

## Are there risks from not breastfeeding?

We are all very familiar with the idea that breastfed babies have lower risks of various illness, and thus breastfeeding is a "benefit". However if human milk is the biological norm and processed animal milk is the intervention, then surely the health status of the breastfeeding baby is the norm. Thus the baby who is not breastfed would be at higher likelihood of illness, and the use of formula is a "risk". For example:

- ◊ Any formula use in the first 3-6 months doubles the incidence of otitis media. (OR 2.00, CI 1.40, 2.78)
- ◊ Any formula use in the first 2 months more than doubles the incidence of Type 2 Diabetes. (OR 2.44, CI 1.08, 5.56, p=0.03)

McNiel M et al, Birth 2010 [link to free article](#)

Similarly for the mothers, research found that parous women who had never breastfed :

- ◊ were more likely to experience breast cancer (Michels KB 2009)
- ◊ were more likely to have higher subsequent BMI (Bobrow 2009)
- ◊ were more likely to have risk factors for cardiovascular disease when postmenopausal (Schwarz 2009) [More and link to articles](#)

Evidence presented as risks from not breastfeeding: *Breastfeeding in Ireland: a five year strategic plan* (DOHC / HSE). [Download](#)



Are breastfed babies more healthy OR are babies who are not breastfed less healthy?

## What's On

Sept 14-16<sup>th</sup> Sweden

**Neonatal BFHI Conference** [www-conference.slu.se/neobfhi2011/index.html](http://www-conference.slu.se/neobfhi2011/index.html)

Sept 16<sup>th</sup> Limerick

**ALCI Conference** [www.alcireland.ie/](http://www.alcireland.ie/)

Oct 1<sup>st</sup>-7<sup>th</sup> Ireland

**National Breastfeeding Week**  
[www.breastfeeding.ie/](http://www.breastfeeding.ie/)

Oct 20<sup>th</sup> Cork, Oct 21<sup>st</sup> Dublin  
**Theme Day: Milk Supply**

Nov 29<sup>th</sup> Cork, Dec 5<sup>th</sup> Dublin  
**Theme Day: Child Wellness**

Dec 1<sup>st</sup>, 2<sup>nd</sup>, & 8<sup>th</sup>, Galway  
**Fundamentals of Breastfeeding**

Also Training the Trainer, Exam Prep and more topics in early 2012, timetable at [www.bestservices.ie](http://www.bestservices.ie) Training Courses

## Did you know? Not breastfeeding costs taxpayers €684,000 in replacement milk per year.

Using ready-to-feed formula with teat plus waste disposal during the average post-birth hospital stay costs approximately €18 per infant. A 50% formula feeding rate and 76,000 births per year (2009 ESRI figures), costs approx. €684,000 a year. Reducing the formula feeding rate by 10% (i.e. increasing the breastfeeding rate by 10%) would reduce costs by about €136,800 a year. There is a saving that could be made in health budgets and benefit health in the short and long term.

## Resources of the Month



### Risks of Not Breastfeeding

This 8 page publication (plus a citation list of 120 research articles) presents the evidence-base demonstrating breastfeeding as the biologic norm and a public health imperative.

Sections include: the unique components of breastmilk, long- and short-term maternal and infant health outcomes, hazards of formula and bottle-feeding, and financial consequences of not breastfeeding.

From the International Lactation Consultant Association.  
[Order on-line](#) from BEST Services. **€4.75 & free postage**

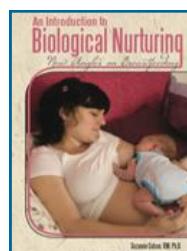
[Ask about bulk pricing for courses for health workers](#)

### Breastfeeding: your guide to a happy, healthy baby

This pocket-size guide is short, simple, and easy to read. Question and answer format for common questions: How long does a feed last? How can I tell if my baby is getting enough milk? Will my partner feel left out? Includes drawings and space to add things to remember. It is a wonderful introduction to breastfeeding for parents- and grandparents-to-be!

[Order on-line](#) from BEST Services.

**Only €2.50** Useful for GP practices, antenatal classes, and postnatal wards. Ask about bulk pricing.



### Introduction to Biological Nurturing

This book by Suzanne Colson describes new research evidence suggesting that mothers and babies innately know how to breastfeed, and introduces an approach called biological nurturing.

[Order on-line](#) from BEST Services. **€ 14.75**

*This newsletter has two interesting pages - read both!*

## THIS ISSUES' FREE DOWNLOADS and LINKS

- ☺ **Is breastfeeding really invisible, or did the health care system just choose not to notice it?** Chris Mulford. *International Breastfeeding Journal* 2008, 3:13 <http://www.internationalbreastfeedingjournal.com/content/3/1/13>
- ☺ **The influence of maternal, fetal and child nutrition on the development of chronic disease in later life,** UK Scientific Advisory Committee on Nutrition [http://www.sacn.gov.uk/reports\\_position\\_statements/reports/the\\_influence\\_of\\_maternal\\_fetal\\_and\\_child\\_nutrition\\_on\\_the\\_development\\_of\\_chronic\\_disease\\_in\\_later\\_life.html](http://www.sacn.gov.uk/reports_position_statements/reports/the_influence_of_maternal_fetal_and_child_nutrition_on_the_development_of_chronic_disease_in_later_life.html)
- ☺ **Infant Formula Explained** is a DVD for health workers developed by Baby Milk Action with Mark-It TV and the Baby Feeding Law Group, aims to equip health workers with the information they need to answer questions such as "Which formula is best?" and "How do I make up a feed?" This DVD gives a factual non-commercial view of formula constituents and use. Watch DVD at [http://info.babymilkaction.org/formula\\_guidance/ife\\_dvd](http://info.babymilkaction.org/formula_guidance/ife_dvd)
- ☺ **Discussing information with women who are considering not breastfeeding** is the focus of Issue 43 of *BFHI Link*, the newsletter of the Baby Friendly Hospital Initiative in Ireland. [www.ihph.ie/babyfriendlyinitiative/bfhi\\_link.htm](http://www.ihph.ie/babyfriendlyinitiative/bfhi_link.htm)
- ☺ **Measuring, reporting and comparing breastfeeding rates needs care.** Read about some of the issues in: Complexities and subtleties in the measurement and reporting of breastfeeding practices, Hector DJ, *International Breastfeeding Journal* 2011, 6:5 (17 May 2011) <http://www.internationalbreastfeedingjournal.com/content/6/1/5>

### What supports, promotes and protects breastfeeding in other countries? (USA)

*The Surgeon General's Call to Action to Support Breastfeeding* is a document from the nation's highest medical source, calling on health care providers, employers, insurers, policymakers, researchers, and the community at large to take 20 concrete action steps to support mothers in breastfeeding. While the slogan, *Everyone can help make breastfeeding easier*, might imply breastfeeding itself is difficult, the underlying thought is to involve everyone in making a supportive environment. <http://www.surgeongeneral.gov/topics/breastfeeding/>

The US Breastfeeding Committee is an independent nonprofit organization that was formed in 1998\* in response to the Innocenti Declaration of 1990 more than 40 organizations that support its mission to improve the nation's health by working collaboratively to protect, promote, and support breastfeeding. Their web site and free e-newsletter reports on activities, research, publications and acts as a hub for links to other US breastfeeding sites. <http://www.usbreastfeeding.org/>

### Quintessence Breastfeeding Challenge 2011

This fun event is an international challenge to see which geographic area (province, state or country) has the most breastfeeding babies, as a percentage of the birth rate, latched on at 11 a.m. local time. Now in its 10th year, the Challenge celebrates breastfeeding and mothers milk, and demonstrates promotion, protection and support for breastfeeding women and their families. It's a chance for education and peer support done in a fun social way.

In the 2010 events there were 4,373 children at 216 sites in 18 countries who took part.

**This year's event will be October 1st, 2011. Registered sites in Ireland in Cork, Dublin and Tullamore.**

Visit the Challenge website at <http://www.babyfriendly.ca/general-information.aspx> to register a Challenge site or get more information or to view pictures of previous events.

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