



# NUTRITION, FOOD SECURITY AND POVERTY REDUCTION

**Nutrition:** Breastfed infants are provided with optimal nutrition and protection against infections.

**Food security:** Breastmilk is a safe and secure source of food even in times of humanitarian crises.

**Poverty reduction:** Breastfeeding is a low cost way of feeding babies without burdening household budgets.

## SOME FACTS

- Undernutrition, including sub-optimal breastfeeding, underlies 45% of all deaths of children under 5 annually.
- Not breastfeeding is associated with economic losses of about \$302 billion annually or 0.49% of the global gross national income.

Here are the SDGs relevant to Thematic Area 1



# SURVIVAL, HEALTH AND WELLBEING

**Survival:** Breastfeeding significantly improves the survival of infants, children and mothers.

**Health and wellbeing:** Breastfeeding significantly improves the health, development and wellbeing of infants and children as well as mothers, both in the short- and long-term.

## SOME FACTS

- The financial cost of a program to implement the WHO/UNICEF Global Strategy for Infant and Young Child Feeding in 214 countries is estimated at \$130 per live birth. Investment in effective services to increase and sustain breastfeeding rates is likely to provide a return within a few years, possibly as little as one year.
- On average, babies who are breastfed have a 2.6-point higher intelligence quotient (IQ) than non-breastfed babies, with larger differences for longer durations of breastfeeding.

Here are the SDGs relevant to Thematic Area 2





# ENVIRONMENT AND CLIMATE CHANGE

**Environment:** Breastmilk is a natural, renewable food that is environmentally safe: produced and delivered without pollution, packaging or waste.

**Climate change:** Formula production and consumption generates greenhouse gas (GHG) emissions which accelerate global warming.

## SOME FACTS

- 720,450 tonnes of milk formula sold annually in 6 Asian countries generated almost 2.9 million tonnes of GHG. This is equivalent to nearly 7000 million miles driven by an average passenger vehicle or 1.03 million tonnes of waste sent to landfill sites.
- It is estimated that more than 4000 litres of water are needed to produce 1 kg of breastmilk substitute powder.

Here are the SDGs relevant to Thematic Area 3



# WOMEN'S PRODUCTIVITY AND EMPLOYMENT

**Women's productivity:** Employers benefit from having a more contented and productive workforce due to less employee absenteeism, increased loyalty and less staff turnover.

**Employment:** Parental protection and other workplace policies can enable women to combine breastfeeding with paid work.

## SOME FACTS

- Every additional month of paid maternity leave decreases infant mortality rates by 13%.
- Only 53% of countries meet the ILO 14-week minimum standard for maternity leave.

Here are the SDGs relevant to Thematic Area 4

