

## In Mexico, only three out of ten babies are breastfed

Women in Mexico do not breastfeed their babies due to lack of information and support. Seven out of ten infants under 6 months are not breastfed, the SNDIF states

In Mexico only three out of ten infants under 6 months are breastfed, as declared by the National System of Integral Development of Families (SNDIF). Those rates are under the ones in Latin America, the Caribbean, and the global average.

DATA

The decision of not breastfeeding a baby is the result of inadequate medical attention, as well as the lack of information and professional orientation.

Children who were breastfed do not get sick so often, and in case they do, they do not suffer from complications or loss of appetite. That means that even being sick, their bodies have enough protection, the National DIF System explains.

“When a mother decides not to breastfeed her baby, it is due to the negative influence of inadequate medical attention, as well as lack of information and professional orientation. Moreover, maternity leave procedures do not provide them with days-off, or they just get a few; which causes a strong commercialization of inadequate food substitutes” the SNDIF mentions.

Catalina Gómez, who is in charge of the Social Policy Area in the United Nations Children’s Fund (UNICEF) in Mexico, also warned about the fact that only three out of ten babies are being breastfed during their first six months of life. The rest of them are being fed with cow milk and sugary drinks only.

### An impact on the economy

A research developed by Medigraphic highlighted that the cost of milk formulas varies from \$9 to \$145 pesos for each can of 380 or 400 grams. The price of milk formulas for kids in specific months cost from \$86 to \$132 pesos, depending on the brand or the laboratory in charge of the production of it.

According to the information presented, during the first two months babies need approximately 8 cans per month, which implies to spend about \$767 or \$1,160 pesos. During the third and fourth month, babies need 12 cans, which means from \$1,150 to \$1,740 pesos, depending on the brand. In months 5 and 6 they need about nine cans, that is to say, an expense from \$863 to \$1,740 pesos, not including bottles or other expenses.

Months	Cans per month	Expenses
1 and 2	8	\$767 - \$1,160
3 and 4	12	\$1,150 - \$1,740
5 and 6	9	\$863 - \$1,740

Feeding babies under 6 months with milk formula causes a big impact on the economy of Mexican families, as they need as minimum \$700 pesos per month. Besides that, they need to spend on diapers, wet wipes, bottles, clothes, medication, visits to the pediatrician, among others.

The problem regarding economic resources gets even worse if there is only one income in the family because the money to buy milk may get almost 20 percent of the incomes, the SNDIF mentions.

### The benefits of breast milk

According to experts, breast milk benefits the newborns and mothers. Besides, it is a practice that allows families to save money and it also helps to protect the environment.



#### SUMMARY

Almost 20 percent of the family incomes are used to buy milk formula. In response to that situation, Congregación Mariana Trinitaria (CMT) through the Network of Food, has been able to deliver millions of liters of high-quality liquid milk and milk formula among the most vulnerable families.

Breast milk provides babies with one hundred percent of the nutrients and calories they need. Additionally, it does not only prevent the risks caused by child diseases and malnutrition, but it also generates antibodies and stem cells; as informed by the Mexican Social Security Institute (IMSS).

For those reasons, it is important to breastfeed newborns during the first one-hundred days of life, so that they get the nutrients they need to grow up, the DIF National System states.

### A case of success at CMT

In order to help mothers who are not able to breastfeed their babies for specific reasons, Congregación Mariana Trinitaria (CMT) through different subsidies has delivered millions of liters of liquid milk and milk formula.

Through the Welfare Ecosystem Model and the guidelines in the Network of Food, CMT develops programs so that people can get high-quality liquid milk, particularly those sectors in the society who face vulnerable situations and limitations to get a basic food basket.

Among the several cases of success we have all over the country, it is important to mention that in Villahermosa, Tabasco; we have been able to deliver more than 3 million liters of high-quality liquid milk in less than three years. In that same category related to food issues, we helped thousands of mothers who needed support to get supplements to feed their infants, so we delivered 44 thousand cans of milk formula.

In other locations, in Durango to be more specific, we delivered thousands of liters of high-quality milk formula through the program called “Estrategia Intermunicipal ‘Durango solidario por la alimentación’” (Inter-municipal strategy “Supportive Durango” to assist on food issues). That program works in tandem with Congregación Mariana Trinitaria to combat malnutrition of children in Mexico and to promote social welfare.

### CMT successful case

