

THE ECONOMIC COST OF NOT BREASTFEEDING ON HUMAN CAPITAL DEVELOPMENT AND HEALTH SYSTEMS IN LAO PDR

Breastfeeding is one of the best buys in global health to save lives and improve the health, social, and economic development of both individuals and for Lao PDR as a nation. While almost all mothers in Lao PDR breastfeed, only 26 percent of babies are exclusively breastfed for six months as recommended by the World Health Organization and UNICEF—well below the global target of 50 percent.¹ These low rates of exclusive breastfeeding amount to real costs in human life, quality of life, and national economic outcomes.

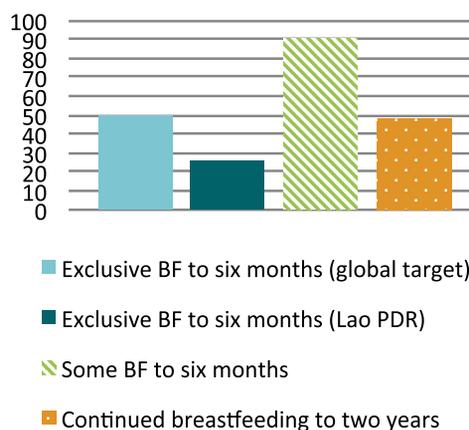
New research commissioned by Alive & Thrive in partnership with UNICEF in 2015 has quantified the economic toll that suboptimal breastfeeding takes on Lao PDR and its people. The evidence is clear (see key findings): investing in policies and programs that support mothers to properly breastfeed saves lives and provides a high return on investment for the country.

Key findings in Lao PDR

Optimal breastfeeding practices can:

- Save 794 children's lives annually, an important contribution to reducing overall under-5 child mortality
- Save 550,000 USD in health system expenditures annually
- Prevent 11,400,000 USD in annual wage losses by improving the learning abilities of children
- Reduce families' out of pocket expenditures to treat diarrhea and pneumonia
- Save families up to 6.6 percent of their monthly earnings by not having to purchase formula

Breastfeeding rates in Thailand



Optimal breastfeeding improves human capital development and reduces health expenditures for families and Lao PDR



Decreasing vulnerability to disease can accelerate reductions in child mortality

When children are not exclusively breastfed for six months, they are more susceptible to diarrhea and pneumonia — the two leading causes of childhood death worldwide. By supporting mothers to practice proper breastfeeding, nearly 50 percent of under-2 child deaths caused by diarrhea and pneumonia could be prevented annually across the ASEAN region compared to a situation with no breastfeeding. In Lao PDR, 794 additional children's lives could be saved annually by moving from the current levels of breastfeeding to World Health Organization guideline levels, contributing to overall under-5 child mortality reduction.

Breastfeeding also helps protect the health of mothers. If 90 percent of mothers breastfed for two years, 10 percent of maternal deaths due to breast cancer could be prevented annually across the ASEAN region.



Health care costs to treat diarrhea and pneumonia could be eliminated

By ensuring optimal breastfeeding, Lao PDR could potentially eliminate diarrhea and pneumonia caused by inadequate breastfeeding and subsequently save 550,000 USD in health care expenses per year, paid either by public or private sources.



Cognitive losses result in lost wages for individuals

Inadequate breastfeeding impacts a child's ability to learn and consequently their future earning potential. In Lao PDR, annual wage losses due to lower cognitive scores were estimated at 11,400,000 USD.



Eliminating indirect costs to treat diseases can result in significant savings

When children become ill due to diarrhea and pneumonia caused by inadequate breastfeeding, parents often incur costs to take them to a health care facility to seek treatment. The economic losses that result include lost productivity and transportation costs. Studies from ASEAN countries like Timor-Leste and Indonesia indicate that families can incur additional lost work and transportation costs up to 25 percent of the actual cost to treat diarrhea and pneumonia.



Eliminating formula costs increases a family's disposable income

As Lao PDR achieves economic growth, increasing disposable incomes will unfortunately attract companies to market their breastmilk substitute products to mothers to feed their children. The costs to purchase economy brand infant formula can be significant for families – up to 6.6 percent of the average monthly earnings for workers in Lao PDR – compared to breastmilk, which is free, safe, and hygienic for all babies.

Policymakers must invest in national policies and programs to support breastfeeding

To realize essential health and economic benefits, Lao PDR must invest to scale-up breastfeeding at the national level. Policymakers should move quickly to adopt, strengthen, and implement the following policies to support all mothers to properly breastfeed to WHO-recommended guidelines.

- **Maternity protection:** Allocate sufficient public funds for a minimum of six months paid maternity leave. Enact and enforce legislation that enables workplace lactation support and/or child care.
- **International Code of Marketing of Breast-milk Substitutes:** The Agreement on Infant and Young Child Food Products Control in Lao PDR is in place, but strong legislation with a rigorous monitoring and enforcement mechanism that aligns with international guidelines is needed to restrict aggressive marketing of products that undermine breastfeeding.
- **Policies and practices in health facilities:** Include nutrition counseling and the 10 Steps to Successful Breastfeeding in hospital standards and accreditation systems. Cover the costs for nutrition services by health financing schemes such as social and health insurance. Invest in pre- and in-service training curriculum for all healthcare providers.

“Despite some progress, globally more than 800 million women workers (41 percent) do not have adequate maternity protection. Additionally, use of parental leave among men is low. We need maternity protection and work-family policies that are more inclusive and supportive of gender equality.”

“Guy Ryder, ILO Director-General, 2015”

References

Walters, D., S. Horton, A.Y.M. Siregar, P. Pitriyan, N. Hajeebhoy, R. Mathisen, P.T.H. Linh, C. Rudert. The Cost of Not Breastfeeding in Southeast Asia. Forthcoming 2015.

Additional citations include:

1. World Health Organization. Global targets 2025. To improve maternal, infant and young child nutrition (www.who.int/nutrition/topics/nutrition_globaltargets2025/en/, accessed 3 November 2015).

Acknowledgements

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Note, country breastfeeding rates are from latest MICS or DHS surveys available 2008-2012, acknowledging that several countries have new data in the meantime.

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