

**#WBW2018**  
**“Preventing Malnutrition” Facebook Posts**

**1. COPY**

The double-burden of #malnutrition has major consequences on short- and long-term #health. This #WBW2018, commit to preventing malnutrition in all its forms!


@Global Goals for Sustainable Development  
@World Health Organization (WHO)  
@UNICEF

**GRAPHIC**


# Preventing malnutrition in all its forms



Globally, there were **155 million**  children under 5 years of age stunted, 52 million wasted and 41 million overweight <sup>1</sup>

 In low- and medium-income countries, babies who were breastfed had a **21%** lower risk of death in their first year, compared with babies who were never breastfed <sup>2</sup>

It is estimated that breastfeeding reduces the risk of overweight and obesity by about **10%**  compared to formula feeding <sup>3</sup>

More than **1.9 billion**  adults (18 years and older) were overweight. Of these, over 650 million were obese <sup>1</sup>

1. Child malnutrition. (n.d.). Retrieved from <http://www.who.int/gho/child-malnutrition/en/>  
2. Akst, J. (2015). Breast Milk and Obesity: A study links components of a mother's milk to her infant's growth. Retrieved from <https://www.the-scientist.com/>  
3. Sankar, M. J. et al. (2015). Optimal breastfeeding practices and infant and child mortality: A systematic review and meta-analysis. *Acta Paediatrica*, 104, 3-13

## 2. COPY

Optimal #breastfeeding helps prevent #malnutrition in all its forms with positive lifelong effects on both children and mothers!

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### GRAPHIC

#### Lifelong positive health effects of optimal breastfeeding

There is strong evidence that optimal breastfeeding has many effects on:

- Mother: helps with birth spacing, reduces risk of breast and ovarian cancers, and lowers the risk of hypertension.
- Child: combats infectious diseases, decreases incidence and severity of diarrhoea, lowers respiratory infections and acute otitis media, prevents dental caries and malocclusion, and increases intelligence.

