

Infant Feeding Practices: A Global Perspective

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Abstract

Infant nutrition is a primary determinant of growth and development, with long-term impacts on health. The World Health Organization (WHO) offers guidelines for infant feeding, however practices vary by geographical location, culture, and biopsychosocial factors. This chapter provides a comprehensive overview of peer-reviewed and gray literature on the current infant feeding guidelines and cultural practices across the globe. The findings draw attention to the multiple drivers and barriers to exclusive breastfeeding in various regions. This chapter can serve as a building block to inform future public health initiatives and research. By addressing these barriers, we can improve maternal and infant health and reduce the burden of malnutrition and associated health consequences for infants globally.

Keywords: infant feeding policies, cultural patterns, breastfeeding, social influences, global, breastfeeding support, nutrition, guidelines, cultural practice, culture

1. Introduction

According to the World Health Organization (WHO), undernutrition is associated with the deaths of 2.7 million children annually, which is 45% of all child deaths [1]. WHO recommends early initiation of breastfeeding within 1 h of birth, exclusive breastfeed (EBF) for the first 6 months of life, and introduction of nutritionally adequate, safe complementary foods at 6 months with continued breastfeeding up to 2 years of age [1]. Breastfeed of infants is associated with higher cognitive development, reduced risk of infections in both childhood and adulthood, reduced risk of obesity in adulthood, reduced serum cholesterol levels in adulthood, and a small reduction in systolic blood pressure in adulthood [2]. Breastfeeding also significantly reduces the risk of developing type 2 diabetes mellitus [2]. However, only 44% of infants under 6 months of age are exclusively breastfed, indicating that significant barriers exist to providing nutrition to infants [1]. Identifying and reducing these barriers is critical to improving infant nutrition globally, thus improving health outcomes in all populations.

Adequate nutrition is necessary in maintaining overall health for all populations, but is especially important in the infant population. Infant malnutrition is associated with growth stunting, developmental delays, and increased mortality, especially from diarrheal and respiratory illness [3]. Poor nutrition in infancy, particularly

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