DEVELOPMENT OF THE GUIDING PRINCIPLES FOR
CHILD FEEDING

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GUIDING PRINCIPLES FOR COMPLEMENTARY FEEDING OF THE BREASTFED CHILD

GUIDING PRINCIPLES FOR FEEDING NON-BREASTFED CHILDREN 6-24 MONTHS OF AGE
Goals

To develop a set of unified, scientifically based guidelines that can be adapted to local feeding practices and conditions
Scientific basis for 9 out of 10 principles

- Principle #3 on responsive feeding not evidence-based but included as common sense
- Made clear in the section on scientific rationale
Development and review process

• Written by Kathryn Dewey, requested and coordinated by PAHO

• Reviewed at the WHO Global Consultation for Complementary Feeding (Dec 2001)

• Revised and presented at the WHO Informal Meeting on Indicators for Complementary Feeding (Dec 2002)

• Extensive list serve discussion
### Focus of guiding principles

<table>
<thead>
<tr>
<th>Breastfed child</th>
<th>Non-breastfed child</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Normal term infants (including LBW born at &gt;37 weeks gestation)</td>
<td>• Normal term infants (including LBW born at &gt;37 weeks gestation)</td>
</tr>
<tr>
<td>• First two years of life</td>
<td>• 6-24 months</td>
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<tr>
<td>• 0-6 months</td>
<td>• 6-8 months</td>
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<tr>
<td>• 6-8 months</td>
<td>• 9-11 months</td>
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<tr>
<td>• 9-11 months</td>
<td>• 12-23 months</td>
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<td>• 12-23 months</td>
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Purpose and target audience for dissemination

- **Purpose**: To guide policy and programmatic action by providing scientifically-based information necessary to promote a conducive environment and to develop culturally appropriate messages for optimal infant and young child feeding.

- **Target audience**: Policy makers, program planners, health care providers and community leaders.
Format

• Guideline: Ten specific guidelines, some with subsections
• Scientific rationale: length differs depending on evidence base
• Tables include one on potential assessment needs and actions
Subsequent Use

• Basis for developing the indicators for assessing infant and young child feeding practices

• Input for capacity development (e.g., UNICEF online nutrition training)

• Google search revealed 65 pages of references to the Guiding principles of complementary feeding of the breastfed child
Differences relative to the development of a set of key diet and eating practices for adolescent girls and women

• Scientific basis for both sets of guiding principles well-developed

• WHO Guideline Development process not established
Similarities relative to the development of a set of key diet and eating practices for adolescent girls and women

- Can guide feeding in both low- and high-resource settings and those in transition
  - Guideline #3 Responsive feeding
  - Guideline #8 Nutrient content of complementary foods
- Within overall target group, subcategories developed where relevant, e.g., 6-8 months, 9-11 months, 12-23 months
- Addresses both diet and eating practices
Thank you