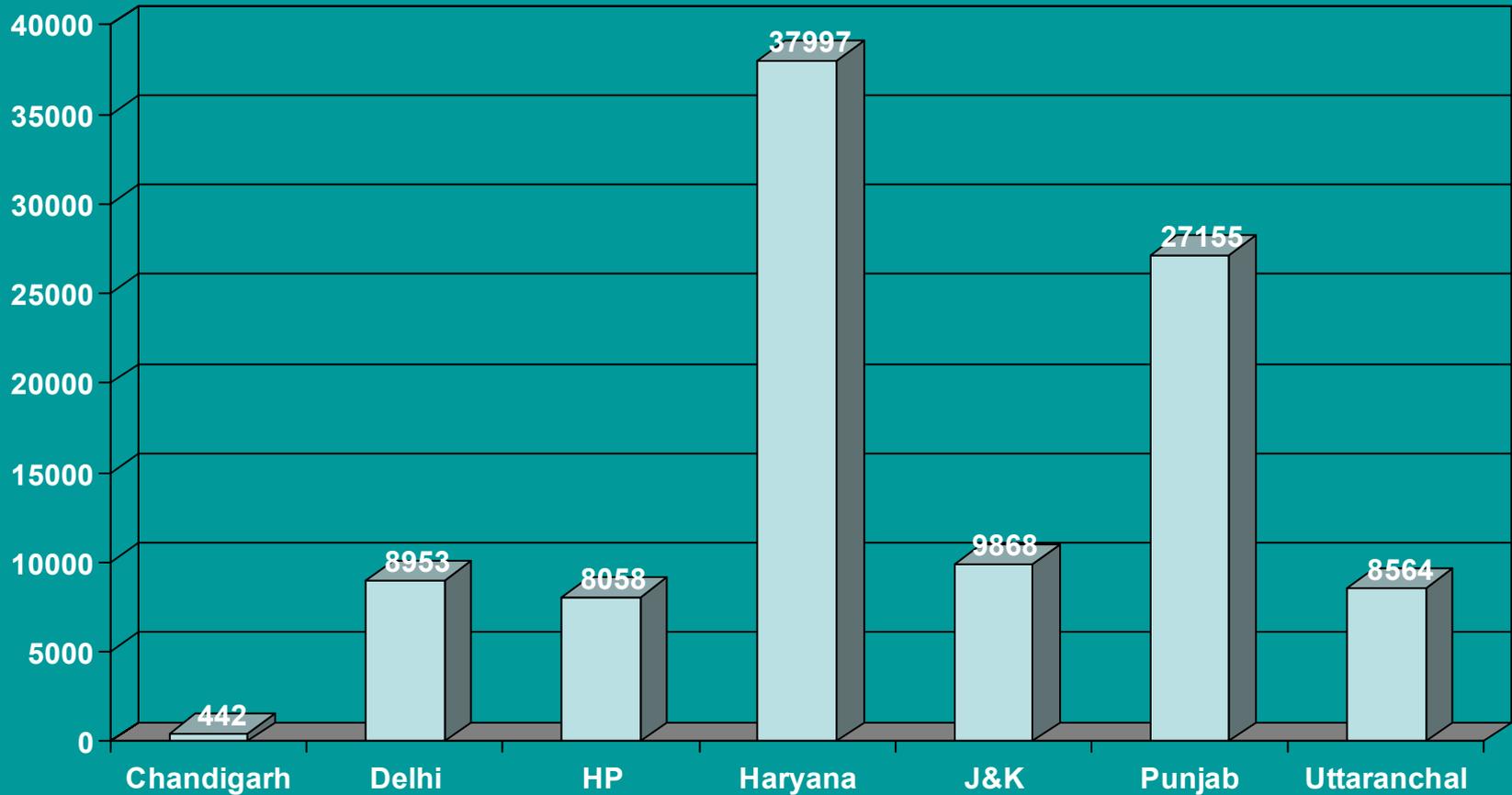
# Underweight U – 3 (Numbers)



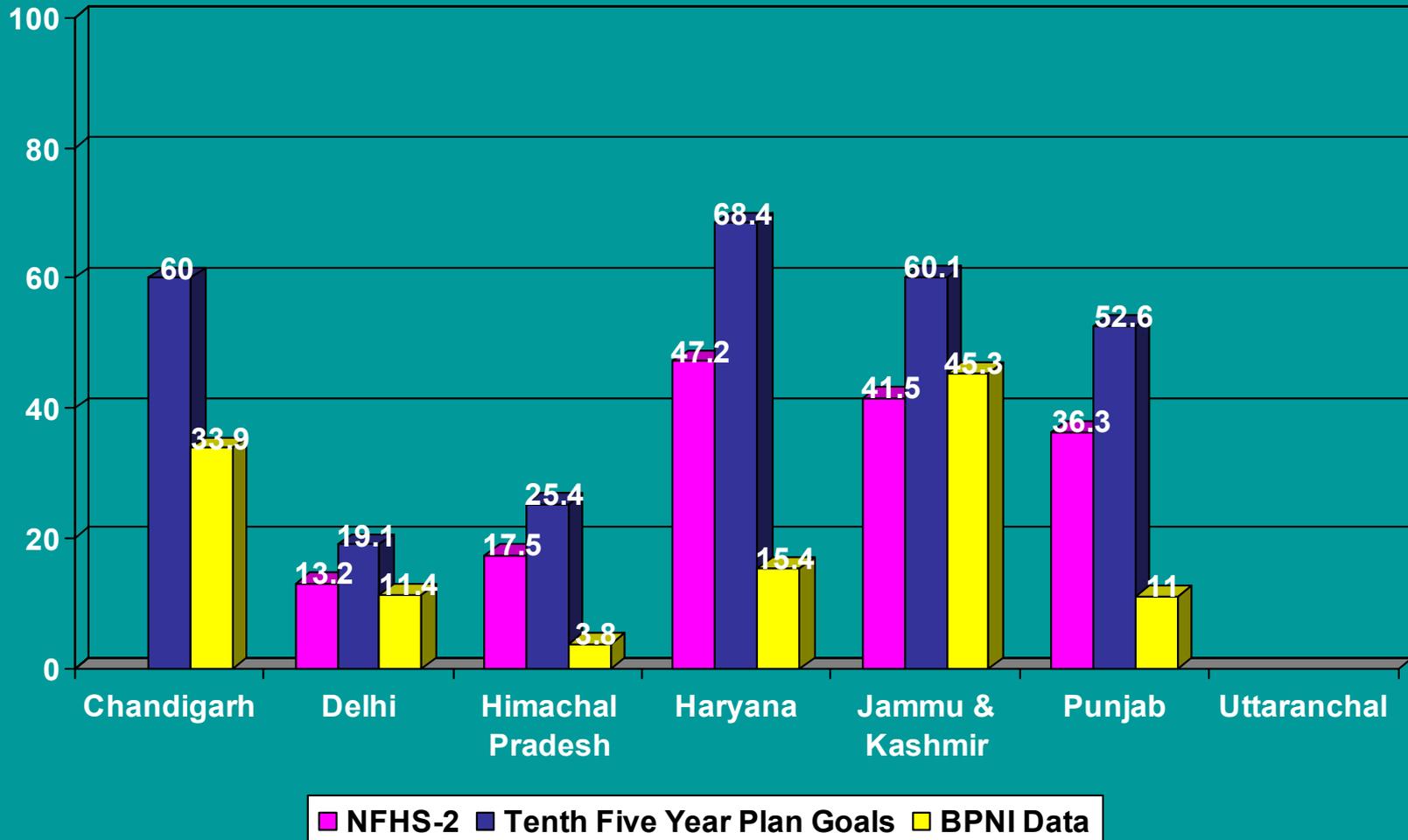
# Infant Mortality Rate (NFHS-2)



# Infant deaths in North (NFHS-2)



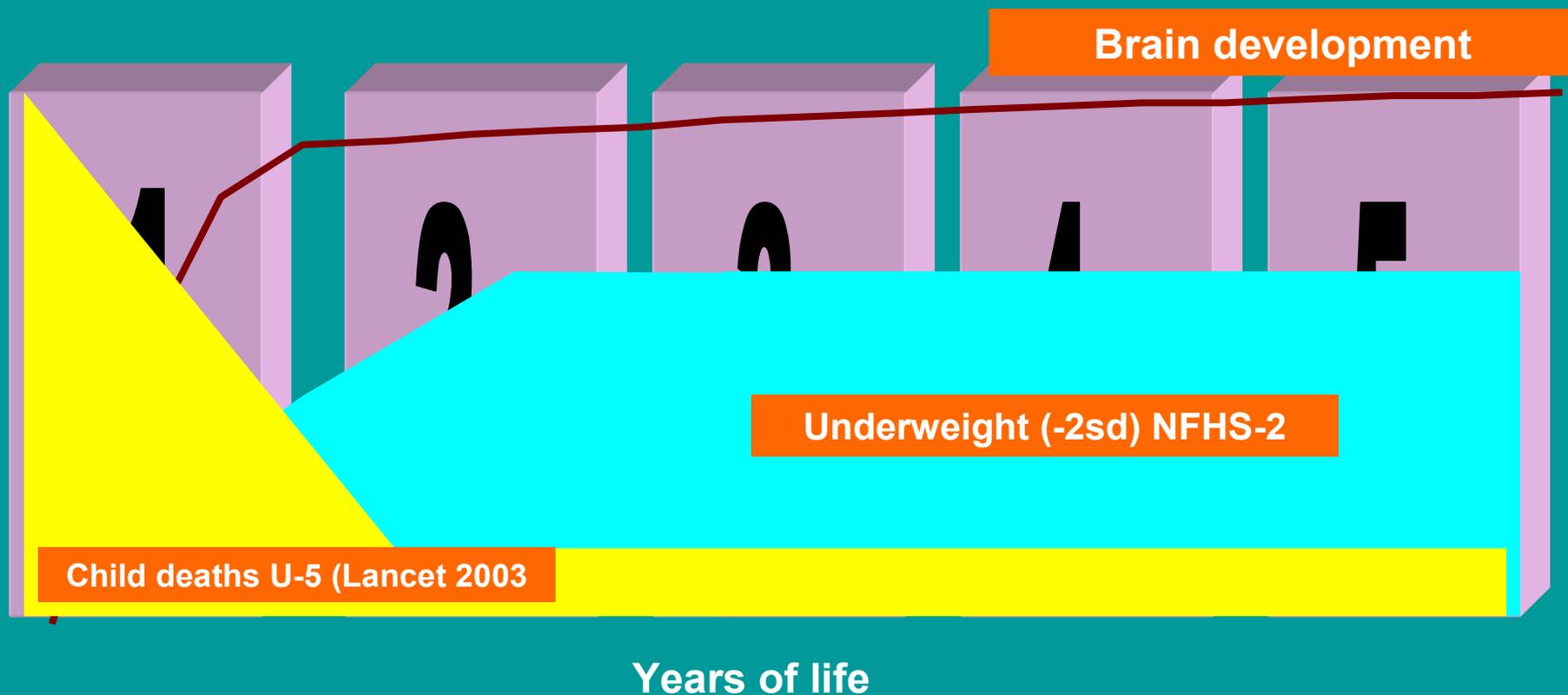
# Exclusive Breastfeeding Status and Tenth Plan Goals



# Our present response

Imm., SNP, Vit A,  
IMNCI, HNE...

UNIVERSAL COVERAGE CAN PREVENT 63% DEATHS



# 11<sup>th</sup> Plan is at Arms length

- Infant Nutrition is critical for infant mortality
- Suggested MCH clinics and Day Care Centers

## Suggestions

- Put a budget line for breastfeeding at least as much as for immunization
- Offer a “Neonatal Integrated Package” that includes, clean delivery, newborn care and **breastfeeding education** including for HIV positive mothers (UN task force on MDGs)

*Understanding what is BF education is needed*

# What is “Breastfeeding education”

- Good accurate information
- timely counseling,
- Building confidence when they have a ‘feeling’ of not enough milk,
- Assistance
  - To initiate breastfeeding within one hour,
  - Assistance in proper sucking position to allow effective sucking ;
  - Prevent breast problems like sore nipples and engorgement,
  - Solve problems if they do arise,
  - Answer any questions if mothers may have,
- Counsel on adequate and appropriate complementary feeding,
- Counseling for HIV positive mothers for infant feeding options and support to their choice.
- Practical help and support from all quarters especially health care providers.

**SKILLFUL ACTS, NOT LIKE DELIVERY OF A VACCINE**

# Ideas for *Action*

- Establish breastfeeding support centers in MCH clinics/day care centers manned by a trained **woman** (7 day training)
- Create a **critical mass of skilled women**
- Provide skills training ASHA and AWW for 3 days in breastfeeding and lactation management fulfilling NNP objective of 1995.
- Begin with Distt. Level –Block-Villages
- BPNI offers to train district level critical mass.

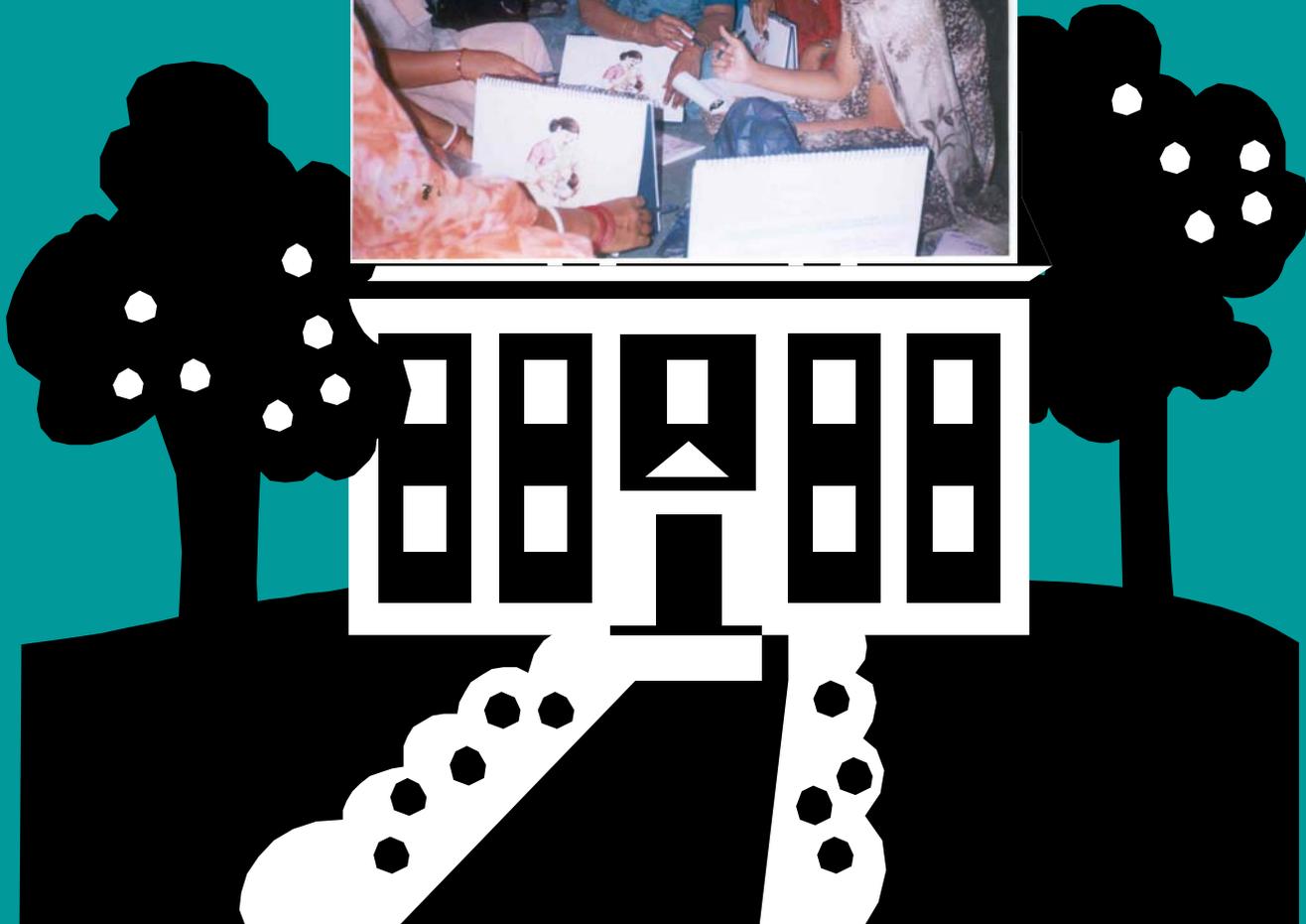


# Breastfeeding Support Centers









**PHC / CHC/Block level**

# Action Ideas

- CM Haryana today announced the scheme “*Improving Infant and Young Child Feeding*”
  - Baseline documentation
  - 3- day skills training of all AWWs in IYCF
  - Counseling guide for each AW

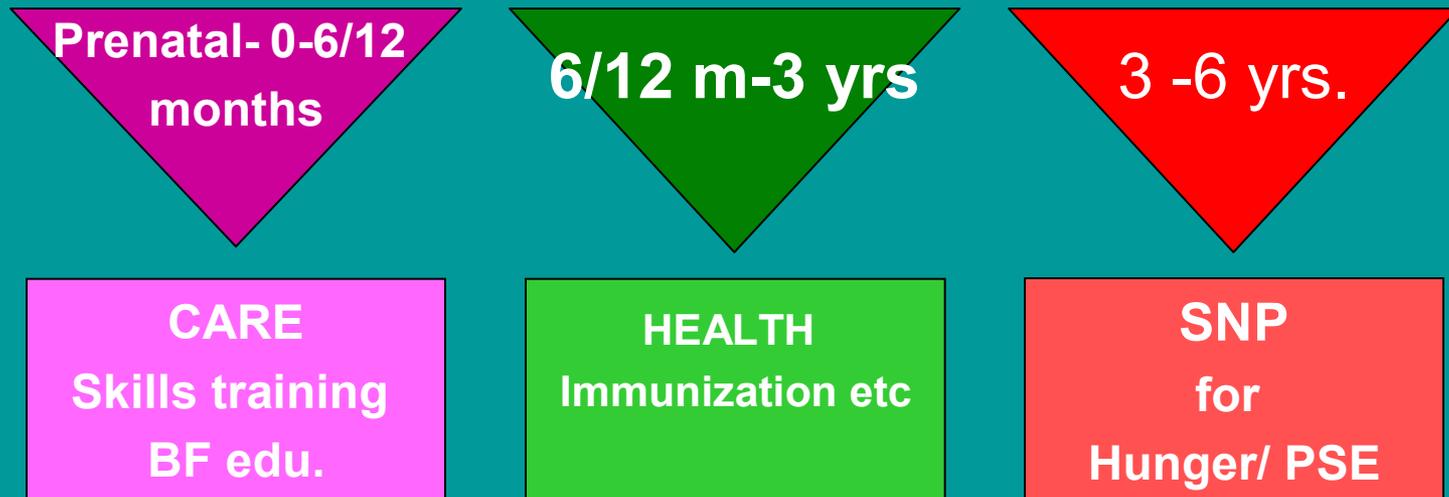
**Government of India and each state need to create budget head and launch such a scheme**

Uttaranchal: **Documenting status of Infant and Young Child Feeding at district level followed by development of specific plans of action for the state**

- Punjab planning to call a state level consultation to move forward.

**Ways to move ahead !**

# Reorganize resources, each step requires allocation



# Tracking by village PRIs

## *Indicators*

- Under Weight at 1
- Exclusive breastfeeding at 6 months
- Infant deaths

**Above  
85%**

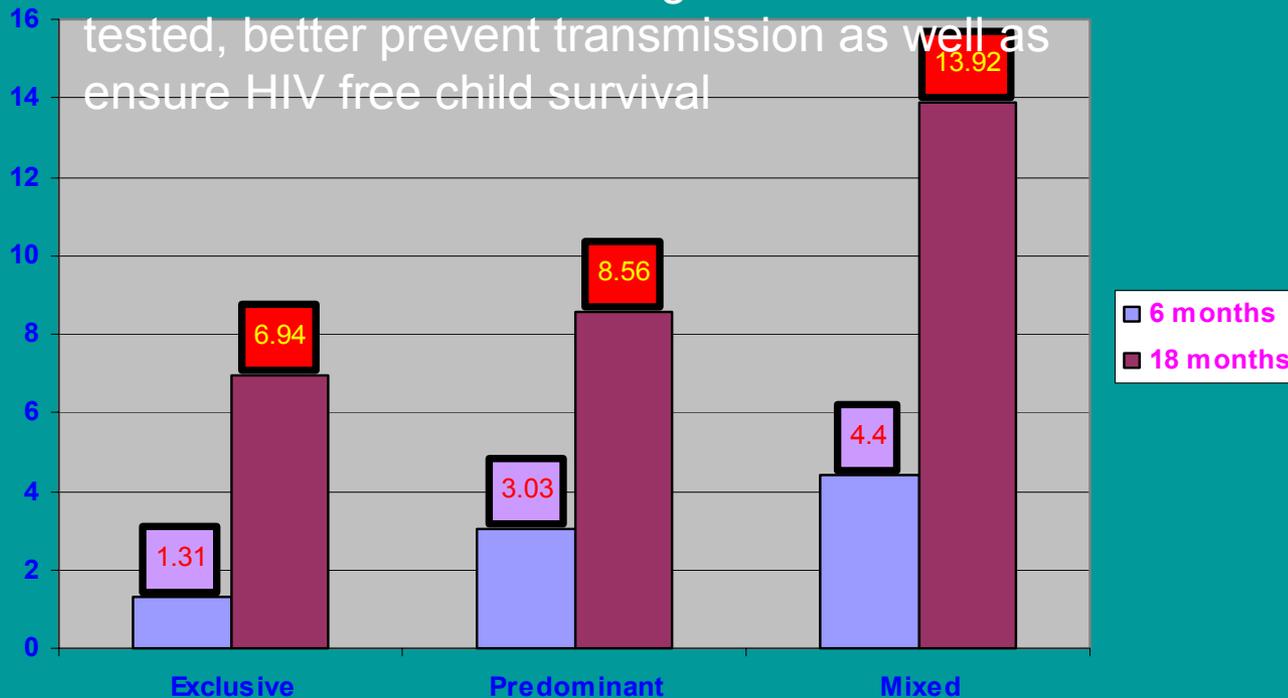
**50-85%**

**Below  
50%**

# Exclusive breastfeeding Prevents HIV in infants

Cumulative % with HIV infection according to early breastfeeding pattern

Most mothers are either negative or not tested, better prevent transmission as well as ensure HIV free child survival



Early Exclusive Breastfeeding reduces the risk of postnatal HIV-1 transmission and increases HIV-free survival. **AIDS 2005 19:699-708**

# It prevents Obesity

- And thus diabetes and other chronic problems
- Sufficient evidence available that BREASTFEEDING/ExBF prevents childhood obesity
- 15% urban populations are projected to be obese
- The USA promotes breastfeeding as number one preventive intervention along with decreased TV viewing
- Treatment costs are horrible and unaffordable even by USA

# Make breastfeeding visible!



## Thank you

25 8:22 AM

The First Lady of Timor Leste at 7<sup>th</sup> Ministerial Consultation on Children