**Get to know!**

Breastfeeding is much more than just breastmilk. It is a human right, healthy for babies, empowers women, the best investment and nature’s way.

Breastfeeding also means...

♥ safe, sound & sustainable feeding
♥ higher scores on intelligent tests
♥ perfect quality, right amount of nutrients
♥ free  
♥ natural immunisation
♥ better bonding  
♥ lower risk of overweight
♥ mom loses weight  
♥ delay of new pregnancy
♥ lower risk of breast and ovarian cancers

**Formula feeding** opens the possibility to contaminated formula, unclean bottles, over-diluted formula and use of nutritionally unsafe fluids. Formula feeding increases risk of...

☞ mortality  
☞ childhood cancer
☞ allergy  
☞ chronic diseases
☞ asthma  
☞ cardiovascular disease
☞ obesity  
☞ acute respiratory disease
☞ diabetes  
☞ gastrointestinal infections
☞ otitis media and ear infections
☞ infection from contaminated formula  
☞ and reduces cognitive development

As a global public health recommendation, infants should be **exclusively breastfed for the first six months of life**, and continue breastfeeding up to two years of age or beyond, to achieve optimal growth, development and health.

~ WHO/UNICEF Global Strategy for Infant and Young Child Feeding, 2002

When replacement feeding is not acceptable, feasible, affordable, sustainable and safe (AFASS), exclusive breastfeeding is recommended during the first months of life.

~ HIV and Infant Feeding Framework for Priority Action, endorsed by nine UN agencies, 2003

**Want to know more?**

**Join us!** at <health.groups.yahoo.com/group/HIV-infantfeeding> to be on the email list of more than 350 organisations and individuals for access to up-to-date documents and research. To join, simply email to the Coordinator: tedgreiner@yahoo.com

**Useful resources**

5. What are the options? Using formative research to adapt global recommendations on HIV and infant feeding to the local context, WHO, 2004 <www.who.int/child-adolescent-health>

**Key contacts**

We would like to keep in touch with you!

- WABA HIV & Infant Feeding Task Force.
  Coordinator: Dr. Ted Greiner, USA <tedgreiner@yahoo.com>
  Co-coordinator: Dr. Jean Tshiula, Zambia <jtshiula@hotmail.com>

- Programme Facilitators
  Capacity Building: Dr. Arun Gupta, India <arun@ibfan-asiapacific.org>
  Research: Dr. Ted Greiner, USA <tedgreiner@yahoo.com>
  Advocacy: Anwar Fazal, Malaysia <waba@streamyx.com>

For more information, contact the WABA Secretariat (address below).

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**Prevention of Infant HIV**

**What we need to know about breastfeeding & HIV**
While HIV is believed to pass via breastfeeding to about 1 out of 7 infants born to HIV-positive women, data continues to show that exclusive breastfeeding (i.e., giving babies no other foods or fluids besides breastmilk) leads to lower HIV transmission rates than other forms of breastfeeding. Studies show that exclusive breastfeeding can be achieved if mothers receive the correct information and support. Exclusive breastfeeding alone would reduce mortality rates in low income countries by 13%, more than any other single health intervention.

Breastfeeding spares infants all the risks of artificial feeding:
- WHO estimates that increased breastfeeding could save over 1.5 million babies yearly who die from diseases like diarrhoea, malnutrition and pneumonia.
- High cost of formula feeding burdens families.
- Mixed feeding increases the risk of infant HIV.
- Widespread use of infant formula, especially providing it free, can lead to spillover effects, harming large numbers of infants who are not at risk of HIV infection.

Coming up!
- Planning Meeting for HIV & Infant Feeding International Conference, July 2005, Washington DC, USA
- HIV and Infant Feeding International Conference, 2006 (date and venue to be determined)
- To participate in strategic events, see www.synergyaids.com/Calendar/calendar.asp

Global happenings
- WABA-UNICEF Colloquium on HIV and Infant Feeding, Arusha, Tanzania, September 2002
- Infant Feeding and HIV: A regional colloquium for the Asia-Pacific, Delhi, India, November 2003
- HIV and Infant Feeding Global Planning Meeting, Lusaka, Zambia, February 2004