

World Breastfeeding Week 2005: Breastfeeding and Family Foods: Loving and Healthy

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Look out for the next issue of WABALink for more stories about how the world celebrates World Breastfeeding Week



Inserts with this Issue

- Statement to UNICEF Executive Board, June 2005 Session
- Breastfeeding advocates help communities latch onto a good idea
- Sick of Globalisation
- The Right to Breastfeed

WABALink is a current awareness service, with the mission of sharing news and useful key documents with its global network of supporters. The views expressed in the articles, supplements, and other inserts, etc. however do not necessarily reflect the views, or policies of WABA or its Core Partners.

WORLD CELEBRATES WORLD BREASTFEEDING WEEK WITH MORE ORGANISATIONS ANNOUNCING THEIR SUPPORT

UNICEF applauds the commitment of all those involved in support of child survival through optimal infant and young child feeding in celebration of this year's world breastfeeding Week

- Ann M Veneman
UNICEF Executive Director

This year's World Breastfeeding Week will mobilize partners and communities worldwide in support of improved infant and young child feeding. WHO joins the partnership and commits its continued support to making appropriate and safe breastfeeding and complementary feeding a reality for all children.

- Lee Jong-wook
WHO Director-General

FAO takes special pleasure in joining WABA and partner organisations in celebrating World Breastfeeding Week. This year's theme on breastfeeding and family foods fits well with FAO's commitment to household food security.

-Kraisid Tontisirin
Director, Food and Nutrition Division, FAO.

The International Pediatric Association is pleased to add its voice to those supporting World Breastfeeding Week - indeed we think that every week of the year should represent a world breastfeeding week!

- Jane G. Schaller

IAP
Executive Director

PAHO (Pan-American Health Organisation) thanks WABA and its worldwide grassroots network for their unparalleled efforts to promote optimal breastfeeding and complementary feeding. Creating a favourable policy environment, implementing cost-effective programs, and fostering networks and alliances all help to ensure that mothers and families are supported to optimally nourish their children, thus enabling all children to reach their full human potential.

-Marta Roses Periago

PAHO Director

"Breastfeeding Welcome here" scheme launched in Ireland

A number of local businesses across Northern Ireland including hairdressers, coffee shops and restaurants, have signed up to a scheme to support breastfeeding moms in their local community.

The scheme is a regional initiative coordinated by the Health Promotion Agency for Northern Ireland (HPA) to support mothers who wish to breastfeed when they are out and about with their baby.

Businesses which are open to the general public, have non-smoking facilities and support breastfeeding will be eligible to join the scheme. They will be given a window sticker and certificate to display on their premises to show that breastfeeding is acceptable in all



areas open to the general public and that their staff are aware of the scheme and supportive of breastfeeding moms.

Northern Ireland has one of the lowest breastfeeding rates in Europe. While half of all new mums there start breastfeeding, many quickly stop. This is often because they feel that there is a lack of support, particularly when they want to feed their baby outside the home.

Source: UTVlive.com, July 5, 2005/www.breastfedbabies.org

ABC of Breastfeeding

- B**onding with your baby by the warmth of skin to skin contact
- R**eadily available and convenient
- E**asily digested, causing less colic, diarrhoea and constipation
- A**llergies, lowers risks of asthma and eczema
- S**timulates the taste and smell senses
- T**eeth and jaw are properly developed
- F**ats and unique proteins which stimulate brain development
- E**conomical breastmilk cost less than commercial infant formulas
- E**asy to serve, always at right temperature
- D**ieting is not required. Milk production consumes calories
- I**mmunity is strengthened as it contains antibodies which protect
- N**appy rash and thrush is reduced
- G**rowth and development is optimised by mother's milk which is the most nutritious food for your baby.

Adapted from the Lean Aubergine Dietetic Service
www.health24.com/child/Breastfeeding

First Breastfeeding Father Support Group in Peshawar, Pakistan established

The Peshawar Breastfeeding Father Support Group was established by Blue Veins, a women welfare and relief services group in Pakistan. The group consists of 40 members from all walks of lives. Blue Vein expects to launch two more support groups in Nowshera and Sawabi districts.

"Breastfeeding is enhanced and the nursing couple sustained by the loving support, help and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy," said Shaheen Quresh, Chairperson of Blue Veins.

"Is there really such a thing as a "breastfeeding father" and can he be included in the breastfeeding experience," asked Qamar Naseem the Project manager of the program. "If a mother decides to breastfeed is the father an important member of the breastfeeding team? Many experienced fathers will answer with a resounding "Yes" he added.

Fathers are very important to all babies, no matter how they are fed. Many people feel that a supportive father or other close family members is one of the most important factors in a satisfying breastfeeding experience. Some even go as far as referring to the breastfeeding triad (mother, baby and father) instead of a nursing dyad. A father's support and encouragement can help make the early learning period of breastfeeding easier and more enjoyable for mother and baby.



Blue Veins is a recipient of the WABA Global Initiative for Father Support (GIFS) seedgrant.

Source: Blue Veins/IBFAN Asia Pacific RCO

China lifts ban on student marriage, varsity grants maternity leave.

China's Ministry of Education has ordered universities to lift a 50-year ban on students marrying and having children.

Colleges and universities must revise and implement the regulation by September.

In Suzhou University, maternity leave has been granted to married female students.

Source:UPI, Aug 11 2005/Star, Aug 8 2005



Consumers dissatisfied with Nestle, 87% say they will boycott

Nestle, the Swiss food industry Goliath, finally issued an apology for having excess iodine levels in some milk powder it sells for infants and young children in China (see accompanying story).

A lawyer from the China Consumer's Association was quoted as saying Nestle was only reacting to all the adverse publicity and the apology was a "late response" coming just because of public pressure.

An online survey taken indicates the apology may be falling on deaf ears. As many as 87% of consumers say they would stop purchasing Nestle products, primarily because of the firm's lukewarm response to the milk powder issue after the problem was found.

- Source: Dwight Daniels, China Daily June 6, 2005

China pulls popular Nestle formula from Supermarket shelves

One of Nestle's best selling Chinese milk powders was found to contain too much iodine, according to a survey conducted by quality inspection authorities in Zhejiang Province.

"This is the first time we have found milk powder, containing excessive iodine in recent years," said an official from the Zhejiang Administration of Industry and Commerce.

Despite Nestle claiming that the milk powder is still safe for consumption, experts say that infants and children may suffer from goitre, a condition caused by a deficiency or an excess of iodine.

However despite the assurance from Nestle, officials from the Provincial Administration of Industry and Commerce have already pulled the milk powder from supermarket shelves.

-Source : Claire Johnston, Dairyreporter.com, June 2, 2005

Rise in prostate cancer linked to chemical used in babies drink bottles, teats and food wrap

A chemical used to make food wrapping, babies drink bottles and teats, and line tin cans could be the cause of surging prostate cancer rates in men, says a study.

Bisphenol A is widely used in the food industry to make polycarbonate drinks bottles and the resins used to line tin cans, even though it is known to leach into food and has long been suspected of disrupting human sex hormones.

The new research suggests the small but constant level of bisphenol A entering people's diet has a particular impact on pregnant women, disastrously altering the development of unborn baby sons.

The chemical causes microscopic changes in the developing prostate gland but these are not apparent at birth.

Study: Breastfeeding Lowers blood pressure

The longer infants are breastfed, the lower their blood pressure in later childhood.

Researchers at the University of Bristol determined breastfeeding might be as effective as lowering blood pressure as are low-salt diets or increased physical activity.

When it comes to diseases related to high blood pressure, breastfeeding "is of public health importance," they concluded.

More than 2000 children between the ages of 9 and 15 from Estonia and Denmark were surveyed. The findings were similar for children in both countries.

The study is detailed in the June issue of the British Archives of Disease in Childhood.

Source: ScienceDaily.com May 27, 2005

Increased risk of breast cancer for women who were heavier than average at birth or never breastfed

A research conducted by the epidemiologists at the University of Buffalo's School of Public Health and Health Professions found that premenopausal women who were heavier at birth or had not been breastfed as infants appear to be at increased risk of developing breast cancer.

Results showed that premenopausal women whose birth weight was greater than 8.5 pounds and premenopausal women who had not been breastfed as infants, had an almost two-fold risk of developing breast cancer when compared to premenopausal women whose birth weight was 5.5-7 pounds and who had been breastfed.

Our research support the hypothesis that early life events impact women's breast-cancer risk later in life," said the lead researcher.

Source: Xagena.it/MedicineNews.net May 27, 2005

Instead they show up years later when they lead to a range of prostate diseases, such as enlargement and cancer.

In Britain, rates of the cancer have surged to about 27,000 new diagnoses and 10,000 deaths a year. It is almost as big a killer as breast cancer in women.

About 2.8 million tonnes of bisphenol are produced every year worldwide and it has been used in babies drink bottles and teats in addition to food packaging.

Source: New Straits Times, May 2, 2005



Are you listed in the WABA-UNICEF Directory of Experts?

WABA in partnership with UNICEF is maintaining a Directory of Experts in the field of breastfeeding and appropriate infant feeding.

If you wish to be listed in the Directory, please download the questionnaires from the WABA website < www.waba.org.my/expform.doc > and send to the WABA Secretariat.



News from the Secretariat, Penang, Malaysia

Secretariat News, Project Development and Outreach

May • WABA and Galeri Art Point jointly organises Mothers Love Art Exhibition in Penang • World Breastfeeding Week (WBW) French and Spanish Action Folders translated, designed and printed • WBW Reproduction CD, compilation ready for mailout • Design, layout and printing of WBW Banner • Seedgrants for WBW 2005 were made available •

June • Susan Siew facilitated HIV and Infant Feeding : A Round Table Discussion organised by PPPIM in Kuala Lumpur, Malaysia • Sarah Amin began contributions to the Innocenti + 15 publication • Gender Working group comprising of Lakshmi Menon, Radha Holla, Sarah Amin and Koh Kah Ling started work on 2 publications: a) Breastfeeding as a Reproductive Health and Rights Issue and b) Gender Case studies • Writing, layout and printing of WBW package comprising of Cover Letter, Press Release, Feedback Form by Julianna Lim • Harjeet Dhillon begins processing of orders, packing and mailing of WBW materials and Golden Bows •

July • Susan Siew attends 7th ICAAP "Bridging Science and the Community in Kobe, Japan" • Two day WABA Staff Planning Meeting for 2006 • Satnam Kaur and Koh Kah Ling attends the Social Policy Dialogue on Improved Maternity Benefits for Malaysian Women in Kuala Lumpur • Liew Mun Tip co-organises the Joint WABA-LLLI HIV Symposium in Washington, USA • LLLI Gender Training Workshop in Washington organised by Sarah Amin, Marta Trejos and Marcos Arana • Susan Siew presents WABA's experience at the Save the Children, Asia Area Meeting in Bangkok, Thailand • Preparation and planning meetings began for HIV and Gender Conference in 2006 by Penny Van Esterik and Sarah Amin • Liew Mun Tip attends 2nd PHA in Ecuador • Planning for IWHM and pre-meeting with womens groups by Lakshmi Menon, Koh Kah Ling and Sarah Amin • Writing and printing Doctor's Initiative letter and mailing of WBW pack to ABM • WBW Seedgrant awarded to 15 groups • Satnam Kaur and Julianna Lim attended the Pantai Hospital WBW and Breastfeeding Manual launching in Kuala Lumpur •

Visitors to the Secretariat

May • Maniam Sinnasamy, Social Work Consultant, Penang, Malaysia • **June** • Joyce Sivapatham, Environmental Artist, Penang • **July** • Krystle Lai, Royal Holloway, University of London, England • Lakshmi Menon, Consultant, India • Radha Holla, Writer, India • Associate Prof. Dr. Zalina Ismail, Deputy Dean, School of Health Science, University Sains Malaysia, Kelantan, Malaysia

Happenings 2005

- May 12-15 ■ NZLCA Conference, Auckland, New Zealand (www.lactcon.org.nz)
- June 2-3 ■ 15th Annual National Breastfeeding Seminar, Canada
- June 5 ■ World Environment Day*
- June 13-July 8 ■ Breastfeeding Practice and Policy Course, London, England (www.cich.ich.ucl.ac.uk/CICH)
- July 1-5 ■ 7th ICAAP International Conference on AIDS in Asia & Pacific, Kobe, Japan (www.icaap7.jp)
- July 2-5 ■ LLLI 19th International Breastfeeding Conference, Washington, USA (www.lalecheleague.org)
- July 8-12 ■ ILCA Annual International Conference & Meeting, Chicago, USA and ILCA's 20th Anniversary (www.ilca.org)
- July 19-23 ■ Second People's Health Assembly, Ecuador (info@iphcglobal.org)
- July 24-27 ■ 3rd International AIDS Society Conference, Rio de Janeiro, Brazil (www.ias-2005.org)

Aug 1-7 ■ World Breastfeeding Week*

- Aug 1 ■ 15th Anniversary of Innocenti Declaration
- Sept 1-3 ■ WABA Core Partners Meeting, Penang, Malaysia
- Sept 5-7 ■ WABA Steering Committee Meeting, Penang, Malaysia
- Sept 21 ■ International Day of Peace *
- Sept 21-25 ■ 10th International Women and Health Meeting, New Delhi, India (www.10iwhmindia.org)
- Sept 28-30 ■ ABA International Breastfeeding Conference, Hobart, Australia (www.cdesign.com.au/aba2005)
- Oct 9-14 ■ IBFAN Africa Gender Training, Penang, Malaysia
- Oct 12 ■ IBFAN's 26th Anniversary (www.ibfan.org)
- Oct 16 ■ World Food Day*
- Oct 20-24 ■ 10th Annual ABM Meeting, Denver, Colorado, USA (www.bfmed.org/abm2005.html)
- Oct 27-30 ■ 10th AWID International Forum on Women's Rights and Development, Bangkok, Thailand
- Nov 17-21 ■ The 3rd Asia-Pacific Conference on Reproductive & Sexual Health, Subang Jaya, Malaysia
- Nov 17-20 ■ WANGO Annual Conference 2005, Santa Domingo, Dominican Republic.
- Nov 20 ■ Universal Children's Day*
- Nov 27-30 ■ 4th International Congress on Women's Health, New Delhi, India (www.etuc.org/tuth/uk/survey.html)
- Nov 19-21 ■ 15 years CRC Celebration, Florence, Italy
- Nov 21-22 ■ Innocenti Declaration + 15 Celebration, Florence, Italy
- Dec 1 ■ World AIDS Day
- Dec 10 ■ Human Rights Day
- Dec 13-14 ■ Tracking progress in Child Survival- Countdown to 2015, University of London, England

[(*) see www.daysofaction.net for links]

"TOWARDS A REGION WHERE EVERY CHILD COUNTS: Siem Reap – Angkor Declaration of the 7th East Asia and Pacific Ministerial Consultation on Children"

Read more about this at www.waba.org.my



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