

## Conclusion

The Breastfeeding Transition suggests that the status of women and gender equality (difference in status between women and men) play significant roles in global breastfeeding rates and needs to be seriously considered in how we approach breastfeeding protection, promotion and support efforts. Strategies need to consider: the degree of (in)compatibility between women's reproductive and productive roles across different populations of women; the costs and benefits of motherhood, caregiving and breastfeeding; disparities in gender/social status across the population; the focus, scope and reach of breastfeeding activities across population groups; the (lack of) regulation regarding the marketing of human milk substitutes;; personal preferences and social norms regarding infant feeding; and the availability and use of devices for milk expression.

**Table 1: Major Studies related to “The Breastfeeding Transition”**

| Author                                    | Source   | Findings  |
|---|--|---|
| <b>Transition from Phase 1 to Phase 2</b> |  |   |
| Perez-Escamilla R., 1994.                 | Demographic and health surveys conducted in 23 countries between 1986 and 1990   | <ul style="list-style-type: none"><li>• Within countries breastfeeding<ul style="list-style-type: none"><li>○ Is more prolonged in rural than in urban areas</li><li>○ More prolonged and among women with lower rather than higher levels of formal education</li></ul></li><li>• Among countries, those with a higher proportion of their population living in rural areas present more extended breastfeeding when compared with more urbanized nations</li></ul>  |
| Trussell, et al, 1992                     | <ul style="list-style-type: none"><li>• Review of literature plus analysis of</li><li>• 62 WFS and DHS surveys from 47 countries b/n 1974-1989</li></ul> | <ul style="list-style-type: none"><li>• Review of literature notes<ul style="list-style-type: none"><li>○ Breastfeeding rates higher in Africa than Latin American or Caribbean</li><li>○ Breastfeeding rates lower in urban area:</li><li>○ Mixed effects on how maternal education impacts feeding: breastfeeding associated in higher education in developed countries and mixed findings in developing countries</li></ul></li><li>• Analysis<ul style="list-style-type: none"><li>○ Duration of breastfeeding always longer among rural women</li><li>○ Nearly universal tendency for duration to decline with increased education</li><li>○ Most “modernized” women (urban educated) are least likely to BF</li></ul></li></ul> |
| Grummer-Strawn, 1996                      | World Fertility Survey: late 1970s<br>Demographic and Health Survey: late  | <ul style="list-style-type: none"><li>• Breastfeeding rates higher among women with lower education, those who had more children, who did not use modern contraception, who grew up in rural areas, and those whose husbands also had more income and education.</li></ul>  |