





Objectives

• Objective 1: To familiarize the audience with the WHO Code of Marketing and its relevance to home visiting programs.

To explore the potential benefits of applying the WHO Code of Marketing to home visiting programs, such as ensuring unbiased and evidence-based information.

• Objective 3:

To discuss practical strategies and guidelines for implementing the WHO Code of Marketing in home visiting programs, including ways to monitor and enforce compliance and encourage active participation and collaboration among stakeholders.

· Objective 4

Define promotion, protection, and support as they relate to breastfeeding success.

· Objective 5

Describe national and international strategies for increasing breastfeeding initiation and duration.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

3



Background

Home Visiting & Training Since 1993

- First wave, Federal Healthy Start grant 1993-96
- Early Head Start & Young Parent Project home visiting programs
- Partners for a Healthy Baby curriculum & training now in the 5th edition, 2023
- Breastfeeding Counselor Course adopted in 2019 and delivered to over 900 participants

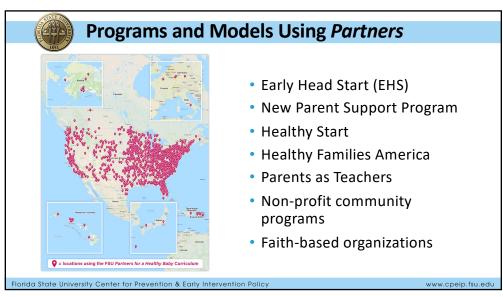






Florida State University Center for Prevention & Early Intervention Policy







US Breastfeeding Data

- Breastfeeding rates used to develop the *Healthy People* goals were originally collected retrospectively by a formula manufacturer, Abbott (Ross) Labs.
- In 2001, the Centers for Disease Control and Prevention (CDC) began to collect breastfeeding initiation and duration rates through the National Immunization Survey.



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.ed

7



U.S. 2022 Breastfeeding Report Card

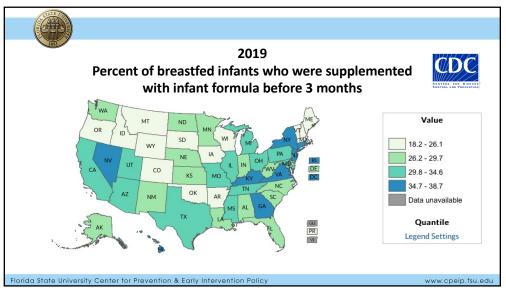
National initiation rate: 83.2%

- 55.8% continuation at 6 months
- 35.9% continuation at 12 months
- 19.2% of infants receive formula in the first 2 days of life

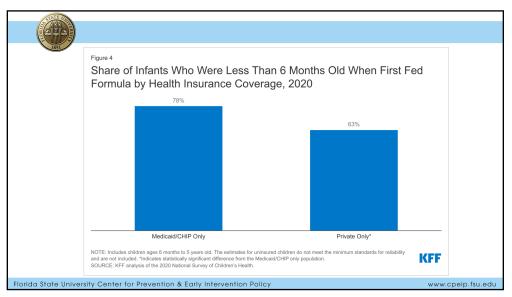


Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



C





Promotion, Protection, and Support of Breastfeeding and Policy





photo credit WHO/Unicef

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

11



Key Ingredients

Breastfeeding Promotion

 Goal setting, education, and messaging to increase initiation and duration.

Breastfeeding Protection

- Legal protections in legislation
- Restricting marketing practices that *undermine* breastfeeding

Breastfeeding Support

- Best practices in hospital birthing care
- Health care practices
- Community programs
- Home visiting programs

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



Promotion: National Public Health Goals

Healthy People 2030 Goals

- Increase rates to at least:
 - 42.4% exclusive breastfeeding at 6 months (current rate 25.6%)
 - 54.1% still breastfeeding at 12 months (current rate 35.3%)



https://health.gov/healthypeople



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

13



Promotion of the Benefits of Lactation for Women

- Lowers risk for breast and ovarian cancer.
- Suppresses estrogen and assists with suppressing the return to fertility.
- Helps with a return to pre-pregnancy weight.
- Strengthens bones.
- Facilitates bonding and attachment /mental well-being.
- Breastfeeding improves maternal health by reducing postpartum bleeding.



Florida State University Center for Prevention & Early Intervention Policy



Promotion of the Benefits of Breastmilk for Baby

- Breastfeeding is the most complete form of nutrition for infants.
- Breastfeeding protects an infant from a wide array of infectious and noninfectious diseases short-term and long-term.
- Reduction of ear infections
- Reduction of GI/tummy issues



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

15



Support: Need for Paid Leave



- The U.S. has one of the *most limited* maternity leave policies in the world
- The U.S. has one of the lowest breastfeeding rates as compared to other economically developed countries
- The U.S. did not grant unpaid maternity leave (FMLA) until 1993

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



Support: Reality for Working Parents

- Lack of support and understanding about production.
- Lack of up-to-date instruction from health care providers.
- Very few companies have paid leave.
- Many women work for small businesses that may not offer a workplace lactation program.
- Lactation support is not always available in some areas.
- May not receive an appropriate double breast pump.



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

17

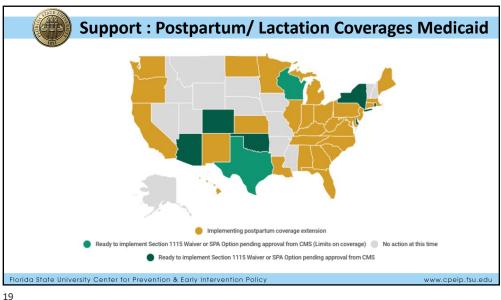


Support: Access to Lactation Care

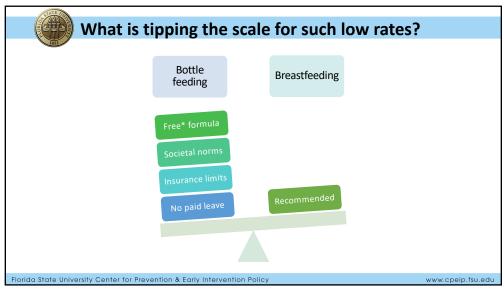


Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu











- Lactation is a crucial part of a woman's reproductive cycle
- This includes the right to breastfeed, or not
- The right to access feeding support free of bias
- A continued need for reliable health information



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

23



Influences of Decision Making

The top reasons for not starting <u>at all</u> was

- Does not want to (32%)
- Perceptions of
 - Dietary restrictions or health concerns
 - Loss of freedom
 - Embarrassment
 - Lack of support
 - Pain

The evidence is strong.
Formula milk marketing,
not the product itself,
disrupts informed decisionmaking and undermines
breastfeeding and child
health.

How the marketing of formula milk influences our decisions infant feeding (WHO) 2022

www.cpeip.fsu.edu

Florida State University Center for Prevention & Early Intervention Policy



Surgeon General's Call to Action to Support Breastfeeding

- Use community organizations to promote and support breastfeeding.
- Support better tracking of breastfeeding rates as well as factors that affect breastfeeding.



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

25



CDC Guide to Breastfeeding Interventions

"Fund training programs for health educators ...who work with women of childbearing age to educate mothers about breastfeeding."



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



US Preventative Services Task Force

"Professional support may be delivered during pregnancy, the hospital stay, the postpartum period, or at multiple stages.

It may be conducted in an office setting, in the hospital, through home visits, through telephone support, or any combination of these.

Sessions generally last from 15 to 45 minutes, although some programs have used shorter or longer sessions.

Most successful interventions include multiple sessions and are delivered at more than I point in time."



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

27



The Baby-Friendly Hospital Initiative

Designed to recognize hospitals and birth centers that have taken steps to provide an optimal environment for breastfeeding using "Ten Steps"

 Step 10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

28

www.cpeip.fsu.edu

Florida State University Center for Prevention & Early Intervention Policy



Home visiting and breastfeeding protection What is the fit?



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

29



Protection using The International Code of Marketing of Breast-milk Substitutes ("The WHO Code")



- Adopted by the World Health Assembly (WHA) in 1981
- Calls for all governments to regulate marketing practices that promote breast-milk substitutes
- To date, no legal action has been taken to implement this Code in the U.S. (most recent attempt was 2018)

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



The overall aim of the International Code of Marketing of Breastmilk Substitutes is the safe and adequate nutrition for all infants.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

31



What is the "WHO Code"

- Enact means to regulate the promotion and marketing of breast-milk substitutes.
- •The Code addresses marketing.
- Covers all breast-milk substitutes:
 - •infant breast-milk substitutes
 - •follow-up breast-milk substitutes
 - •toddler drinks/milks for babies up to the age of 36 months
- Also includes other food such as water, teas, and cereals marketed for infants under 6 months of age.
- •Feeding bottles and teats (nipples).

Florida State University Center for Prevention & Early Intervention Policy





What Does the "WHO Code" Say?

- 1. No advertising or promotion of any breast-milk substitutes, feeding bottles or teats.
- 2. No free samples, free or low-cost supplies (including donations).
- 3. No promotion of products in or through health-care facilities.
- 4. No contact between marketing personnel and mothers (including health workers paid by a company to advise or teach).
- 5. No gifts or personal samples to mothers and their families, or health workers.
- 6. Labels should be in an appropriate language and have no words or pictures idealizing artificial feeding.
- 7. Only scientific and factual information to be given to health workers.
- 8. Governments should ensure that objective and consistent information is provided on infant and young child feeding.
- 9. All information on artificial feeding, including labels, should explain the benefits of breastfeeding and warn of the costs and hazards associated with artificial feeding.
- 10. Health-care workers and health systems should comply with the Code (and all subsequent WHA resolutions on infant feeding) independently of any government action to implement it.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

33



WHO Code Impacts

"Rates of exclusive breastfeeding are 20% higher in countries that have legislation substantially aligned with the International Code of Marketing of Breastmilk Substitutes than in countries without it.

And continuation of breastfeeding in the first two years of life is more than twice as high when the legislation is substantially aligned with the Code."

Dr. Tedros, World Health Organization, 2023

Florida State University Center for Prevention & Early Intervention Policy

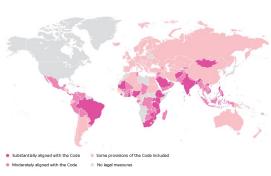


Figure 2. National legal status of the Code, 2022

www.cpeip.fsu.edu



Protection:

U.S. history on adoption of the WHO Code



- U.S. only country to vote against in 1981
- In 2018 the U.S. was accused of trying to disrupt the WHA proceedings

Opposition to Breast-Feeding Resolution by U.S. Stuns World Health Officials

New York Times, 2018

2010

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

35



Protection using The WHO Code

WHO reveals shocking extent of exploitative formula milk marketing



The second report in a series detailing exploitative marketing practices employed by US\$ 55 billion baby formula industry, shows parents, particularly mothers, are being insidiously and persistently targeted online

28 April 2022 | News release | Geneva | Reading time: 3 min (907 words)

Formula milk companies are paying social media platforms and influencers to gain direct access to pregnant women and mothers at some of the most vulnerable moments in their lives. The global formula milk industry, valued at some US\$ 55 billion, is targeting new mothers with personalized social media content that is often not recognizable as advertising.

A new World Health Organization (WHO) report titled Scope and impact of digital marketing strategies for promoting breast-milk substitutes has outlined the digital marketing techniques designed to influence the decisions new familie and the providence of the theory.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.ed



Addressing Challenges to Safe Feeding

"When a mother has chosen not to breastfeed, when supplementation of breastfeeding is medically indicated, or when supplementation is chosen by the breastfeeding mother it is crucial that safe and appropriate methods of formula mixing, handling, storage, and feeding are taught to the parents."

- Baby Friendly Hospital Initiative Guidelines and Evaluation Criteria 2016



37 www.cpeip.fsu.edu

Florida State University Center for Prevention & Early Intervention Policy

37

FSU CPEIP Breastfeeding Counselor Course 1) Risk/benefit of early Question: What education do you provide about formula education? weaning 2) Differences between powder, concentrate and ready-to-feed 3) Safe storage and handling 4) Right amounts to offer for age/weight 5) Responsive feeding versus feeding on a schedule 6) What to do during disasters/shortages Florida State University Center for Prevention & Early Intervention Policy www.cpeip.fsu.edu



What parents thought...

A 2008 study showed the majority of U.S. formula-feeding parents

- 77% did not receive instruction on formula preparation
- 73% did not receive education on safe storage
- 38% thought that powdered formula (not sterile) and ready-to-feed (sterile) were both unlikely to contain germs.

Source: Infant Feeding Practices Study II

Florida State University Center for Prevention & Early Intervention Policy



www.cpeip.fsu.edu

39



Infant Formula Types

- Ready to feed-sterile product and does not need water.
- Concentrated formula -sterile and requires 1-1 water for mixing.
- Powdered infant formula (PIF) not sterile and requires sterile/safe water 2-1 to mix.
- Need to teach parent how to sterilize water, safely mix, handle and store.



www.cpeip.fsu.edu

Florida State University Center for Prevention & Early Intervention Policy



European Formula?



Cons

- Has not been authorized yet for import
- European standard vs US FDA standard
- Recall tracking would be difficult
- May not be in English
- Uses metric system
- More expensive
- Could sit in shipment too long

Pros

- European standard vs US FDA standard
- Goat and cow milk bases are made
- Safety is monitored in Europe
- Displaces the market in the US and offers competition!

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

41



Contamination of Formula

- Powder formula has been associated with serious illness and death in infants due to contamination with *Cronobacter* bacteria.
- Risk increases if formula is prepared, handled or stored incorrectly.



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



Growth After Mixing

- Most outbreaks are related to improper storage temperatures for extended periods of time.
- Sterile water is recommended to be used for powdered formula.





Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

43



Parent Teaching



- Contributes to reducing milk supply
- Differences in types
- Best water to choose
- Safe storage and handling
- Right amounts to offer for age
- Responsive feeding versus feeding on a schedule
- Dangers of shortages during man-made or natural disasters

Florida State University Center for Prevention & Early Intervention Policy

WHO/Unicef



Parent Teaching

- Teach parents the proper way to mix formula to avoid:
 - bacteria that could harm their infant.
 - increased risk of serious illness due to inappropriate preparation and storage of formula.
- Parent teaching should happen prenatally and again postpartum.
- Parents should be taught how to prepare with a return demonstration.
- Reminders to wash hands.
- How to properly boil water and what water not to use.
- Add water first, then add powder.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

45



Boiling Water

Boil enough water each day. AAP, CDC and FDA recommends boiling water for 1 minute.

What about these water sources?

- Bottled water: NOT sterile and needs to be boiled before use
- Tap water: NOT sterile and needs to be boiled before use
- Softened tap water: too high in sodium
- Filtered water: may add silver and bacteria
- Mineral water: too high in sodium, other minerals
- Distilled water: contains no minerals
- · Well water: may contain harmful nitrates, bacteria



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu





Non-Commercial Resources

 CDC Formula and Cronobacter https://www.cdc.gov/cronobacter/

• Dr. Bridget Young, RD https://babyformulaexpert.com

AAP How much to feed?
 https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Amount-and-Schedule-of-Formula-Feedings.aspx

FDA Recalls on Formula Due to Safety Issues
 https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

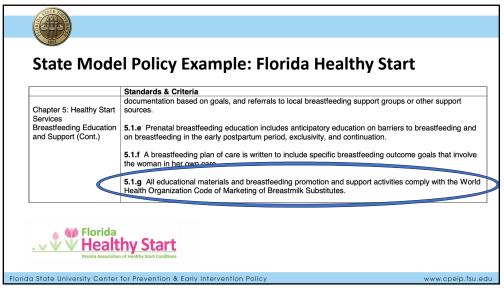
47

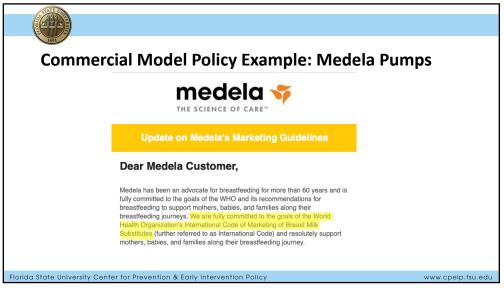


Model Policies Aligned with the WHO Code

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu







International Policy Example: The Innocenti Declaration (1990) Unicef

- Appoint a national breastfeeding coordinator and establish a multisectoral breastfeeding committee.
- 2. Ensure that every facility providing maternity services fully practices all the *Ten Steps* to Successful Breastfeeding.



Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

51



The Innocenti Declaration (1990)



- 3. Take action to enact the WHO International Code of Marketing of Breastmilk substitutes.
- 4. Enact imaginative legislation protection the breastfeeding rights of working women and established means for its enforcement.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu



System Level Policy Example: The Baby-Friendly Hospital Initiative

- UNICEF & WHO, initiated in 1991
- Designed to recognize hospitals that adopt the Ten Steps to Successful Breastfeeding
- 27% of births as of 2022 in the U.S.





Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

53



Ten Steps to Successful Breastfeeding

- 1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
- a) Comply fully with the *International Code of Marketing of Breast-milk Substitutes* and relevant World Health
 Assembly resolutions.

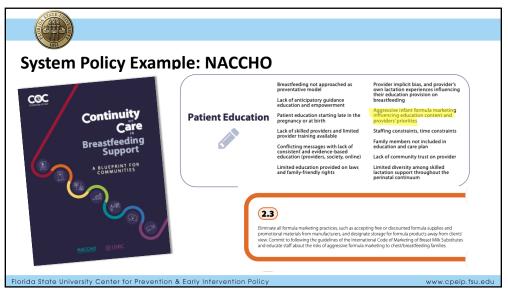


Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.ed











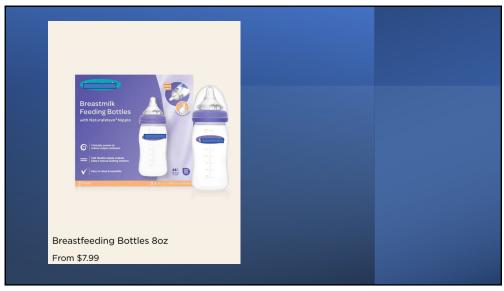


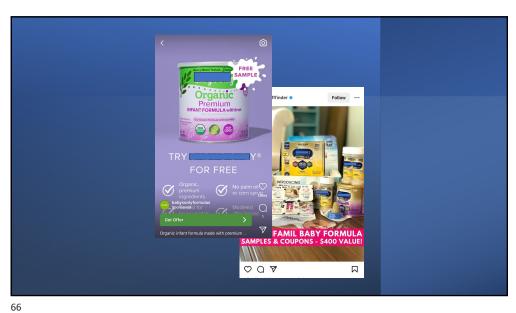




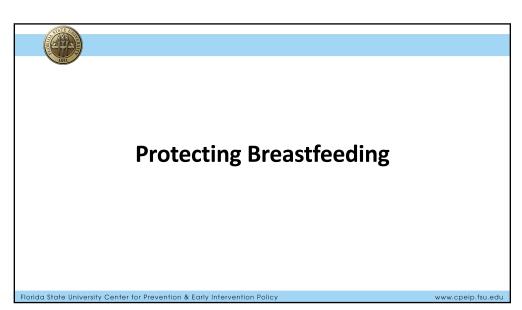














Assessing Marketing Practices

Programs can adhere to the WHO International "Code" of Marketing of Breast-milk Substitutes

• No materials with formula ads

Florida State University Center for Prevention & Early Intervention Policy

- Educational materials free of formula logos
- Check program policy statements to ensure you are sending the right messages.
- Assess if your materials normalize breast or bottle-feeding



69



Responding to Marketing Practices

- Removal of formula and coupons from discharge bags and free of logos
- Use educational materials free of commercial logos and product information
- If you don't have a policy, create one, using the WHO Code, all or at least part of it



Florida State University Center for Prevention & Early Intervention Policy







Facilitating Resilience

- Better messaging about infant preparedness
- Opportunity to highlight breastfeeding as a natural resource even in emergencies
- More community supports for infant feeding planning



Florida State University Center for Prevention & Early Intervention Policy

73



How to Get Involved



- State public health and perinatal regulations workgroups
- State and local breastfeeding coalitions
- Local Baby-Friendly hospital workgroups
- National, state and local associations
- Community program efforts
- Meet your local IBCLC's!

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

www.cpeip.fsu.edu



How to Get Involved

Participants needed!

Surveying the Landscape of Breastmilk Substitute (BMS) Marketing Practices in Four Countries

The purpose of this research project is to determine the extent of breaches of the WHO Code in the countries involved, and to determine if further steps are needed to reduce such breaches.



Infant Feeding Action Coalition USA, Inc.

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu

75



How to Get Involved



- Policies
- Practices
- Education to families
- Education to providers
- Education to partners
- Training staff

Florida State University Center for Prevention & Early Intervention Policy

www.cpeip.fsu.edu





FSU Center for Prevention & Early Intervention Policy Train with us!

www.cpeip.fsu.edu



Join our *Partners* Facebook Home Visitor Support Group over 1000+ strong!

www.facebook.com/PartnersFSU



Partners Instagram @fsupartners



Partners Twitter

witter @FSU_CPEIP

Florida State University Center for Prevention & Early Intervention Policy



www.cpeip.fsu.edu