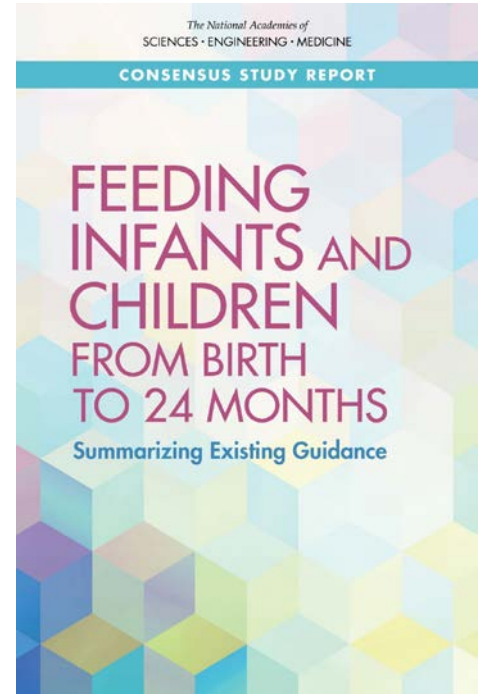


# Feeding Infants and Children from Birth to 24 Months *Summarizing Existing Guidance*



# Statement of Task

- Collect public-facing documents
- Compile list of topics addressed
- Describe level of agreement
- Note type of evidence for each recommendation

# Statement of Task

- Assess documents for strategies for communication & dissemination
- Make recommendations for communication strategies to the stakeholder community

# Scope of Report

- Summarizes consistency of **existing recommendations** on what and how to feed infants and young children
- **Does not** provide a set of definitive feeding recommendations

# Committee's Parameters

- “Public-facing”
- “Domestic and international sources”
- “Guideline document”
- “Strategies for communication and dissemination”

# Methodology

- Multipronged guideline document search
- Eligibility criteria
  - Document-level
  - Recommendation-level

# Eligibility Criteria

- Document-level

- Provides guidance on what or how to feed human milk, infant formula, other foods and beverages, and supplements
- Relevant to high-income countries and healthy mother-infant dyads
- Readily available on the Internet

# Eligibility Criteria

- Recommendation-level
  - Include guidance on what or how to feed human milk, infant formula, other foods and beverages, and supplements



# Guideline Documents ( $n=43$ )

- Varied by:

- Document type
- Level of collaboration
- Scope of topics covered
- Target audience
- Stated methodology
- Presentation of recommendation
- Mapping of evidence to each recommendation

# Sorting Recommendations

- Grouped by topic area, discussed by theme

## EXAMPLE

Topic Area	Vegetarian and Vegan Diets
Themes	<ul style="list-style-type: none"><li>• Nutrient Adequacy</li><li>• Use of Soy-Based Formulas</li><li>• Plant-based Beverages</li></ul>

# Sorting Recommendations

- Recommendations crossed topics, themes

## EXAMPLE

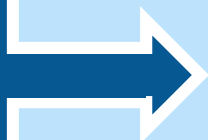
Recommendation	<p><i>"Once your baby starts solid food, it is recommended to offer a total of 4 to 8 oz per day of plain drinking water in a cup."</i></p> <p>(Pérez-Escamilla et al., 2017)</p>
Themes	<ul style="list-style-type: none"><li>• Water and fluid needs</li><li>• Fluids to provide or avoid in cup use</li></ul>

# Sorting Recommendations

- Concepts spanning what & how to feed themes

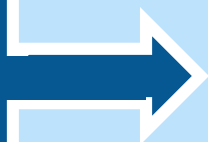
## EXAMPLE

Avoiding HONEY due to  
added sugars



*What to Feed* Topic, Theme

Avoiding HONEY due to  
risk of botulism



*How to Feed* Topic, Theme

# Sorting Recommendations

- Several topics of importance and interest did not appear in the recommendations abstracted
- Reflects search strategy and eligibility criteria, and the content of the guideline documents themselves

# What to Feed Topics ( $n=18$ )

- Exclusive breastfeeding
- Continuation of breastfeeding
- Supplementary formula feedings
- Duration of formula use
- Type of infant formula
- Toddler milks and follow-on formulas
- Milk and milk-based products
- Fluids: Water, juice, sugar-sweetened beverages, and other non-milk beverages
- Substances to avoid or limit
- Variety and healthy, nutritious foods
- Fruits and vegetables
- Vegetarian and vegan diets
- Foods associated with food allergy and celiac disease
- Iron
- Vitamin D
- Iodine
- Other nutrient supplements
- Dietary fat

# What to Feed Recommendations

- Consistent or generally consistent for most topic areas
- Inconsistencies often related to the specified age or age range
- Most mapped to narrative reviews

# Example of Consistency

- Type of Infant formula
  - Consistent in recommending cow milk-based infant formulas for formula-fed infants
  - Consistent in recommending that the use of soy-based formula be limited to special circumstances



# Example of Inconsistency

- Continuation of Breastfeeding
  - Generally consistent until at least 12 months of age
  - Not consistent for beyond 12 months of age

# How to Feed Topics ( $n=8$ )

- Bottle use and propping
- Cup use
- Safety of foods and feeding practices
- Introduction of complementary foods
- Food consistency and texture
- Meal frequency
- Hunger and satiety cues
- Responsive feeding

# How to Feed Recommendations

- Consistent or generally consistent for most topic areas
- Slight differences identified related to the specified age or age range
- Most mapped to narrative reviews

# Example of Consistency

- Food Consistency and Texture
  - Consistent in recommending that food consistency and texture be tailored to the developmental needs of the child
  - Consistent in recommending that consistencies and textures of foods offered should change as the child gets older

# Identified Inconsistency

- Introduction of Complementary Foods
  - Generally consistent
    - Not before 4 months
    - By or around 6 months of age
  - Not consistent
    - Specifying a range (4-6 months)
    - Specifying (approximately) 6 months of age

# Communication & Dissemination

- **Communication:** Informing and influencing decisions and actions in a target audience
- **Dissemination:** An active attempt to spread an evidence-based intervention to a target audience through identified channels and planned strategies

# Communication & Dissemination

- Guidance varied in **length** and **content**
- Varied by target audiences
  - Health care providers
  - Parents and guardians
  - Early care and education providers
  - Program administrators
  - Policy makers

# Strategies for Various Target Audiences

- Health Care Providers
  - Primary target audience
  - Indicated that health care providers should
    - Promote awareness
    - Change attitudes and knowledge
    - Adopt recommendations
    - Engage in advocacy



# Strategies for Various Target Audiences

- **Parents and Guardians**
  - Infrequently the target of the guideline documents
  - A range of online resources are available, links to guideline documents were not always clear

# Strategies for Various Target Audiences

- **Early Care and Education Providers**
  - Infrequently the target of the guideline documents
  - In U.S., guidance is embedded in national health and safety performance standards

# Strategies for Various Target Audiences

- Program Administrators

- Infrequently the target of the guideline documents
- In U.S., feeding recommendations have been translated into program-specific resources

# Strategies for Various Target Audiences

- **Policy Makers**

- Some included recommendations targeting policy makers
- Level of detail varied

# Communication & Dissemination

- Some acknowledged the importance of **adapting or tailoring the messages**
- **Passive approaches** to dissemination may limit effectiveness
- Consistent and transparent reporting and **evaluation of dissemination activities** is needed

# Harmonizing Development of Future Guidelines

- **Planning to Develop the Guidelines**
  - Leverage collaborative advantages
  - Early engagement of key stakeholders, communication experts, and representatives of the target audience

# Harmonizing Development of Future Guidelines

- **Developing the Guidelines**
  - Use existing criteria and tools for high-quality guideline development
  - Dealing with special considerations and challenging aspects common in the field of nutrition

# Harmonizing Development of Future Guidelines

- **Planning for Dissemination & Implementation**
  - Use of dissemination & implementation (D&I) science
  - D&I science frameworks can guide
    - Translating dietary guidelines into practice
    - Understanding what influences implementation outcomes
    - Assessing process and impact outcomes



# Recommendation

*Agencies, organizations, and groups developing guideline documents related to feeding infants and young children should consider the principles of dissemination and implementation (D&I) science as a means to enhance the reach and impact of the recommendations that are developed.*

# Closing Remarks

- Consistency across a variety of guideline documents is encouraging
- Rigorous, systematic, and ideally harmonized methods for developing recommendations is important

# Study Support

- Centers for Disease Control and Prevention
- National Institutes of Health
- Kellogg Endowment Fund of the National Academy of Sciences, Engineering, and Medicine's Health and Medicine Division

# Committee on Scoping Existing Guidelines for Feeding Recommendations for Infants and Young Children Under Age 2

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Download the report and  
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