

《柳叶刀》母乳喂养系列文章中国发布会
The Lancet Breastfeeding Series China Launch

**《柳叶刀》母乳喂养系列
关键信息和调查结果**

LANCET BREASTFEEDING SERIES
Key Messages and Findings

《柳叶刀》母乳喂养系列 关键信息和调查结果

- 越来越充分的证据显示，母乳喂养为妇女及儿童带来很多益处，高收入国家和低收入国家皆是如此。
- 母乳喂养在健康和经济方面的益处巨大，提高母乳喂养率每年可以挽救数十万生命，为全球经济带来数千亿美元增长。
- 提高全球母乳喂养率是在 2030 年前推动实现“可持续发展目标”的根本措施。母乳喂养对改善营养、教育和孕产妇与儿童的健康生存状况起到重要作用。
- 取得快速进展是可能的，我们知道需要做什么——更多的国家需要增加相关投入，通过完善政策和项目执行以支持妇女决定母乳喂养。

无论在高收入国家还是低收入国家、富裕家庭还是贫困家庭，母乳喂养都给妇女和儿童带来多方面益处。

- 母乳喂养可以挽救生命、改善健康状况。
 - 母乳，作为人类已经完全适应的营养供给，也是终极个性化药物。
 - 改善母乳喂养行为每年可以挽救 82 万人的生命，其中 87% 是 6 个月以下婴儿。
 - 在低收入和中等收入国家，通过提高母乳喂养率可以减少大约一半腹泻病例和三分之一呼吸道感染病例。
 - 越来越多的证据表明，母乳喂养可以减少儿童成年之后的超重/肥胖和糖尿病患病率。

- 母乳喂养可以帮助孩子获得一个前途似锦的未来。
 - 校正了母亲智商的影响之后，较长的母乳喂养持续时间与儿童和青少年更高的智力测试分数相关（智商平均高出 3 分）。
 - 有研究表明，母乳喂养带来的智力提升将转化为学业成绩改善、成年后收入增加和劳动生产力增长。
 - 在全球范围内，与未母乳喂养有关的较低认知能力所导致的损失预计达到每年 3,000 亿美元（占全球国民总收入的 0.49%）。
 - 高收入国家因为低母乳喂养率导致的损失每年超过 2,300 亿美元（占国民总收入的 0.53%）。
 - 低收入和中等收入国家因为低母乳喂养率导致的损失每年超过 700 亿美元（占国民总收入的 0.39%）。
- 母乳喂养也有益于母亲的健康。
 - 母乳喂养时间每增加一年，母亲患浸润性乳腺癌的危险减少 6%。母乳喂养还减少母亲患卵巢癌的危险。
 - 目前的母乳喂养率每年避免了将近 2 万例因乳腺癌导致的死亡，提高母乳喂养率之后还可再避免 2 万例死亡。
- 除经济增长外，母乳喂养的健康益处还可以转化为医疗卫生支出的减少，预计美国每年减少 3.12 亿美元、英国减少 0.48 亿美元、巴西减少 600 万美元、中国城镇地区减少 3030 万美元。

虽然相关证据越来越充分，但从全球范围来看，妇女并未获得母乳喂养所需的支持。

- 有限的或缺失的生育保护政策阻碍了许多妇女进行最佳的母乳喂养。
 - 与长产假相比，产假过短（小于六周）使未进行母乳喂养或过早停止母乳喂养的概率增加了 4 倍。
 - 国际劳工组织推荐 18 周产假，只有不足四分之一（23%）的国家达到或超过这个标准。
- 由于卫生服务提供者的知识和技能不足，妇女通常无法获得正确的信息或足够的支持。
- 妇女对于母乳喂养的决定很大程度上受到家庭、社区和文化传统的影响。必须在家庭、工作场所和社区创建新的准则，支持妇女做出母乳喂养的决定。
- 母乳代用品行业巨大并不断增长，该行业的市场销售对母乳喂养产生不良影响。
 - 2014 年至 2019 年，母乳代用品的全球销售额预计从 450 亿美元增长到 710 亿美元。
 - 增长速度最快的地区是中东非洲地区和亚太地区，预计分别达到 7%和 11%。

过去 20 年里，母乳喂养率并未显著提高，大多数国家将无法按期实现全球目标。

- 所有婴儿应该出生后 6 个月内进行纯母乳喂养，目前只有 37% 的婴儿得到六个月纯母乳喂养。全球目标设定为将婴儿 6 个月内纯母乳喂养率提高到 50%或更高。
- 当前理想的母乳喂养实施不佳，高收入国家和低收入国家都受到影响。只有少数几个健康营养指标在低收入国家比高收入国家实施的更好、更接近国际推荐标准，母乳喂养是其中之一。

- 人均国内生产总值每增加一倍，12 个月时母乳喂养率减少 10 个百分点。
- 高收入国家不到 20% 的 12 月龄儿童还在母乳喂养。
- 低收入和中等收入国家的 0-5 月龄纯母乳喂养率低于 40%，只有三分之二的 6 个月到 2 岁的儿童进行母乳喂养。

如果母乳喂养得到保护、促进和支持，母乳喂养率可以提高 2.5 倍。

- 母乳喂养支持项目包括一对一咨询或小组教育、产时母乳喂养支持以及针对医疗人员的哺乳培训。
- 母乳喂养率可在短时间里大幅提高。已经证明，一系列支持母亲进行母乳喂养的行动、政策和项目在保健机构、家庭和工作场所具有最大的影响力。我们必须：
 - 传播准确信息，宣传母乳喂养的价值，将其作为促进健康和发展的有力措施，造福儿童和妇女。
 - 营造积极的母乳喂养社会氛围，推动母乳喂养文化。
 - 展示政治意愿，支持母乳喂养。
 - 规范母乳代用品行业，实施、监督和执行《国际母乳代用品销售守则》。
 - 逐步推广和监测母乳喂养干预措施，以及母乳喂养行为发展趋势。
 - 颁布政策措施，确保生育保护和工作场所的干预措施得以执行，确保保健和助产服务符合爱婴医院行动标准而且遵守《国际母乳代用品销售守则》。

对包括母乳喂养在内的妇幼健康工作的承诺和投资，不仅可以实现与之相关的全球目标，并且可以有力推动其他健康和发展目标的实现。

- 加强投入并逐步提高妇女及新生儿保健的服务质量和覆盖率有三大益处，能够预防 54%的孕产妇死亡，71%的新生儿死亡，以及 33%的死产。
- 从根本上看，妇女、儿童、青少年的健康直接关系到能否实现必需的转型变革，进而为全人类构建更加繁荣、可持续的未来
- 过去 15 年间取得的长足进步，以及在生殖、孕产妇、新生儿、儿童和青少年健康方面的持续进步，对推行《妇女、儿童和青少年健康全球战略》及其设定的“生存、发展和转型”的目标起到至关重要的作用，也是“每个妇女，每个儿童”运动的基石。

LANCET BREASTFEEDING SERIES

Key Messages and Findings

- Breastfeeding has substantial benefits for women and children in high- and low-income countries alike, and the evidence now is stronger than ever.
- The health and economic benefits of breastfeeding are huge: increasing breastfeeding rates could save hundreds of thousands of lives and add hundreds of billions of dollars to the global economy each year.
- Increasing the rates of breastfeeding worldwide is a fundamental driver in achieving the Sustainable Development Goals by 2030. Breastfeeding plays a significant role in improving nutrition, education, and maternal and child health and survival.
- Rapid progress is possible, and we know what needs to be done—more countries need to invest in the policies and programs that support women's breastfeeding decisions.

Breastfeeding has a multitude of benefits for women and children, regardless of whether they live in a high- or low-income country or in a rich or poor household.

- Breastfeeding saves lives and improves health.
 - As a perfectly adapted nutritional supply, breastmilk is the ultimate personalized medicine.
 - Improving breastfeeding practices could save over 820,000 lives a year, 87% of them infants under 6 months of age.
 - Nearly half of all diarrhea episodes and one-third of all respiratory infections would be prevented with increased breastfeeding in low- and middle-income countries.
 - There is growing evidence that breastfeeding decreases the prevalence of overweight/obesity and diabetes later in life.
- Breastfeeding helps prepare children for a prosperous future.
 - Longer breastfeeding is associated with higher performance on intelligence tests among children and adolescents (3 points on average), controlling for maternal IQ.

- Some studies show that increased intelligence as a result of breastfeeding translates to improved academic performance, increased long-term earnings and productivity.
- Globally, estimated costs of lower cognitive ability associated with not breastfeeding amount to about \$300 billion annually (representing 0.49% of global gross national income, or GNI).
 - High-income countries lose more than \$230 billion annually (0.53% of GNI) due to low rates of breastfeeding.
 - Low- and middle-income countries lose more than \$70 billion annually (0.39% of GNI) due to low rates of breastfeeding.
- Breastfeeding also benefits mothers' health.
 - For each year a mother breastfeeds, her risk of developing invasive breast cancer decreases by 6%. Breastfeeding also reduces the risk of ovarian cancer.
 - Current rates of breastfeeding prevent almost 20,000 deaths from breast cancer each year, and another 20,000 deaths could be prevented by improving breastfeeding practices.
- In addition to economic gains, the estimated health benefits of breastfeeding translate to reduced annual healthcare costs totaling \$312 million in the US, \$48 million in the UK, \$6 million in Brazil and \$30.3 million in urban China.

Despite this growing body of evidence, women worldwide do not have the support they need to breastfeed.

- Limited or nonexistent maternity protection policies prevent many women from optimally breastfeeding.
 - Short maternity leave (6 weeks) increases the odds of not breastfeeding or stopping early by 400%.
 - Less than one quarter (23%) of countries meet or exceed the International Labor Organization's recommended 18 weeks for maternity leave.

- Gaps in knowledge and skills among healthcare providers often leave women without access to accurate information or support.
- Family, community and cultural traditions also have a strong influence on women's breastfeeding decisions. We must create a new normal where women are supported in their decisions to breastfeed – at home, work and in the community.
- Marketing by the large and growing breast-milk substitute industry also undermines breastfeeding.
 - Between 2014 and 2019, global breast-milk substitute sales are projected to increase from \$45 billion to \$71 billion.
 - The Middle East, Africa and the Asia-Pacific region are the areas where growth is expected to be the highest, increasing by a projected 7% and 11%, respectively.

Rates of breastfeeding have not substantially increased in the past two decades, and most countries are off track to meet the global target.

- All infants under 6 months should be exclusively breastfed, yet only 37% currently meet this goal. The global target is to increase the rate of exclusive breastfeeding for the first 6 months to at least 50%.
- Low levels of optimal breastfeeding affect both high- and low-income countries. Breastfeeding is one of the few health and nutrition indicators for which low-income countries are closer to international recommendations than high-income ones.
 - For each doubling in national GDP per capita, breastfeeding prevalence at 12 months decreases by 10 percentage points.
 - Fewer than 20% of children in high-income countries are breastfed for 12 months.
 - In low- and middle-income countries, less than 40% of infants under 6 months are exclusively breastfed, and only two-thirds of children between 6 months and 2 years receive any breast milk.

Mothers are 2.5 times more likely to breastfeed where breastfeeding is protected, promoted and supported.

- Supportive programs include one-on-one counselling or group education, breastfeeding support at delivery, and lactation training for health staff.
- Breastfeeding rates can be dramatically improved in a very short time. A package of actions, policies, and programs to support mothers at health facilities, at home, and at work is shown to have the greatest impact. We must:
 - **Disseminate accurate information** on the value of breastfeeding as a powerful intervention for health and development, benefitting both children and women.
 - **Foster positive social attitudes toward breastfeeding** and reinforce a breastfeeding culture.
 - **Demonstrate political will** to support breastfeeding.
 - **Regulate the breast-milk substitute industry** by implementing, monitoring and enforcing the International Code of Marketing of Breastmilk Substitutes.
 - **Scale up and monitor breastfeeding interventions** and trends in breastfeeding practices.
 - **Enact policy interventions** to ensure that maternity protection and workplace interventions are implemented and that health and maternity services are breastfeeding-friendly and comply with the Code.

Commitment and investments for women's and children's health—including breastfeeding—will bring the global target within reach and drive progress toward other health and development goals.

- Investing and scaling up the quality and coverage of care for women and their newborns will yield a triple return on investment, preventing 54% of maternal deaths, 71% of newborn deaths and 33% of stillbirths.
- The health of women, children and adolescents is intrinsically linked to bringing about the transformative change needed to shape a more prosperous and sustainable future for all.

- Tremendous progress has been made in the last 15 years and continued progress in reproductive, maternal, newborn, child and adolescent health (RMNCAH) is critical to advancing the *Global Strategy for Women's, Children's and Adolescents' Health* and its objectives of Survive, Thrive and Transform which underpin the *Every Woman Every Child* movement.