

Submission Booklet

Submissions close at **5 pm on Tuesday 4 September 2007**.

You do not have to answer all the questions or provide personal information if you do not want to.

When commenting on the document, where appropriate, support your comments with evidence.

This submission was completed by: Auckland Regional Public Health Service (ARPHS) (name)

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Are you submitting this as:
(Tick one box only in this section)

an individual (not on behalf of an organisation)
on behalf of a group or organisation

other (please specify)

Please indicate which sector(s) your submission represents

(You may tick as many boxes as apply)

Academic/research
Māori
Pacific
Education/training
Non-government agency
Health sector (personal)
Health sector (public)
Industry
Other (please specify)

Please return only one copy of your submission no later than **5 pm** on **Tuesday 4 September** by post to:

Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2):
A background paper
Submissions
Ministry of Health
PO Box 5013
WELLINGTON

Email: nutrition_guidelines@moh.govt.nz

All submissions will be acknowledged by the Ministry of Health, and a summary of submissions will be sent to all those who request a copy. The summary will include the names of all those who made a submission. In the case of those who withhold permission to release personal details, the name of the organisation will be given if supplied.

Do you wish to receive a copy of the summary of submissions?

Yes

No

Your submission may be requested under the Official Information Act 1982. If this happens, the Ministry of Health will release your submission to the person who requested it. However, if you are an individual as opposed to an organisation, the Ministry will remove your personal details from the submission if you check the following box.

I **do not** give permission for my personal details to be released to persons under the Official Information Act 1982.

Submission Questions

There are nine questions in total.

Question 1

In this background paper, we have included chapters on topics such as breastfeeding, formula feeding, fluids, complementary feeding, physical activity, allergies, etc (see Table of Contents).

Do you agree with the inclusion of all of these chapters in the background paper?

Yes, all of them

No

What do you want removed? Please justify/include evidence/suggest an alternative.

Question 2

Are there any issues relevant to the nutritional status of healthy infants and toddlers that have been omitted from this background paper that you would have included?

Yes, there are omissions

No, there are no omissions

Please list omissions and justify/include evidence for inclusion of new chapters.

- Appendix 7: Sample meal plans for infants and toddlers. It would be good to consider Maori and Pacific infants/toddlers here. Inclusion of a menu which is specific to these ethnicities would provide examples which mothers (particularly Pacific Island) will be more familiar with. Suggestions include:

Toddlers, 1 to 2 years of age: three-day meal plan

- Replacing Spaghetti (1/4 cup) with spaghetti pasta (as many Pacific Island mothers recognise spaghetti as that which comes tinned)
- Include foods which are low cost such as stewed apples (rather than plums), plain cheese (rather than cream cheese), potato (rather than parsnip) and raisins/sultanas (rather than apricots).

Infants, 9 to 12 months of age: three-day meal plan

- Replace soft pasta spirals (1/4 cup) with rice because pasta is more expensive and is a new food to the Pacific Island community. Although it is good to promote pasta, it is important to use food which all ethnicities will identify with.

- It is important for young, first time mothers to learn how to breast feed correctly when the baby is born. To support and promote exclusive breast feeding, it would be beneficial to illustrate this with a diagram/picture to show the proper attachment of the baby’s mouth to the mother’s breast (also mentioned in Question 8)
- Young mothers need to know how to prevent swelling of the breast (which leads to mastitis). As a result this will help support exclusive breast feeding for first-time/young mothers. This information will support health workers working within the community (who have roles in promotion of breast feeding).
- Part 3.3 Composition of breast milk (page 18)
This section identifies the breast milk produced after birth (during the first few days) as colostrum. New-borns have very small digestive systems and colostrum delivers its nutrients in a very low-volume form. It is important for mothers to know that their colostrum will provide sufficient energy as long as the correct breast attachment technique is achieved. If the newborn is still feeling hungry during this period, the attachment process may not be working properly.

Question 3

This background paper proposes changes to existing policy. These include the policy on:

- the duration for exclusive breastfeeding and the age for introduction of complementary foods
- the use of the new WHO growth charts.

Do the sections and advice on these policy areas in this background paper raise any issues or concerns?

Yes

No

Please justify/include evidence/suggest an alternative.

- We support the duration of exclusive breastfeeding up to 6 months. Young/first time mothers will need to be supported to begin and maintain breastfeeding.
- The use of the new proposed WHO chart may not be appropriate for Pacific Island babies. These babies are generally larger at birth and grow faster than the new WHO growth chart that is being recommended. There may be a need for Pacific Island-specific growth charts for this population. A number of studies have shown Pacific Island babies to be larger from birth:
 - McCowan L and Stewart AW (2004): term birthweight centiles for babies from NZ’s main ethnic groups. Aust NZ J Obstet Gynaecol. 44, 432-435

- McCowan L, Stewart AW, Francis A and Gardosi J (2004): A customised birthweight centile calculator developed for a New Zealand population. Aust NZ J Obstet Gynaecol. 44,428-431
- Vickers MH, Cupido C-L and Gluckman PD, (2007) Developmental programming of obesity and type 2 diabetes. Fetal and Maternal Medicine
- Auckland University of Technology (AUT) longitudinal Pacific Island Family study. This study is being undertaken by a team of researchers under the leadership of two directors Dr Janis Paterson and Dr Teuila Percival. Interviewing of the mothers and fathers when the children were aged 6 weeks, 12 months, 24 months and 4 years has been completed. Findings from these phases are currently being written up.
- Technical reports:
 - Auckland University of Technology (2002): Pacific Islands Families: First Two Years of Life Study. Technical Report 1. Paterson J., Tukuitonga C., Abbott M., Feehan M., Silva P., Percival T., Butler S., Cowley E., Borrows J., Williams M. & Giles L. ISBN: 1-877314-00-5.
 - Auckland University of Technology (2004): Pacific Islands Families: First Two Years of Life Study. Technical Report 2. Paterson, J., Tukuitonga, C., Abbott, M., Feehan, M., Silva, P., Percival, T., Butler, S., Cowley, E., Borrows, J., & Williams, M. ISBN 1-877314-41-2

Question 4

This background paper revises the existing policy on the preparation of formula (page 26). The revision is based on guidelines from WHO/FAO to reduce the risk of infection with *E. sakazakii* and *Salmonella*.

Does the policy revision in this background paper raise any issues or concerns?

- Yes
- No

Please justify/include evidence/suggest an alternative.

Question 5

Several sections in the background paper have been significantly revised. These include the sections on:

- the importance of breastfeeding
- fluids
- complementary feeding
- pacifiers
- allergy.

Do these sections and advice in this background paper raise any issues or concerns?

Yes
No

Please justify/include evidence/suggest an alternative.

- Under section 5.3.2, the second sentence could be misunderstood to mean give infants up to 3-4 water bottles per day. This sentence perhaps would be better understood if the infants and toddlers were addressed in separate sentences.
- Under complementary feeding section 6.5.3, the list of foods NOT to add to complementary foods should also include coconut cream. Pacific Island mothers often add coconut cream to carbohydrate staples as a first food for the infant. This would not be recommended due to the high saturated fat content of the coconut cream.

Question 6

Some new sections in the background paper have been added. These include sections on:

- dietary practices and nutrient intakes
- risks of late introduction of complementary foods
- considerations for Māori infants and toddlers
- considerations for Pacific and other population groups, infant and toddlers
- prebiotics
- probiotics
- overweight and obesity
- food security.

Do these sections and advice in this background paper raise any issues or concerns?

Yes
No

Please justify/include evidence/suggest an alternative.

- There appears to be a mistake in Asian breastfeeding rates quoted on pages 48 and 51. On page 48 the Asian breastfeeding rates are 28% at 6 weeks in 2005, whereas on page 51, the Asian breastfeeding rates are 58% at 6 weeks in 2005. This number should be consistent; whichever number is correct should be stated on both pages.
- The water from immature drinking coconut is relatively high in sugar. In section 8.1.6 this is promoted as a suitable complementary drink for toddlers. Due to the relatively high sugar content and low calcium content, perhaps this coconut water should not be recommended. Milk would be a better choice for the toddler due to the high calcium content or else water would be a good hydration choice.

Question 7

In this background paper, we have included practical advice at the end of most sections. Do you find the practical advice generally useful?

- Yes, the practical advice is generally useful
- No, the practical advice is not generally useful

Please suggest any improvements that could be made to the practical advice.

- The practical advice is very useful, though a great deal of the advice is repeated for each section. For example it is repeated several times throughout the booklet that toddlers/infants should be offered a variety of nutritious foods from each of the four major food groups. It would be useful to cut down the repetition of the same information.

Question 8

The target audience for the background paper is health practitioners, including dietitians, doctors, nurses, well child providers, primary health care providers, health promoters, nutritionists and teachers in the practice of healthy nutrition.

Is this background paper at an appropriate technical level for the target audience?

- Yes
- No

Please explain what needs to be changed.

- Pictures/illustration to support explanations (e.g. attachment of a mother's breast to the baby's mouth)
- Graphs to illustrate raw data (e.g. Page 8, Table 2: Breastfeeding rates (percent) by ethnicity at six weeks, three months and six months, 1997-2006).

Question 9

Do you have any other issues or comments?

- Yes
- No

Please comment.

- An executive summary at the start (before the contents page) would be useful.
- Addition of Growth charts in the appendix.