

What will you do to promote, protect and support breastfeeding ?



World Breastfeeding Week
1 August – 7 August 2021



**COMMUNITY-ORIENTATED PRIMARY CARE
RESEARCH UNIT**

Creating A Service Learning Research Platform



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA
Dokters • Leading Minds • Dikgopolo tsa Dinakisi

UP UNICEF ONE HEALTH PROJECT

Inter-disciplinary collaboration was done with UP staff from COPC research unit, Human Nutrition, Centre of Excellence and NPO's Well-being Africa and LIFT and informal settlement communities from Zama Zama, Melusi, Woodlane and Cemetery view. Communities was engaged to create and supportive environment for mothers to exclusively breastfeeding for 6 months, and continue breastfeeding for up to 2 years and beyond.



Promoting optimal infant feeding among informal settlements to curb stunting



The second cohort of University of Pretoria's Dietetic Students in 2021 chose the prevention of stunting, the most prevalent form of malnutrition among under five-year old's globally and within the informal settlements - as their main intervention. During their 7-week community internship, they will use the 7 steps of program planning, to plan an intervention at one of the Informal Settlements, Woodlane village, to create awareness for stunting and how it can be prevented.



World Breastfeeding Week is an annual celebration from **August 1 to 7** in over 120 countries.

Daspoort Poly-clinic students and staff have traditionally celebrated with mothers during this week. In the last few years, the Health Sciences Students and lecturers had ensured that the clinic and patients benefit by the inter-disciplinary networking around breastfeeding challenges, barriers and successes.

The World Health Organization states breastfeeding as one of the most effective ways to ensure child health and survival. Covid-19 could not stop the enthusiasm generated by the **UP UNICEF ONE HEALTH project** and continued through the student projects.

Protecting breastfeeding is a shared responsibility



- At Daspoort Poly-clinic 5 August during Breastfeeding Week, latest research around positioning and latching was shared by the physiotherapy students. Benefits of breastfeeding, the importance of breastfeeding during Covid-19 and how to express and use breastmilk when the mother and baby are separated was then discussed by dietetic students.
- It is vital to remember that breast milk is the optimum food for babies. Breastfeeding is the recommended, ideal, natural, and most sustainable food for the healthy growth and development of infants and young children.
- Knowledge to improve infant feeding practices was shared in line with 2021 breastfeeding week theme: 'Protect Breastfeeding – A Shared Responsibility'. Dietetic and Physiotherapy students and lecturers together with Daspoort clinic staff and NPO Well-Being Africa CEO made sure mother's efforts for feeding their babies be recognized and celebrated.

Breastfeeding Week and World Environmental Day was celebrated across the 4 informal - settlement sites in preparation for the dietetic students' main intervention.

Interacting with community health workers and communities to understand better the immediate, underlying and basic causes of malnutrition.



The 2021 Breastfeeding Week celebrations in Community Oriented Primary Care sites, illustrate the value of addressing health problems and solutions close to homes.



OBJECTIVES OF #WBW2021



Inform
people about the
importance of protecting
breastfeeding



Anchor
breastfeeding support
as a vital public health
responsibility



Engage
with individuals and
organisations for greater
impact



Galvanise
action on protecting
breastfeeding to improve
public health

COPC Research Unit, providing on site student teaching and learning, enabling students and communities to grow and learn together for better health outcomes.