

Infant Feeding Practices: A Global Perspective

*Aryal Laxmi, Lucas Amanda, Haseeb Yumna B,
Dhaliwal Dolly and Gill Rubina*

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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Global Strategy for Infant and Young Child Feeding World Health Organization, 2003 WHO and UNICEF jointly developed this global strategy to focus world attention on the impact that feeding practices have on the nutritional status growth and development health and thus the very survival of infants and young children The strategy is the result of a comprehensive two year participatory process It is based on the evidence of nutrition s significance in the early months and years of life and of the crucial role that appropriate feeding practices play in achieving optimal health outcomes The strategy is intended as a guide for action it identifies interventions with a proven positive impact it emphasizes providing mothers and families the support they need to carry out their crucial roles and it explicitly defines the obligations and responsibilities in this regards of governments international organizations and other concerned parties *Infant and Young Child Feeding* Fiona

Dykes, Victoria Hall-Moran, 2009-08-14 This exciting book edited by Fiona Dykes and Victoria Hall Moran and with a foreword from Gretel Pelto explores in an integrated context the varied factors associated with infant and child nutrition including global feeding strategies cultural factors issues influencing breastfeeding and economic and life cycle influences Infant Feeding Practices United States. Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer Relations, and Nutrition, 1981 **Feeding and Nutrition of Infants and Young Children** Kim Fleischer

Michaelsen, 2000-01-06 Optimum nutrition and good feeding of infants and young children are key determinants of their health growth and development both physical and mental Good feeding practices will prevent malnutrition and early growth retardation which is still common in some parts of the World Health Organization European Region This publication contains the scientific rationale for the development of national nutrition and feeding recommendations from birth to age three years The guidelines and recommendations are designed for the WHO European Region with emphasis on the countries of the former Soviet Union They are especially applicable to the most vulnerable groups of infants and young children living in deprived conditions mainly in Eastern Europe but also in ethnic minority and low income groups in Western Europe

Infant Feeding Practices Pranee Liamputtong, 2013-12-12 It s natural It s unsightly It s normal It s dangerous To breastfeed or not For millions of women around the world this personal decision is influenced by numerous social cultural and health factors *Infant Feeding Practices* is the first book to delve into these factors from a global perspective revealing striking similarities and differences from country to country Dispatches from Asia Australia Africa the U K and the U S explore as wide a gamut of salient issues affecting feeding practices as traditional beliefs about colostrums breast is best campaigns partner attitudes workplace culture direct government intervention and the pressure to be a good mother Throughout these informative pages women are seen balancing innovation and tradition to nurture healthy thriving babies A sampling of topics covered Policy versus practice in infant feeding Infant feeding in the age of AIDS Managing the lactating body the view from the U S Motherhood work and feeding The effects of migration on infant feeding From breastfeeding

tradition to optimal breastfeeding practice Infant Feeding Practices is a first of its kind resource for researchers and practitioners in maternal and child health public health global health and cultural anthropology seeking empirical findings and culturally diverse information on this sensitive issue Infant Feeding and Care Practices in the United States Sara B. Fein,2008 **Infant Feeding Practices** United States. Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer Relations, and Nutrition,1981 **WIC Infant Feeding Practices Study** ,1997 Results from a one year longitudinal study of infant feeding practices over the first year of life *Infant Feeding Practices - a Global Perspective* Suseela Nair,1988 **Mothers' Infant Feeding Practices in the First Six Months of Life** Marcella Whittlesey Martell,1987 Infant and Child Nutrition Worldwide Frank Falkner,2021-04-14 This volume provides a contemporary and historical overview of infant nutrition in Europe North America and the Third World It emphasizes the important role that good nutrition appropriate health care and a caring environment play in promoting healthy physical and social growth in children Issues covered include breast feeding maternal undernutrition and reproductive performance weaning and the social and psychological factors of breast feeding The book will serve as an excellent guide for nutritionists pediatricians health professionals and others involved in child welfare worldwide *Nutrition in Infancy* Ronald Ross Watson,George Grimble,Victor R. Preedy,Sherma Zibadi,2012-12-02 Nutrition in Infancy Volume 1 is a very useful resource for all clinicians treating and preventing nutritional problems in infants This volume covers a wide range of topics that support wellness in infants through the prevention and treatment of infectious diseases malnutrition and developmental and genetic abnormalities A variety of chapters deal with nutrients for infants with disabilities surgery and other special needs Special emphasis is provided for clinicians treating the millions of children in developing countries whose death is promoted by undernutrition or malnutrition The next sections discuss the health benefits of supplementation and breast feeding and methods to improve use of breast feeding and its duration In Nutrition in Infancy Volume 1 all of these facets of nutrition and nutritional therapy are covered in a precise and practical way The latest developments in diagnostic procedures and nutritional support are also included Written by a group of international experts this volume is an indispensable new reference for clinicians with an interest in the nutrition and health of pregnant mothers and their infants Infant Nutrition Holly Berry Irving,1988 **Guideline: infant feeding in areas of Zika virus transmission** World Health Organization,2021-06-15 The objective of this guideline is to provide global science informed recommendations on infant feeding in areas of Zika virus transmission The primary audience of this guideline is health professionals responsible for developing national and local health protocols especially those related to infant feeding in infancy and early childhood The primary audience also includes those directly providing care to infants such as nurses general medical practitioners paediatricians managers of maternal newborn and child health programmes and relevant personnel in health ministries in all settings Lastly this guideline is also of interest to pregnant or breastfeeding women living or travelling to areas where Zika

virus transmission continues This guideline aims to help WHO Member States and their partners to make science informed decisions on the appropriate actions in their efforts to achieve the Sustainable Development Goals the resolutions of the World Health Assembly on infant and young child feeding and the global targets put forward in the comprehensive implementation plan on maternal infant and young child nutrition the global strategy for infant and young child feeding and the Zika Strategic Response Plan

Infant Nutrition Natalie A. Updegrave, Natalie Updegrave Partridge, 1991 **Infant Feeding Practices in Public Health Clinics in a Suburb of Washington, D. C.** Anne LeMerle Battle, 1975 Nutrition and Vulnerable Groups Amanda Devine, Tanya Lawlis, 2019-06-17 Food insecurity is a complex wicked problem that results from a range of unstable and uncertain physical social cultural and economic factors that limits access to nutritious food Globally 800 million people are under nourished and around 2 billion are overweight obese or have micronutrient deficiency These populations are largely positioned in developing countries where disease burden is high and impacts health budgets and productivity Similarly developed countries cities and neighbourhoods are experiencing a greater emergence of vulnerable populations This is in part explained by the change in the food production and manufacturing the retraction in economic climates the increase in food price and in some regions reduced food availability and access Vulnerable groups include but are not limited to migrant populations Indigenous people elderly pregnant women those with disability homeless young children and youth Poor nutrition at significant periods of growth and development and during life impact long term health outcomes increasing non communicable disease prevalence health cost and reducing economic productivity

The Determinants of Infant Feeding Practices, 1984 Infant Feeding Practices of Low and Middle Income Families in Nebraska Barbara D. Brogan, 1981 Infant-feeding Practices P. V. Gopujkar, M. A. Chaudhuri, M. A. Ramaswami, 1984

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