Nearly 50% of death in the Philippines are caused by diseases that may be brought about by unhealthy lifestyle.

3 out of 10 mothers experienced food insecurity because there was no food or money to buy food in the past 3 months.

Skipped eating or missing meal(s) was the most frequent experience among food insecure mothers.

Hunger was experienced by about 2 out of 10 mothers.

Why Mothers Stop Breastfeeding

1. perception that she has no or inadequate milk
2. returning to work within 4 to 8 weeks of delivery into a work environment that is not conducive to continued breastfeeding

Republic Act 10029
The Expanded Breastfeeding Promotion Act of 2009

Mandates the setting up lactation facilities in private & public workplaces.

Minimum of 40-minutes breaks each day for every eight-hour working period or Lactation Breaks for nursing employees.
According to 2010 figures, 43 million children under age five are overweight.

More than 1 billion adults are overweight at least 300 million of them are clinically obese.

An estimated 17.6 million children under five are estimated to be overweight worldwide.

Sources:
7th National Nutrition Survey: Philippines, 2008: Initial Results
Millennium Development Goals Fund (MDG-F) 2030, ppt file.
http://www.who.int/features/factfiles/nutrition/en/index.html
http://www.who.int/hpr/NPH/docs/gs_obesity.pdf

A mother who feeds her baby only with breastmilk, on demand day and night during the baby’s first six months, can delay the return of menstruation and help prevent pregnancy.

birth of a sibling
One of the threats to the health and growth of a child under age 2.
For the older child, breastfeeding may stop, and the mother has less time to prepare the foods and provide the care and attention the child needs.

CHANGE is a comprehensive workplace health and wellness campaign under the iFLY Fit Live Young Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.