#### #WBW2018 "Preventing Malnutrition" Facebook Posts

#### 1. COPY

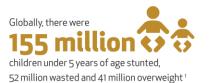
The double-burden of #malnutrition has major consequences on short- and longterm #health. This #WBW2018, commit to preventing malnutrition in all its forms!

@GlobalGoalsUN @WH0 **@UNICEF** 

**GRAPHIC** 

# Preventing malnutrition in all its forms





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





Of these, over 650 million were obese

Child malnutrition. (n.d.). Retrieved from http://www.who.int/gho/child-malnutrition/en/ 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/ Sankar, M. J. et al. (2015). Optimal breastfeeding practices and infant and child mortality: A systematic review and meta-analysis. Acto Poediatrica, 104, 3-13 3







#### **2. COPY**

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

#WBW2018 @GlobalGoalsUN @WHO @UNICEF

### 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.



