

# PREVENTING MALNUTRITION IN ALL ITS FORMS



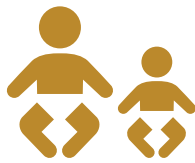
**MALNUTRITION** refers both to undernutrition and to overweight and associated non-communicable diseases. This double-burden of malnutrition has major consequences on short- and long-term health.

Lack of breastfeeding can be linked to both underweight and overweight in children. In addition to breastfeeding, many factors affect the optimal growth and development of children, including the introduction, amount, and frequency of complementary feeding. Breastfeeding also has implications for maternal nutrition. Good maternal nutrition together with optimal birth spacing and access to contraceptives are the main factors for preventing malnutrition.

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

## FACTS & FIGURES

Globally, there were **155 million** children under 5 years of age stunted, 52 million wasted and 41 million overweight



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



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



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



## TAKE ACTION TO PREVENT MALNUTRITION IN ALL ITS FORMS

### INFORM

people about the links between good nutrition and breastfeeding



**Raise** awareness of the risks and disadvantages of artificial feeding, especially in vulnerable populations.

**Inform** others about the optimal effects of breastfeeding.

### ANCHOR

breastfeeding as the foundation of life



**Include** the protection, promotion and support of exclusive breastfeeding in programmes to combat overweight and obesity.

**Integrate** breastfeeding into undergraduate and postgraduate curricula for all relevant professions.

**Integrate** breastfeeding into programmes that address maternal, newborn, child, adolescent health and development.

### ENGAGE

with individuals and organisations for greater impact

**Engage** organisations that work on nutrition, hunger, food security, food aid, environment, climate change, and poverty reduction issues.

**Include** young people in developing innovative approaches to bring about change.

**Involve** men and other sources of familial support to share care and domestic responsibilities.

**Build** the capacity of multidisciplinary teams of professionals and lay workers in breastfeeding to create a warm chain of support for mothers.



### GALVANISE

action to advance breastfeeding as a part of good nutrition



**Promote** the implementation of the Baby-Friendly Hospital Initiative and community programmes that counsel and support breastfeeding mothers.

**Fully** implement and monitor the International Code of Marketing of Breastmilk Substitutes and relevant World Health Assembly resolutions.