



World Alliance for  
Breastfeeding Action

## International Day of Rural Women 2019

### Invest in breastfeeding to enhance climate resilience



Sudipto @ WABA 2015

SUDIPTO @ WABA 2015

Climate change significantly affects rural livelihoods aggravating malnutrition, food insecurity, poverty and hindering sustainable development. [Climate resilience](#) can only be built with the full participation of everyone in both rural and urban areas. [Addressing gender inequality](#) is critical to overcoming the threats posed by climate change. Empowering women in all areas of their productive and reproductive lives including breastfeeding will enhance their ability to respond to climate change.

Breastfeeding is a [universal solution](#) that gives everyone a fair start in life and lays the foundation for good health and survival of children and women and benefits the whole of society. [Breastfeeding](#) is also a climate-smart decision that helps ensure food security even in times of crisis.

More than [half \(61.2%\)](#) of the global workforce make their living in the [informal economy](#) as self-employed, migrant, domestic, agricultural, casual or temporary workers. Rural women make significant contributions to [agricultural production](#), food security and nutrition, land and natural resource management, and building climate resilience. Rural women typically work longer hours than men. They juggle between their paid productive and unpaid domestic and care responsibilities including breastfeeding that further aggravates gender inequality. Furthermore, pregnant and lactating women in rural areas are more vulnerable to [health threats](#) due to climate change. It is essential to support women's reproductive health and their livelihoods by providing access to health and nutrition services including breastfeeding support as well as social protection.

Investing in breastfeeding support programmes that [empower rural women](#) will improve health, nutrition, livelihoods, gender equality and build climate resilience. This investment is crucial for the health of our planet and its people.

#WABA#ILO #FAO #UNWomen #UNFPA #WBW2019 #ILOC183 #ILOC184

#investinbreastfeeding

#climateresilience

#ruralwomen

#breastfeeding

#breastfeedingandclimatechange

For more information, contact:

Revathi Ramachandran: [revathi@waba.org.my](mailto:revathi@waba.org.my)



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