<table>
<thead>
<tr>
<th>Goal Number and Targets</th>
<th>Contribution of Infant and Young Child feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Eradicate extreme poverty and hunger</td>
<td>Breastfeeding significantly reduces early childhood feeding costs, and exclusive breastfeeding halves the cost of breastfeeding. Exclusive breastfeeding and continued breastfeeding for two years is associated with reduction in underweight and is an excellent source of high quality calories for energy.</td>
</tr>
<tr>
<td>2 Achieve universal primary education</td>
<td>Breastfeeding and adequate complementary feeding are prerequisites for readiness to learn. Breastfeeding and quality complementary foods significantly contribute to cognitive development</td>
</tr>
<tr>
<td>3 Promote gender equality and empower women</td>
<td>Breastfeeding is the great equalizer, giving every child a fair start on life. Most differences in growth between sexes begin as complementary foods are added into the diet, and gender preference begins to act on feeding decisions. Breastfeeding is uniquely a right of women, and should be supported by society.</td>
</tr>
<tr>
<td>4 Reduce child mortality</td>
<td>Infant mortality could be readily reduced by about 13% with improved breastfeeding practices alone, and 6% with improved complementary feeding. In addition, about 50-60% of under-5 mortality is secondary to malnutrition, greatly caused by inadequate complementary foods and feeding following on poor breastfeeding practices.</td>
</tr>
<tr>
<td>5 Improve maternal health</td>
<td>The activities called for in the Global Strategy include increased attention to support for the mother's nutritional and social needs. In addition, breastfeeding is associated with decrease maternal postpartum blood loss, decreased breast cancer, ovarian cancer, and endometrial cancer, as well as the probability of decreased bone loss post-menopause. Breastfeeding also contributes to the duration of birth intervals, reducing maternal risks of pregnancy too close together</td>
</tr>
<tr>
<td>6 Combat HIV/AIDS, malaria and other diseases</td>
<td>Based on extrapolation from the published literature on the impact of exclusive breastfeeding on MTCT, exclusive breastfeeding in an otherwise untested breastfeeding HIV-infected population could be associated with a significant and measurable reduction in MTCT.</td>
</tr>
<tr>
<td>7 Ensure environmental sustainability</td>
<td>Breastfeeding is associated with decreased milk industry waste, pharmaceutical waste, plastics and aluminum tin waste, and excess use of firewood/fossil fuels.</td>
</tr>
<tr>
<td>8 Develop a global partnership for development</td>
<td>The Global Strategy for Infant and Young Child Feeding fosters multi-sectoral collaboration, and can build upon the extant partnerships for support of development through breastfeeding and complementary feeding. In terms of future economic productivity, optimal infant feeding has major implications.</td>
</tr>
</tbody>
</table>

1 Early and Exclusive Breastfeeding, continued breastfeeding with complementary feeding and related maternal nutrition
8 Labbok M. Breastfeeding as a women's issue: conclusions and consensus, complementary concerns, and next actions. IJGO 1994; 47(Suppl):S55-S61