

**The theme for  
World Breastfeeding  
Week 2005:**



**Breastfeeding and  
Family Foods:**

**Loving and Healthy**



**Enclosures with this  
Issue**

- ❑ La Leche League  
19th International  
Breastfeeding Conference  
"Breastfeeding. Ancient  
Art, Modern Miracle"
- ❑ Breastfeeding Practice  
and Policy Course -  
Centre for International  
Child Health
- ❑ Global Strategy for Infant  
and Young Child Feeding  
Poster
- ❑ 2005 WBW Pocket Calendar
- ❑ Another Look at  
breastfeeding and HIV/AIDS
- ❑ 1st International Conference  
on Childcare in Islam
- ❑ Women & Work Task Force  
Update 2004
- ❑ Golden Bow Pin/Bookmark  
and Order Form

WABALink is a current awareness service. The inclusion of inserts is for the purpose of sharing with the breastfeeding community, useful and current materials. The views expressed in the articles, supplements, and other inserts, etc. however do not necessarily reflect the views, or policies of WABA or its Core Partners.

## *THE BREASTFEEDING MOVEMENT CELEBRATES.....*

### *and plans for the future*

IBFAN one of the core and key partners of WABA celebrates 25 years of action in Costa Rica. It was a memorable and inspiring day filled with music, dance, powerpoint presentations and great stories.



- ❖ The pioneers shared the growth of IBFAN, beginning with Anwar Fazal who shared the "prehistory" together with Michael Latham and Leah Marguiles.
- ❖ WABA launched the Global Strategy for Infant and Young Child Feeding (GSIYCF) poster (which is included with this issue of WABALink).
- ❖ Anwar Fazal announced the idea of "The Boycott Book" - the story and lessons of the world's most longest and successful consumer boycott which will be available electronically as a "work in progress" and developed through a participatory process.

Riding high on the energy and excitement of the IBFAN celebrations, the WABA Global Partners Meeting III was held. It brought together WABA's core partners, namely IBFAN, LLLI, ILCA, WELLSTART, ABM and LINKAGES to:

- ❖ Share and exchange ideas on three important issues, namely HIV and Infant Feeding, Maternity Protection and GSIYCF
- ❖ Plan and discuss ways to collaborate and advance the goals of the GSIYCF.
- ❖ Foster greater understanding, interest and cooperation in the interest of protecting, promoting and supporting breastfeeding worldwide.

### **In Memoriam....Mary Kroeger**

*It is with great sadness that WABA announces the passing of Mary Kroeger, the former Coordinator of WABA's Health Care Practices Task Force on 16th December 2004.*

*A nurse midwife of 25 years, Mary practiced nurse-midwifery in the USA and also lived and worked long-term overseas. She was also the author of a textbook: Impact of Birthing Practices on Breastfeeding: Protecting the Mother and Baby Continuum (Jones and Bartlett, 2004).  
May her soul rest in peace.*



**Mary Kroeger,  
RN, CNM, MPH**



## China blames 97 over powder milk scandal

China is to punish 97 government officials over the sale of fake milk powder that caused the deaths of at least 13

babies, the state media says. The officials are accused of "not discovering or fully investigating the problem," the China Daily quoted the Ministry of Supervision as saying.

Thirteen babies from Fuyang city in Anhui died after unknowing parents bought the milk powder which has almost no nutritional value from rural markets.

Nearly 200 infants suffered malnourishment, leading to a medical complication called "big head" disease by local residents.

Investigators uncovered more than 100 factories making bogus formula, consisting mostly of starch and water.

Source: BBC News, Nov 8, 2004

## Irish Mums get paid time off for Breastfeeding

Ireland's mother's are entitled to paid time off to breastfeed their babies at work. New maternity protection laws that have just come into effect, introduce such breaks for mothers returning to work after maternity leave.

"Breastfeeding mothers will be entitled, under the legislation to paid time off for the purposes of breastfeeding in the workplace, where facilities are provided by the employer" .

Source: AFP, New Straits Times , Malaysia- Oct 23, 2004



## CALLING all Women who Work and Breastfeed!!!

### Please Share Your Story and Photo for an Inspirational Book

In collaboration with WABA and IBFAN and the international community, La Leche League International is putting together a book where women can tell their stories about how they find ways to bring income into the family while breastfeeding (or ways to breastfeed while bringing in an income). We are looking for stories from women in all parts of the globe, doing all kinds of work, and at all income levels. For more information please visit [www.waba.org.my](http://www.waba.org.my). Entries must be submitted before 16 January 2005



## Celebrations Around the Globe

### Newspaper Headlines from Brazil

**Babies must be fed breastmilk only - Journal de Brasillia.....HEALTH DEPARTMENT CONFERS "FRIENDS OF BREASTFEEDING TITLE" - Diario do Nordeste..... Up to six months, give only the breast - O Dia ..... Breastfeeding equals more health and love - A Noticia.....Campaign aims to end myths about breastfeeding - Diario de Cuiaba.....Tocantins mobilized for WBW - Folhar Popular.....WHO Campaign for Breastfeeding - Hoja em Dia.....CAMPAIGN SUPPORTS EXCLUSIVE BREASFEEDING FOR BABY'S FIRST MONTHS - Correio de Bahia**

### In Korea

An exhibition of breastfeeding posters from all over the world was held for 10 days at the City Hall subway station in Seoul. More than 43 works from 17 countries were displayed. To encourage participation, viewers could vote on their favourite poster by attaching stickers to them. The exhibition will be making its rounds to other big cities in Korea like Daegu and Ulsan. The exhibition was organised by the Korean Committee for UNICEF.

Korea also appoints a Goodwill Ambassador for Breastfeeding, every year to promote the importance of breastfeeding to the general public. The Goodwill Ambassador is normally a celebrity or athlete who has successfully breastfed his/her child.

### Dads to learn about babies

A Japanese city council require male employees to take a total of six weeks paid leave before their babies first birthdays and then explain what they learned in a bid to end perceptions that childcare is only a woman's job, officials said.

No male municipal worker in Ota has ever taken leave after having a child, an official said. The requirement will start on Jan 1.

Source: AFP, The Star ,Malaysia, December 3, 2004

## Can you believe this?

### Pregnant worker told to wait for lunch break to deliver baby, gives birth at roadside

In Swaziland, a pregnant woman working in a garment factory, felt that she was in labour and asked for permission to leave for the hospital to deliver her sixth child. She was told by her employer to wait another two hours for lunch break before she could go to the hospital. As a result, she gave birth by the roadside, in a standing position.

Instead of making up for the mistake, the company accused her of disgracing it by giving birth by the road-side and she now faces disciplinary action at work.

While waiting by the roadside for transport to the hospital, her labour got intense and she gave birth on the spot. The baby was hurt on the forehead as she landed hard on the concrete slab. Both mother and child were admitted to the Raleigh Fitkin Memorial Hospital.

Source : Times of Swaziland, November 22, 2004

## Breastfeeding May Lower Childhood Leukemia Risk

The results of a new metaanalysis suggests that breastfeeding for even a few months may lower the acute risk of lymphoblastic leukemia (ALL).

A review of 14 studies, conducted since 1988 indicated that infants who were breastfed for 6 months or longer had a 24% reduced risk of ALL. Breastfeeding was also linked with a 15% lower risk of acute myeloblastic leukemia (AML). Breastfeeding for 6 months or less was also protective for both cancers, but to a lesser extent.

The new findings, based on international studies including more than 8000 children with ALL or AML offer a "strong suggestion" that breastfeeding is protective, Dr Marilyn Kwan of the University of California, Berkeley told Reuters Health.

Breastfeeding lowers the risk of common childhood infections which may explain the connection between breastfeeding and the lower leukemia risk, Dr. Kwan noted.

The finding that breastfeeding was also related to a lower risk of AML was "not anticipated on biological grounds". Dr Kwan and her colleagues reported the finding in the November/December issue of Public Health Reports.

Source: Reuters Health Information, Nov 11, 2004

## Breastfeeding Reduces Risk of Allergic Asthma

The first symptoms of allergy in young babies are eczema and /or gastrointestinal allergies that appear within months of birth and the disease subsequently progresses later to the respiratory mucosa. Thus there is a relentless progression of disease from the skin to the gut to the respiratory mucosa by the seventh year, particularly if there is a high exposure to aeroallergens.

This progression is called the "Allergic March". In the young infant, it is usually the cow's milk given to the baby that causes vomiting, diarrhoea, and colic. Later skin symptoms such as eczema appear with continued cow's milk diet and the introduction of other foods in the diet.

The initial diet of a baby plays a critical role in the development of allergies and asthma. Breastmilk contains many factors that promote the healthy development of the baby. Moreover breastmilk contains many potent factors that reduce the risk for allergy. A very exciting observation more than 25 studies conducted in different parts of the world, show that the intervention with breastmilk for just four months prevented the development of allergies for over five years. Thus the protection against the development of allergies was far beyond the intervention period.

Source : M. Yadav, The Star, Nov 17, 2004

## Breastfeeding Lowers Arthritis Risk

Women who breastfeed are less likely to develop rheumatoid arthritis than women who don't, according to a new report.

"Lower risk of rheumatoid arthritis is a likely additional health benefit of breastfeeding, in addition to lowering the risk of ovarian cancer and breast cancer," Dr. Elizabeth Wood Karlson from Brigham and Women's Hospital Boston, said. - Reuters

Source: The Star, Nov 17, 2004

In 2004, the United Nations held an expert meeting on the bacteria *Enterobacter Sakazakii*. Below are two articles which remind us of this "intrinsic contamination of powdered infant formula" and the dangers it poses to infants all over the world. For more information from WHO website:

[www.who.int/foodsafety/micro/7meetings/feb2004/en/7](http://www.who.int/foodsafety/micro/7meetings/feb2004/en/7)



## Disease-causing microbes found in infant formula and baby food

New Scientist reports from The American Society for Microbiology 104th Annual Conference that baby food has been found to contain worrying levels of disease causing microbes. A bacterium called *Enterobacter sakazakii* (*E. Sakazakii*), which has been linked to a handful of fatal outbreaks of meningitis at children's hospitals in US and Europe was of the most concern.

*E. sakazakii* has been found in powdered infant formula before by a new UK study is the first to detect it in dried infant food.

Premature babies and those with weakened immune systems are at particular risk. Even babies who survive an infection often suffer brain damage says Carol Iversen who studies the bacterium at Nottingham Trent University in the UK. "Very few recover fully," she says.

Iversen and her colleagues have undertaken an extensive survey of powdered infant formula, dried infant food and milk powder from seven European countries, USA, South Korea and South Africa.

They analysed more than 200 samples from 110 different products for the presence of the bacteria. Eight out of 82 powdered infant formula samples contained stomach bacteria, as did 12 out of 49 dried infant food samples. 13 of bacterial species they identified, including *E. Sakazakii* are members of the Enterobacteriaceae, a family associated with hospital acquired infections.

Source : News-Medical.Net, June 3, 2004

## Powdered Baby Formula - Optimal Media for Bacteria Growth - Expert

A food technologist report that in a survey, samples from 141 cans of infant formula of various brands in 35 countries showed up to 14 per cent were contaminated with the baby-killing bacterium *Enterobacter sakazakii*. The bacteria can live for two years in a sealed can of formula powder but multiply rapidly when mixed up with water for feeding to a baby.

British research has shown that in made-up formula, a population of the life threatening bacteria can double every 10 hours when the formula is refrigerated and every half hour when in room temperature.

A New Zealand premature baby died last month after being fed contaminated baby formula.

Source : Kent Atkinson, [www.stuff.co.nz](http://www.stuff.co.nz) Aug 27, 2004



## Are you listed in the WABA-UNICEF Directory of Experts?

WABA in partnership with UNICEF has compiled a Directory of Experts in the field of breastfeeding and appropriate feeding issue.

If you wish to be listed in the Directory, please download the questionnaires from the WABA website < [www.waba.org.my/expform.doc](http://www.waba.org.my/expform.doc) > and send to the WABA Secretariat.

*The WABA Secretariat would like to wish all friends and partners*

**HAPPY  
NEW  
YEAR!**

*May 2005 bring peace, joy and happiness*



### News from the Secretariat, Penang, Malaysia

#### Secretariat News, Project Development and Outreach

**October** • Anwar Fazal, Satnam Kaur, Sarah Amin, Koh Kah Ling, Liew Mun Tip and Julianna Lim Abdullah join IBFAN's 25th Birthday Celebrations in Costa Rica. A Global Strategy on Infant and Young Child Feeding Poster is designed and produced by WABA in celebration of IBFAN's Silver Jubilee. • WABA together with CEFEMINA, organises the 3rd WABA Global Partners Meeting in Costa Rica. • The WABA Steering Committee Meeting is also held in Costa Rica. • For the Global Partners Meeting, the Secretariat designed and produced 3 brochures; the Global Initiative for Mother Support (GIMS), the Global Initiative for Father Support (GIFS) and the WABA Resource Centre and a series of banners featuring the WBW themes from 1997 - 2004. • Production of the WABA Global Forum Report II, Nurturing the Future, Challenges to Breastfeeding in the 21st Century. • Seedgrants for Maternity Protection (MP) and Global Initiative for Father Support (GIFS) were made available.

**November** • Announcement of the WBW theme. • Work on the WBW Action Folder and Announcement Calendar begins for Julianna Lim and Carol Williams (Key Writer). • Koh Kah Ling revises and reprints the Status of Maternity Protection by Country Chart. • WABA organises the Gender Training Workshop attended by 30 international participants. Facilitators were Sarah Amin and Lakshmi Menon, Renu Khanna and Paul Sinnapan. Satnam Kaur, Julianna Lim, Koh Kah Ling and Harjeet Dhillon participate and organise the logistics for the event. • Chris Mulford gives a talk on Breastfeeding at the Penang Adventist Hospital. • Seedgrant applications received, 18 for MP and 20 for GIFS.

**December** • Subsequent to the Gender Training Workshop, a 2 day Gender Strategy Meeting is held. • Arun Gupta attends the Declaration of the Rights of the Child- Prepcom Meeting in Bangkok, Thailand. • All Secretariat staff take part in the Festival of the Rights of the Child where a WABA booth was set-up. • Production and design of the WBW 2005 Pocket Calendar by Julianna Lim Abdullah. • Writing, design and production of WABALink by Julianna Lim Abdullah. • MP and GIFS Seedgrants awards given out.

## Happenings 2005

- |                |   |
|----------------|---|
| Feb 14         | ■ WABA's Anniversary ( <a href="http://www.waba.org.my">www.waba.org.my</a> )   |
| Feb 25-27      | ■ 3rd Malaysian Safe Motherhood Conference, Kuala Lumpur, Malaysia ( <a href="http://www.mamaneh.org">www.mamaneh.org</a> )                                 |
| Feb 27         | ■ Wellstart's Anniversary ( <a href="http://www.wellstart.org">www.wellstart.org</a> )  |
| Mar 11-13      | ■ Alliance for People's Action on Nutrition (APAN) General Assembly, Brazil   |
| Mar 14-15      | ■ Standing Committee on Nutrition, 32nd Session, Brazil ( <a href="http://www.unsystem.org/scn/">www.unsystem.org/scn/</a> )                                |
| May 12-15      | ■ NZLCA Conference, New Zealand ( <a href="http://www.lactcon.org.nz">www.lactcon.org.nz</a> )  |
| June 2-3       | ■ 15th Annual National Breastfeeding Seminar, Canada  |
| June 13-July 8 | ■ Breastfeeding Practice and Policy Course, London, England ( <a href="http://www.cich.ich.ucl.ac.uk/CICH">www.cich.ich.ucl.ac.uk/CICH</a> )                |
| July 1-5       | ■ 7th ICAAP International Conference on AIDS in Asia & Pacific, Kobe, Japan ( <a href="http://www.icaap7.jp">www.icaap7.jp</a> )                            |
| July 2-5       | ■ LLLI 19th International Breastfeeding Conference, Washington, USA ( <a href="http://www.lalecheleague.org">www.lalecheleague.org</a> )                    |
| July 8-12      | ■ ILCA Annual International Conference & Meeting, Chicago, USA and ILCA's 20th Anniversary ( <a href="http://www.ilca.org">www.ilca.org</a> )               |
| July 19-23     | ■ Second People's Health Assembly, Ecuador ( <a href="mailto:info@iphcglobal.org">info@iphcglobal.org</a> )   |
| July 24-27     | ■ 3rd International AIDS Society Conference, Rio de Janeiro, Brazil ( <a href="http://www.ias-2005.org">www.ias-2005.org</a> )                              |
| <b>Aug 1-7</b> | ■ <b>World Breastfeeding Week</b>   |
| Sept 2-3       | ■ WABA Global Partners Meeting, Penang, Malaysia  |
| Sept 5-7       | ■ WABA Steering Committee Meeting, Penang, Malaysia   |
| Sept 21-25     | ■ 10th International Women and Health Meeting, New Delhi, India ( <a href="http://www.10iwhmindia.org">www.10iwhmindia.org</a> )                            |
| Sept 28-30     | ■ ABA International Breastfeeding Conference, Hobart, Australia ( <a href="http://www.cdesign.com.au/aba2005">www.cdesign.com.au/aba2005</a> )              |
| Oct 12         | ■ IBFAN's Anniversary ( <a href="http://www.ibfan.org">www.ibfan.org</a> )  |
| Nov 21-25      | ■ 1st International Conference on Childcare in Islam, Kuala Lumpur, Malaysia ( <a href="http://www.susuibu.net.my">www.susuibu.net.my</a> )                 |
| Nov 27-30      | ■ 4th International Congress on Women's Health, New Delhi, India ( <a href="http://www.etic.org/tutb/uk/survey.html">www.etic.org/tutb/uk/survey.html</a> ) |

### Visitors to the Secretariat

**Visitors :** **October** • Stephen Wordhouse, Ex- UNICEF • **November** • Chris Mulford, ILCA, USA • Per Gunnar Engbloom, Foreningen Vi Pappor, Sweden • Amal Omer-Salim, IMCH, Sweden • **December** • Radha Holla Bhar, Writer, India • Dr. Arun Kumar Thakur, BPNI, India • Noorinee Hitam, PPPIM, Malaysia • Dr Mahjabeen Khan, SIND - Unicef, Pakistan • Louise James, Women's Health Action, New Zealand • Wilson Siasulwe, National Food and Nutrition Committee, Zambia • Ray Maseko, IBFAN - Africa • Renu Khanna, SAHAJ, India • Diogo Mboa, Swaziland • Dr. JP Dadhich, BPNI, India • Dr. Prashant Gangal, BPNI, India • SK Roy, Bangladesh Breastfeeding Foundation • Dien Besar, Indonesian Breastfeeding Foundation • Emmy Lucy Smith, Indonesia • Pauline Kisanga, IBFAN-Africa • Wang Su Fang, Taiwan Alliance for Breastfeeding • Rebecca Magalhaes, LLLI, USA • Ines Fernandez, ARUGAAN, Philippines • Shaheen Sultana, Bangladesh Breastfeeding Foundation • Dr Nipunporn Voramongkol, Bureau of Health Promotion, Ministry of Public Health, Thailand • Dr Yupayong, Thai Breastfeeding Alliance, Thailand • Marta Trejos, CEFEMINA, Costa Rica • Gaye Phillips, UNICEF, Malaysia

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WABALink is produced and edited by the Secretariat of the World Alliance for Breastfeeding Action (WABA). WABA is a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding based on the Innocenti Declaration, the Ten Links for Nurturing the Future and the WHO/ UNICEF Global Strategy for Infant and Young Child Feeding. Its core partners are International Baby Action Food Network (IBFAN), La Leche League International (LLL), International Lactation Consultant Association (ILCA), Wellstart International, Academy of Breastfeeding Medicine (ABM) and LINKAGES. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC).





# Golden Bow/Bookmark

The Golden Bow is a symbol for the "Gold Standard", that is the ideal, of exclusive and continued breastfeeding. The Golden Bow is a joint initiative of UNICEF and WABA. WABA first produced the Golden Bow Pin cum Bookmark, in celebration of World Breastfeeding Week 2004. Due to tremendous response and overwhelming demand from the breastfeeding community, we are now in the process of reprinting the pins/bookmarks.

This beautifully crafted metal pin comes with a bookmark. The bookmark carries the meaning of the golden bow and is hot stamped and printed in gold colour.



## Special Offer

The Golden Bow Pins/Bookmarks are now available at a special bulk price of **US \$ 50.00 for 100 pins**. The regular retail price of the pin/bookmark is US \$1.00 per pin.

If you are interested to order, please fill up the order form below and mail them to the WABA Secretariat. Kindly allow 4-6 weeks for delivery.

## Golden Bow Order Form



### World Alliance for Breastfeeding Action

*Protects, Promotes and Supports Breastfeeding Worldwide*

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Tel : 604-6584816

Fax : 604-6572655

Email: waba@streamyx.com

Website : www.waba.org.my

Quantity	Amount (US \$)

Ordering Instructions:

- The special price includes postage handling and costs.
- Payments should be by bank draft or cheques, drawn on a US bank, made payable to: WABA
- Orders will only be fulfilled once payment is received.
- Please allow 4 – 6 weeks for delivery.

Name : \_\_\_\_\_

Organisation / Company : \_\_\_\_\_

Address : \_\_\_\_\_

Country : \_\_\_\_\_

Phone : \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

I enclose bank draft/cheque for US\$ \_\_\_\_\_ Date : \_\_\_\_\_