IHPE Position Statement: Breastfeeding

Key Information
- Breastfeeding is related to a number of important health outcomes both for the infant and the mother.
- Within the UK and many other countries there are barriers to breastfeeding.
- The prevalence of breastfeeding is low among disadvantaged socio-economic groups and young mothers.
- Breastfeeding rates in the UK decrease significantly over the first weeks following birth.

Statement
1. The Institute of Health Promotion and Education strongly supports breastfeeding.

2. Advice and support should be provided to families in the antenatal and postnatal periods to encourage breastfeeding.

3. Environments including workplaces should be made conducive to breastfeeding. Barriers to breastfeeding in public places should be minimised.

4. Breastfeeding should be an important element of a national long term public health strategy. The strategy should encourage policies and legislation that support breastfeeding and include appropriate training for health professionals.

5. The Institute of Health Promotion and Education advocates that a statutory and comprehensive Personal, Social, Health and Economic education (PSHE) programme should be introduced in all schools. Breastfeeding should be included as one important element of this.
Resources

Benefits of breastfeeding (NHS site):

https://www.theguardian.com/lifeandstyle/2017/aug/01/uk-attitudes-to-breastfeeding-must-change-say-experts

Breastfeeding (WHO site):
http://www.who.int/topics/breastfeeding/en/

http://fn.bmj.com/content/100/2/F173.info


Start4Life Breastfeeding (NHS site):
https://www.nhs.uk/start4life/breastfeeding-feeding-well

http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(15)01024-7/abstract

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6th August 2017