

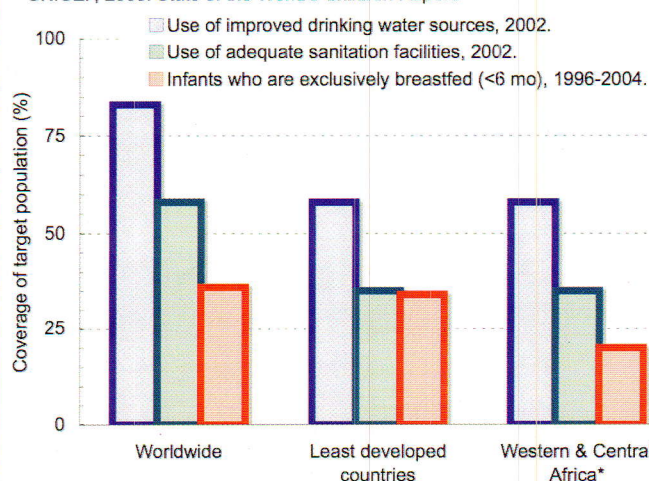
WATER AND SANITATION

Why integrate breastfeeding within a water & sanitation program?

- Infants who never breastfeed:
 - Lose their most potable source of water.
 - Are much more likely to die.

Even in the USA, nonbreastfed infants are 26.6% more likely to die in the first year of life. (Chen & Rogan. *Pediatrics*. 2004;113(5):e435-e439.)
- Infants who do not exclusively breastfeed to 6 months receive less of the most potable & available source of water.
- Children who do not breastfeed for at least 2 years are more likely to have pathogen-contaminated feces.
- Not breastfeeding, partially breastfeeding, or early weaning may increase the amount of water used, time spent collecting & sterilizing water, & fecal contamination.
- Exclusive breastfeeding rates are lower than the coverage rates for improved water sources, & in most areas for adequate sanitation facilities.

Statistics from:
UNICEF, 2006. State of the World's Children Report.



* Area of lowest coverage for exclusive breastfeeding & for use of improved water sources. Tied with South Asia for lowest coverage for use of adequate sanitation facilities,

How can breastfeeding be integrated within a water & sanitation program?

Look for opportunities within routine program activities to promote:

- Exclusive breastfeeding for 6 months.
- Continued breastfeeding for at least 2 years.

For instance:

- Mention breastfeeding in TV & radio spots about water & sanitation.
- List breastfeeding as the most potable source of water for infants & young children in promotional & educational materials.
- List breastfeeding as a way to decrease fecal contamination in educational materials on hygienic practices.
- Remind families, health facilities, & ministries that breastfeeding is excellent protection when emergencies such as the Tsunami & Hurricane Katrina disrupt water & sanitation systems.
- Ensure your promotional & educational materials suggest that water & sanitation is complementary with breastfeeding, but not a substitute for breastfeeding.

Join our efforts. With your help & support:

- Many more mothers, infants, & young children will be reached, &
- More infants & young children will survive.



ILCA

International Lactation
Consultant Association
www.ilca.org



La Leche League
International
www.lalecheleague.org



World Alliance for
Breastfeeding Action
www.waba.org.my