

Nutrition at the very start of our lives.....



Our earliest foundations start with one of the most challenging and confusing decisions for parents.....

Expressed Breastmilk?

Breast?

Bottles?

Breastmilk?

Supplementary feeding?

Cup feeding?

Nursing
Supplementation?

Formula Milk?

Syringe feeding?

Combination Feeding?



Yet let's be clear, this is not an easy or straight forward decision for any parent. Some would argue before we even start thinking about how we are going to feed our babies, there are a variety of factors, some we have awareness of and some we don't, that influence our decision.....

Support	Pressure	Public Feeding	Culture
Exposure	Birth	Our history	Family
How?		Relationship building	
	Immunity and protection		Societal norms
	Knowledge	Peer support	
Exhaustion		Specialist support	Choice
A role for me..	Marketing		and so much more.....

As parents we do the best we can, given the information we have, at any given time.

For today, due to the nature of our conference, we are only going to think about two elements.....

- 1.The difference between breastmilk and formula milk,
2. How and why this impacts on healthy weight, and healthy lives in the future.

*The difference
is in the
detail.....*

ACTIVITY : What is in Formula Milk and why.....?

ACTIVITY : Stay standing, so what about Breastmilk? What else is in Breastmilk and why ?

FORMULA

Vitamins and Minerals
Fats
Carbohydrates
Protein
Water

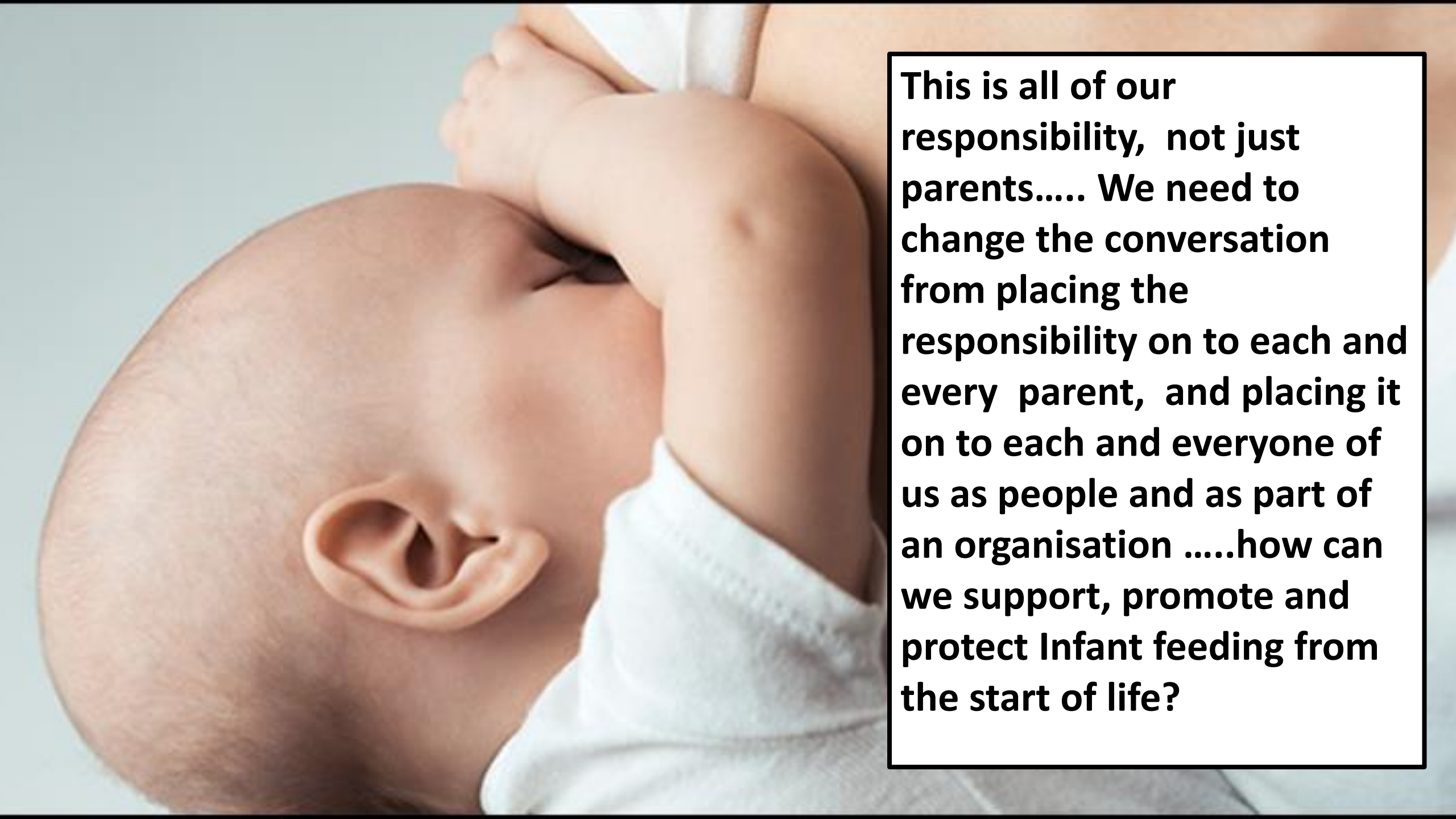
BREASTMILK

Immunoglobulins
Bifidus factor
Viral fragments
White cells
Enzymes
Oligosaccharides
Anti-Inflammatory factors
Hormones
Nucleotides
Transfer factors
Vitamins and Minerals
Fats
Carbohydrates
Protein
Water

So when we consider Healthy weight and Healthy lives and the science of breastmilk, the evidence is clear.....



Decisions about healthy eating at the very start of our lives, influence our own risk factors of our future healthy weight and wellbeing.



This is all of our responsibility, not just parents..... We need to change the conversation from placing the responsibility on to each and every parent, and placing it on to each and everyone of us as people and as part of an organisationhow can we support, promote and protect Infant feeding from the start of life?

Summary of the Research:

Fitzsimons, E, & Pongiglione, B, Prevalence and trends in overweight and obesity in childhood and adolescence: Findings from the Millennium Cohort Study, with a focus on age 14. Centre for Longitudinal Studies Working paper 2017/16.

Wallby, T, et al (2017), Relationship Between Breastfeeding and Early Childhood Obesity: Results of a Prospective Longitudinal Study from Birth to 4 Years. Breastfeeding Medicine, Vol. 12, No. 1: 48-53, doi/full/10.1089/bfm.2016.0124

Gibson, L, et al (2016) The effects of breastfeeding on childhood BMI: a propensity score matching approach. Journal of Public Health, doi: 10.1093/pubmed/fdw093

Hui, Y, et al (2016) Effect of Exclusive Breastfeeding Among Overweight and Obese Mothers on Infant Weight-for-Length Percentile at 1 Year. Breastfeeding Medicine, Volume: 12 Issue 1, doi:10.1089/bfm.2016.0071

Redsell, S, et al (2015). Systematic review of randomised controlled trials of interventions that aim to reduce the risk, either directly or indirectly, of overweight and obesity in infancy and early childhood. Maternal & Child Nutrition, DOI: 10.1111/mcn.12184

Grube, MM et al (2015) Does Breastfeeding Help to Reduce the Risk of Childhood Overweight and Obesity? A Propensity Score Analysis of Data from the KiGGS Study. Plos One, DOI: 10.1371/journal.pone.0122534

THANK YOU FOR LISTENING

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