

Diabetes

A Key to Diabetes Prevention and Management

For Baby:

- Type 1 and Type 2 diabetes is more likely in children who were fed infant formula or breastfed for shorter duration. (1, 14, 24)
- Obesity is associated with an increased incidence of Type 1 as well as Type 2 diabetes (3, 14, 16, 24) and obesity is increased for those children who are formula fed. (2, 4, 9, 23)
- There is a destabilization of glucose balance in both short and long term for formula fed babies whose mothers had gestational diabetes. (5, 10, 14, 21, 22) and a predisposition for the development of diabetes in babies born to mothers with gestational diabetes. (6)

For Mother:

- There is a higher risk of developing any type of diabetes when a mother does not breastfeed (13, 17) Making milk for her baby primes a mother's metabolism and has a healthy long-term effect on her insulin response. (7, 8, 12, 13, 15, 21)
- Ongoing elevated glucose levels were experienced by mothers who had gestational diabetes and did not breastfeed. (13)
- A mother is at increased risk in later life for obesity and development of Type 2 diabetes by not breastfeeding or breastfeeding for shorter duration. (12, 17) Not breastfeeding increased the risk by 50%. (11)
- Type 1 diabetes is NOT a direct predictor of decreased breastfeeding duration. (18, 19, 20)



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