

Speaker 1 ([00:21](#)):

[Inaudible]

Dianne ([00:22](#)):

Welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant.

Abby ([00:24](#)):

I'm Abby, the badass breastfeeding and today's episode is brought to you by Puracy. Puracy makes high quality natural household products without all the BS, Bad Stuff. Get it? And today's episode is also brought to you by fair Haven health. Fair Haven health is introducing a new product, the Sage personal moisturizer and lubricant, which we'll hear more about both of those things later. But right now Dianne has our review of the week.

Dianne ([00:55](#)):

It's that time for the review of the week. And it is from Amblin Oh nine. "This Podcast is perfect for pregnant women. This podcast has eased so many worries and made me feel empowered and educated, even though there is so much info to learn before I have my first baby at the end of June, (I hope that worked out well for you!) I can take comfort in knowing where to go for reliable information. One episode suggestion I have is providing information for moms about their options, if they cannot breastfeed or for whatever reason, I'm high risk, and I'm worried something may happen, but I'm fully intended to try, how do I get ahold of donated breast milk? Is it safe? How do I pick the right formula?" And those are great suggestions. I think we will. We'll definitely put that stuff on our list because that is, I think a lot of people do wonder about donated breast milk. Is it safe? Things like that. And I think that's a great thing for us to talk about, you know, for people and even like where you can donate. Cause there's a lot of moms who really want to donate. So we should probably do it. Talk about that one of these days. So we're going to put that on the list. Thank you so much for the suggestions. And I hope everything is going well with your little one. And we love to hear suggestions and what you like and ideas and what you know is working for you and your breastfeeding journey. What it's like shoot us a review, put it on iTunes, and that will help the podcast a lot. But if you just want to email us, you can do that too [badassbreastfeedingpodcast@gmail.com](mailto:badassbreastfeedingpodcast@gmail.com). And you can also go on our website, check out all the cool things there and fill out one of those contact forms and that'll come to us too. But yeah, that's, that's it today. I'm kind of excited about today's episode because it is world breastfeeding week and world breastfeeding month. So you know, all of August and it's cool because throughout August, now the next few episodes, we are going to have some really cool things, different breastfeeding situations or experiences for different cultures all around the world, because it is world breastfeeding month now.

Abby ([03:08](#)):

So you got some cool stuff to share. And so the first week is world breastfeeding week. The second week is native breastfeeding week where we're going to have an interview for that. The last week is black breastfeeding week where we will also have an interview. We've got lots of stuff planned. I think a lot of people don't even realize that there is a month dedicated to breastfeeding. So this is when we like totally pull out all the stops, grab, you know, get information out there, make sure everybody knows all the things. But today we're going to talk about some really cool, like I know we usually do like very specific topics. But today we're going to talk about like breastfeeding around the world and what that looks like. I mean, it just, it's really, really cool to learn some of the things that go on in other countries with as far as like breastfeeding norms and cultures and things like that. Yeah. And we talk about the

United States obviously we're here. Most of our listeners are here. But breastfeeding happens around the world and in some place it happens much, much easier and much healthier than it does here and more supported here. And there's some places that are pretty much like the US and sometimes even worse off. So we can learn a bit about that today because I think, well, we've got the rates out there, so we, you know, we can, we can let you know, and we've got some stories from around the world too, so yeah, let's get started.

Dianne ([04:45](#)):

It's fascinating and not fascinating at the same time, if that makes any sense, in my mind, that makes sense. But to other people it might not. But what I really find fascinating about it is that high income countries, the rates of breastfeeding are lower and the low income countries, the rates of breastfeeding are higher, but in the high income countries, the breastfeeding rates are higher among high income people. Does that make sense? It's weird, but, well, I feel like some of this happens in the US but it's kind of a global thought that like breastfeeding is for poor countries, right? And once you have enough money, you should bottle feed and you should buy formula because you can afford that. And I used to see that when I worked in the hospital setting and the hospital that I worked at, there was a high rate of immigrant women having babies. And those women, a lot of times would formula feed from the onset, you know, and some cultures don't believe in colostrum and you know, things like that. So sometimes they would, they would use formula. And I always was like, if you were in your own country, you wouldn't be doing that. You know, like, but they're here in America and that's what the rich people do. That's what you do in America where there's a lot of money and it's just offered to you to use this formula. But in the lower income countries where the, you don't have the money to buy the formula, you don't have the clean water to make the formula. You don't have the education behind it. And everybody has breastfed for years and years, and years and years. And you know, like generations of people are being breastfed. That's what you do. But here in America, they're like, Oh, but formula is the same. So let's just do that. Cause that's where we are.

Abby ([07:11](#)):

Yeah. And this comes down to the aggressive formula marketing, which we talk about that a lot in the United States, but this is global. This is totally a whole worldwide problem of aggressive formula marketing. And some countries have really locked it down and others have not. We're not good at that. A lot of some countries are not good at it. We're not the only ones that aren't good at it. I mean, I think this is important to kind of make us because in the United States, just first of all, anybody who lives in a country and say never leaves, cause that happens, you tend to think of your country as the center of the world and especially in the United States because it's the U S and it's kind of like, everyone's always focused on the U S so then if you're in the U S you're like, Oh, well we are the center of the world. But we're not, there's other countries out there, you know, there's other countries that are on this planet with us.

Dianne ([08:09](#)):

Right. And it's not like I always kind of feel like, Oh my God, I'm totally bashing my own country. And I'm not like, we're totally not, you know, bashing the United States, but there's some things that we do well here. And there's some things that we don't do well here. And one of the things that we don't do well is support Women and mothers and breastfeeding.

Abby ([08:26](#)):

And the biggest thing you can, the biggest mistake you can make in any country is to blindly support your country without analyzing and criticizing and critiquing what's going on there. Because people get hurt and people, you know, people suffer and that's not okay.

Dianne ([08:42](#)):

One of the reasons why I say that too, is that, and all the things that I've read and we've known this forever, but I'm just going to like bring it up again, is that breastfeeding rates like they look at, when they're looking at breastfeeding rates, they look at babies that are ever breastfed. And that means if you latch that baby, once in the hospital, statistically, your baby was breastfed, was ever breastfed, right? Like you are counted as, as ever being breastfed, even if he doesn't continue. So that the stats of babies ever being breastfed are pretty high. Like they're pretty high. And then you see it go down a little bit, down a little bit, down a little bit. And then as women go back to work, which in our country in the United States is very soon. That's when those statistics really, really, really drop. And that is where, you know, and then the harder it gets and the harder it gets and the harder it gets. And so much research shows like the more we support these women going back to work, giving them a place to pump, allowing them to pump, not, you know, supporting their pumping efforts, things like that. The rates of breastfeeding would be higher.

Abby ([09:53](#)):

Well, and just to throw this quick little story in here before we get more on with the rates, let's talk about Norway for a second. Only 1% of Norwegian babies have never had breast milk. It's amazing. Norway is extremely generous with their family leave policy in Norway. Parents are entitled to 46 weeks of leave at their full salary or 56 weeks at 80% of their salary. And this is how you support breastfeeding.

Dianne ([10:38](#)):

Like that's a really important piece. And I'm trying to see where Norway is. They're a high income. Yeah. They're a high income country. And you know how I said earlier, the higher income countries have the lower rates of breastfeeding, but not every high income country, you know, like just statistically the higher income countries. But this is a great example of the high income countries have the access to support breastfeeding. It shows because there are several high income countries that do amazing with breastfeeding. And then there are some that do not.

Abby ([11:15](#)):

So what's country wins. What's the win for the most. Well, cause then the statistics break down to the like initiate breastfeeding, breastfeeding at three months, six months, one year, right? Who's the highest there, who's the who's up there?

Dianne ([11:30](#)):

So the thing that I have here in my hand is ever breastfed rates, which is the, you know, did you ever breastfeed? And then like more in my paperwork, I have the rest of the stuff, but for high income countries, the rates of babies that have ever been breastfed looks like my top one here is Uruguay. 98.7. Sweden is at 98%. Norway is at 95%. Oman is at 98%. There's some, you know, for high income countries for low income countries. And then there's middle income countries too. But the low and middle income countries, their rates are really high. Madagascar, 99% for a low, you know, a low income country, 99% of babies there are ever breastfed. That's amazing Rwanda 98.8.

Abby ([12:31](#)):

Beause we have Rwanda here on our list too. Dianne found this cool article about like 15 breastfeeding traditions from various countries around the world. Before I share more about these countries, I wanted to say like, you know, countries vary, but also things vary inside of a country. So, you know, somebody might hear this and be like, what? That's not how it is. Beause just like if somebody said how the United States was, somebody's perspective, I might be like, what, that's not how it is. So this is, you know, this is sort of general and we're not going to take this as gospel. Dianne just mentioned Rwanda. Rwanda is one of these countries where it seems breastfeeding is, you know, we talk about normalized, but it sounds like it's even beyond that, it's just celebrated. It's one of these things that's just right. Rwanda and Mongolia one with the country where I'm trying to remember which one was the one where If the baby pops off and milk squirts into their people's face, they celebrate it. They're just like, Oh, wonderful. I think it is either Rwanda or Mongolia. So first of all, Rwanda had, in 1994, there was massive genocide where an estimated million people were lost. And so there's a lot of people who don't have their female relatives around anymore to share this, you know, breastfeeding knowledge down the line. 87% of women exclusively breastfeed for six months. But there's a lot of myths. You know, we talk about myths in the United States, every country, not every country, but a lot of countries struggle with this too. Wives tales kind of, grandmothers believe that a woman does not have milk for the first three days of life. And so some, a lot of times the grandmothers will bring formula to the hospital, like in an emergency, "just so you know, you don't have milk for the first three days, you got to feed your baby this formula." So that's, you know, these are the things that a lot of people are dealing with these myths. Anyway, go ahead.

Dianne ([15:04](#)):

Places like Bhutan, which is a middle income country, 99.3%, just amazing. Like these are amazing statistics coming out of these countries Niger 98.8%. Peru 98.7% per as a citizen, middle income country Zimbabwe 98.1% Senegal 98.5%. And this is just, these are babies that are, you know, like, like I said, ever breastfed, but then you have some of your high income countries, Ireland, 55% of babies are ever breastfed. You know, they're a high income country, France, 63% of babies are ever breastfed. Spain, 77%. And then you've got your countries that I just mentioned, you're low income, poor countries. And they've got like 98%, you know, I mean, Such a drastic difference between.

Abby ([16:14](#)):

Sorry! It was not Rwanda. It was Mongolia, Mongolia. Mongolia is the country that's like let's just party in the streets about breastfeeding. It's very common for people to breastfeed into preschool years, or even beyond that. People like, you know, clap for people who are walking around breastfeeding and giving thumbs up to people who breastfeeding in public. And that's where this woman says that people would just lean in and kiss her baby while the baby was breastfeeding and just stick their face right in the baby's face. And like the baby would pop off and like milk might just start streaming out in the face of the person. And they're just like, Oh, like they're not disgusted by breast milk. They think breast milk is like, they give breast milk, they'll pump breast milk and just give it to friends and family. Cause they think it's so amazing. And people at work have to like hide their breast milk. Cause people will take it. Like, they'll just like bring their breast milk to work. And then they'll like, people will be like, Ooh, breast milk, and take it and drink it.

Dianne ([17:22](#)):

I read something once about Mongolia that they just like keep a pitcher in the refrigerator and put it out on the table because they're like, it's food, it's a food. And it really like that is such, it is so crazy how different the mindset like here people are like, what? No, this cow's milk is like food that we put on the table, which is fine. Whatever. But like breast milk to them is just like gross. But people are grossed out. Can you imagine if somebody's breastmilk landed on somebody else? Oh my God. They would freak out. And then if somebody spills a beer on somebody at a bar, they're like, Oh, you know, it's okay. No, I know it was an accident. Lick it off. I love like Mongolia. I love that. I totally love that because it's so, so, so normalized that they don't even think twice about it. You know, it's just unbelievable. But you had mentioned that about, you know, they breastfeed into preschool years. So I do have something about that, which I'm trying to find it now because it was really interesting.

Abby ([18:30](#)):

How about while you look for it, we take a break for our sponsors. Today's episode is brought to you by Puracy. Puracy makes high quality, natural household products without all the BS. Bad stuff. What do those smelly and highly toxic household cleaners and soaps have going for them? They work. And if you've ever tried to use other more natural products to clean your house and clothes, you know that effectiveness is the trade off. Puracy has succeeded in creating plant-based safe and effective products that actually outperform those chemical cleaners. They've harnessed the power of Himalayan pink, sea salt, sustainable coconuts, pure olive oil and essential oils and consult with doctors, chemists and pediatricians to formulate products such as their natural stain remover, natural multi-surface cleaner and gel hand sanitizer. They are 100% made in the U S and Dianne and I use them in our houses and we love them. Millions of people have kicked their harsh household cleaners to the curb and become loyal customers of Puracy leaving over 25,000 5 star reviews in their tracks, head to [www.puracy.com/badass](http://www.puracy.com/badass) for 10% off of your purchase. And today's episode is also brought to you by fair Haven health. Fair Haven health is excited to introduce Sage personal moisturizer and lubricate the newest product in their vaginal care and comfort collection products designed to support vaginal health through every life stage. Sage is designed to replenish your natural lubrication and provide temporary relief from vaginal dryness. Vaginal dryness is most common in older women, but there are a handful of other factors that lead to vaginal dryness like breastfeeding, some antidepressants, fertility and cancer medication stress, and even exercise can lead to vaginal dryness. And as with all their vaginal care products, Sage is made without estrogen, parabens, glycerol, or coating oils, checkout Sage, and all the other vaginal care products at [www.fairhavenhealth.com](http://www.fairhavenhealth.com) and use promo code BADASS for 15% off your purchase and head to [badassbreastfeedingpodcast@gmail.com](mailto:badassbreastfeedingpodcast@gmail.com). And you'll find show notes for this episode where you'll find our sponsors links, the promo codes that you can just directly use. And you'll find all of our breastfeeding resources, all of our other episodes. Our show notes also we'll have links to all the stuff that Dianne and I are talking about today into our show notes. And you'll also find information about scheduling your lactation consultation with Dianne. Cause she's a magician. And today's shout out of the week, goes to [momsrising.org](http://momsrising.org). You'll find them [momsrising.org](http://momsrising.org) on Instagram and on Facebook. And let me tell you a little bit about them. So I'm just going to have to read because, you know, I want it to be in their words. So [momsrising.org](http://momsrising.org) is an on the ground and online grassroots organization of more than a million people who are working to achieve economic security for all moms, women and families in the United States. Momsrising is working for paid leave, earned sick days, affordable childcare, and for an end to the wage and hiring discrimination, which penalizes so many mothers, moms rising, also advocates for better childhood nutrition, healthcare for all, toxic free environments, breastfeeding rights so that all children can have a healthy start and a national budget that reflects the contributions of women and moms. Hello, go follow them. Be a part of what they're doing. You can join them. Join the millions of people, [momsrising.org](http://momsrising.org), Facebook, Instagram, and the interwebs.

Dianne ([23:03](#)):

Fantastical. That's a good one. I mean, they're all good ones, but yeah, that's definitely a good one. All right. So let's talk about extended breastfeeding. And how often do we hear people say, my doctor told me anything after six months as water, my doctor told me that there's no benefit after a year to breastfeeding. My mom wants to know what I'm going to stop doing this because he can talk now and has teeth. So why am I still breastfeeding him as if once your kid gets teeth, they don't need breast milk anymore. I don't know. That's something that is out there in the rumor mill. I was going to link this in the show notes because it is, there's some great information in this article that I found it it's called breastfeeding in the 21st century. And they talk all about, they cover everything like why breastfeeding is important, all these different aspects, including which we will hopefully get to goodness. We've like so much stuff to talk about, but like the environmental aspect of breastfeeding, which a lot of people don't talk about. But this says, and this is, I mean, UNICEF covers, you know, they're looking at the world here. So breastfeeding is one of the top interventions for reducing infant mortality to achieve its full impact. Breastfeeding should continue up to the age of two years as it's a protective effect extends well into the second year of life and children aged six to 23 months, any breastfeeding was associated with a 50% reduction in deaths. So if anybody says to you, your breastfeeding does not need to happen past a year because there's no benefit to it. Your child should only be eating regular food. This says, otherwise research tells us otherwise that it is still an important factor and people might say, Oh, but that's in other countries where, you know, they're more prone to getting to having disease or they're more prone to being sick or whatever, blah, blah, blah, no babies are babies. They're going to be healthier with breastfeeding regardless of where you live. It just, and that's what the research tells us. And on the other end of it, you don't need to defend your choices to anybody. I'm sorry. You don't right. So that, I think, I think that was a very, very telling statement that six to 23 months, any breastfeeding was associated with a 50% reduction in deaths. So when people say, Oh, you're being selfish, breastfeeding, or breastfeeding, you know, you don't have to breastfeed or it's okay to not breastfeed all the time. Like do what you feel is right for your baby. And if this is what you want, do it. There's a lot of benefit that people do not talk about. What are some of the other things we want to make sure that we highlight here?

Abby ([26:05](#)):

So Brazil is a cool has a little cool story too. The government has come out and strongly endorsed breast milk and increase the breastfeeding rates. The infant mortality rates nosedived in the past 2 decades. They've been on this campaign and everybody's getting healthier. They've regulated the advertising of formula in 2015 Brazil placed a ban on infant formula advertising. That's what I mean about locking down. They just banned it good for them. And here's a cool thing. So the Brazil network of human milk banks is the largest in the world of the close to 300 human milk banks in the world. Brazil has 220 of them. Close to 167,000 Brazilian women have donated to milk banks and continue to give their milk there. So that's really awesome. You can turn things around, we can turn this around.

Dianne ([27:17](#)):

You can see how much the formula marketing and the advertising has to do with low breastfeeding rates and the infant mortality rates. I mean, there's a direct correlation. So a couple of other things I wanted to make sure I mentioned, we were talking about the maternity leave short maternity leave. That's less than six weeks increases the odds of not breastfeeding or stopping early by 400%. So the formula industry in 2014, global sales global sales of all baby milk formula were about 44.8 billion us dollars. And by 2019, the market value is projected projected to increase to \$70.6 billion. And that was 2019, we're in 2020. And the pandemic. They are profiting off of this. Part of the push this year for world

breastfeeding month or world breastfeeding week is about a healthier planet and supporting breastfeeding and encouraging governments to lock down some of these things that are impeding breastfeeding, because really if the government doesn't stand forward and say, we need a better maternity leave for our mothers, we need better support for our mothers. We need, you know, more milk banks for mothers to get donor milk if they don't have it or for the hospitals to be using donor milk for their sick, preterm babies those things that could be changed at a government level. So one of the other things that we're looking at too is how breastfeeding and formula feeding impacts our planet. And I think people don't really realize that that's a thing and how much that impacts what goes on in our planet and how much energy is actually used to make formula. And if you're somebody who is like really all about having that greener planet, then this is something that you can use to help people realize how much damage is being done by formula feeding, not just for our kids, but for the planet itself. So "breast milk is a natural, renewable food that is environmentally sound and produced and delivered to the consumer without pollution, unnecessary packaging or waste and contrast formula leaves a large ecological footprint requiring energy for manufacturing materials, for packaging fuel, for distribution, water, and toxic cleaning agents for daily preparation, they need toxic cleaning agents to prepare this in the United States alone 550 million cans, 86,000 tons of metal and 364,000 tons of paper annually used to package formula end up in landfills. Breastmilk contribution to more environmentally responsible production and consumption patterns makes it an invaluable resource in reaching global sustainability and climate change goals."

Abby ([31:02](#)):

I have a little fact that I found on the New York milk bank. You should follow them too on Instagram. They're pretty cool. And so it says here 720,450 tons of formula sold in six Asian countries. Okay. We're talking about six Asian countries not talking about the world, just six Asian countries generated more, more than 2.9 million tons of greenhouse gases. And it's estimated that more than 4,000 liters of water are needed to produce one kilo of formula. This is stuff that we don't need to be doing at this rate.

Dianne ([31:47](#)):

And it has to be the government. We have to pressure the governments to step in. But they create these. Yeah. But this is where like all you mama's cause you guys might be listening to this going, Oh my God, these statistics are crazy. I didn't realize it, but what am I supposed to do? I'm just a breastfeeding mothers sitting here listening to a podcast. But this is where like, if you can support your friends that are having babies, if you can support, you know, start a support group online on Facebook, put out good, knowledgeable, solid information for families and friends be that person, you know, that is going to support breastfeeding for other people. And that goes a long way. It really does. Cause that's what we need. We need mothers to feel supported so that they can continue, continue their breastfeeding journey, which is going to make it better. You have the power, be the change, be the change we want to see in the world! I feel like we could go on forever and ran out of time. So go to [badassbreastfeedingpodcast.com](http://badassbreastfeedingpodcast.com).

Abby ([33:17](#)):

I'll put this article up there. That's about all the different countries, because that is just a super fun read. And you can, it really gives you some perspective on what's going on around the world with breastfeeding and you have more information.

Dianne ([33:29](#)):

I have a lot of the statistical stuff for people who like that kind of thing. Talking about like 2025 goals for the world, 2030 goals for the world things that we are trying to work towards for a healthier world and population and this might also give you, depending on what issue you might come up against. This might give you some fuel to really, you know, to stand up for yourself. If other people are telling you that you don't need to pump at work. You don't need to breastfeed after your child starts solids. You don't need to blah, blah, blah, whatever it is that people are telling you, this could give you more information to, you know, to fight your battle. So don't believe the hype that America's leading the way on this. We are not, we are not doing well. And there are a lot of countries that we can look to about what they're doing and how they've managed to get a handle on it. And we can do that. We have to, but it's up to us. It is pressure to put the pressure on. So happy world breastfeeding week to everybody breastfeeding have fun. Everybody go breastfeed and have fun and we'll see you next week.

Speaker 1 ([34:49](#)):

[Inaudible].