

# Together

## Key results of the zero measurement

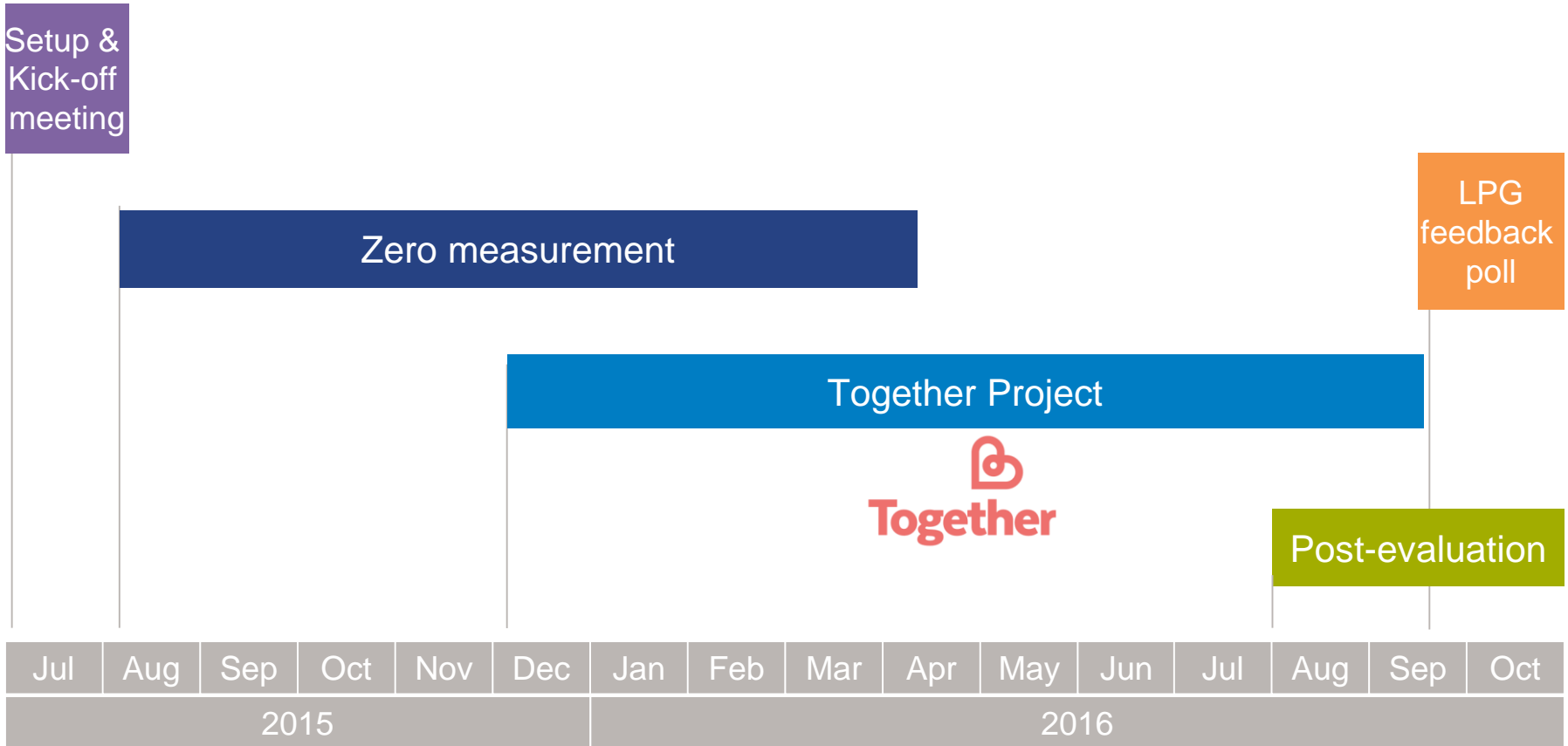
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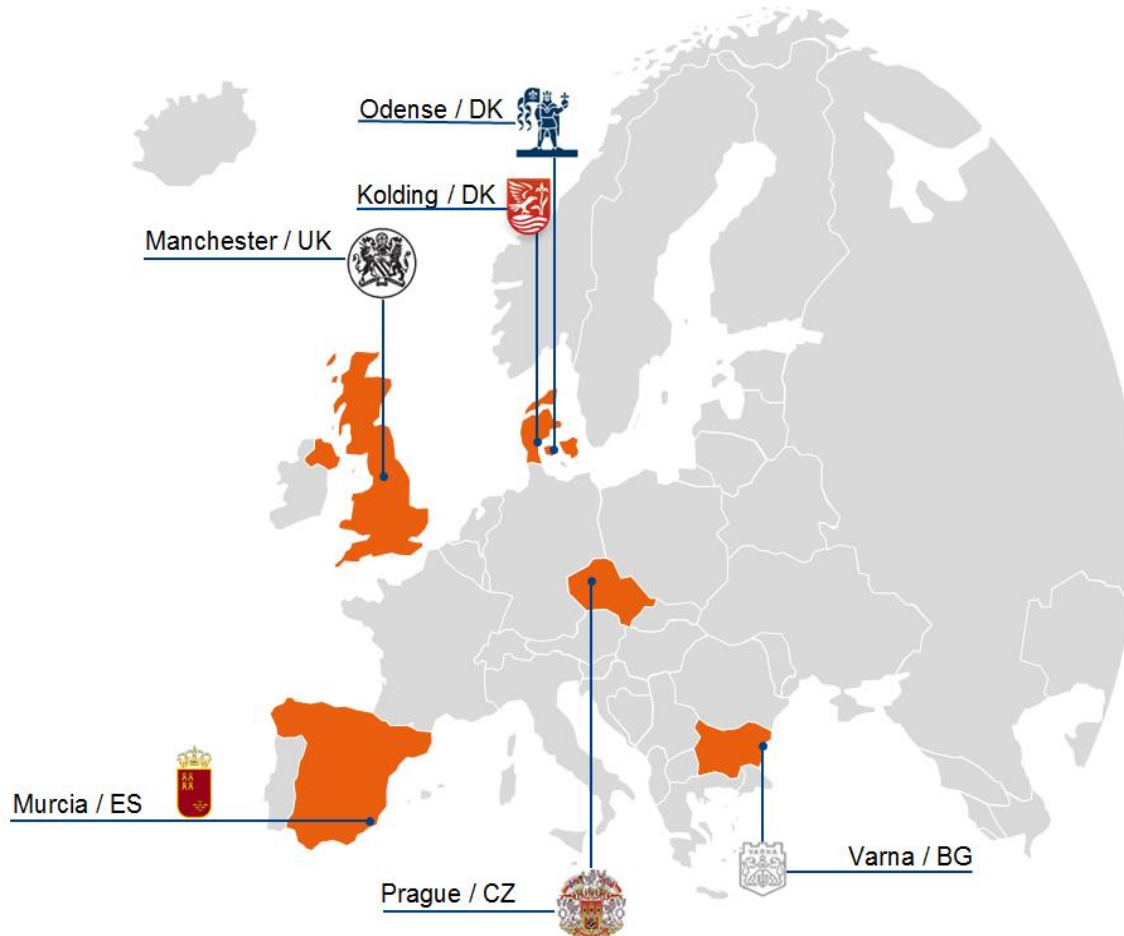
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# Overview Together project



# Six participating cities in five EU Member States



# Sample

	Pregnant women	Postnatal women	Total
Manchester (United Kingdom)	273	168	441
Murcia (Spain)	414	200	614
Kolding & Odense (Denmark)	246	193	439
Prague (Czech)	259	228	487
Varna (Bulgaria)	270	230	500
<b>Total</b>	<b>1458</b>	<b>1019</b>	<b>2477</b>

# Pregnant women



# Socio-demographic profile

N=1458  
Pregnant



		Manchester	Murcia	Kolding & Odense	Prague	Varna
<b>Education</b>		N=273	N=414	N=246	N=259	N=270
High	60%	57%	52%	77%	51%	70%
Middle	27%	40%	23%	17%	39%	17%
Low	13%	3%	25%	6%	10%	13%
<b>Occupation</b>						
Working full-time	41%	37%	28%	46%	65%	39%
Working part-time	9%	17%	12%	8%	4%	3%
Full time student	6%	4%	2%	22%	1%	3%
Unable to work because of...	3%	4%	2%	4%	4%	1%
Unemployed / seeking work	8%	4%	16%	7%	2%	7%
Maternity leave	20%	17%	21%	11%	21%	31%
Looking after your home / ...	10%	14%	17%	2%	2%	10%
Living on independent means	1%	1%	0%	0%	1%	2%
Other	2%	2%	2%	1%	0%	4%

Of those who are in maternity leave, most women were working full time before.

# Socio-demographic profile

N=1458  
Pregnant



## Monthly income level

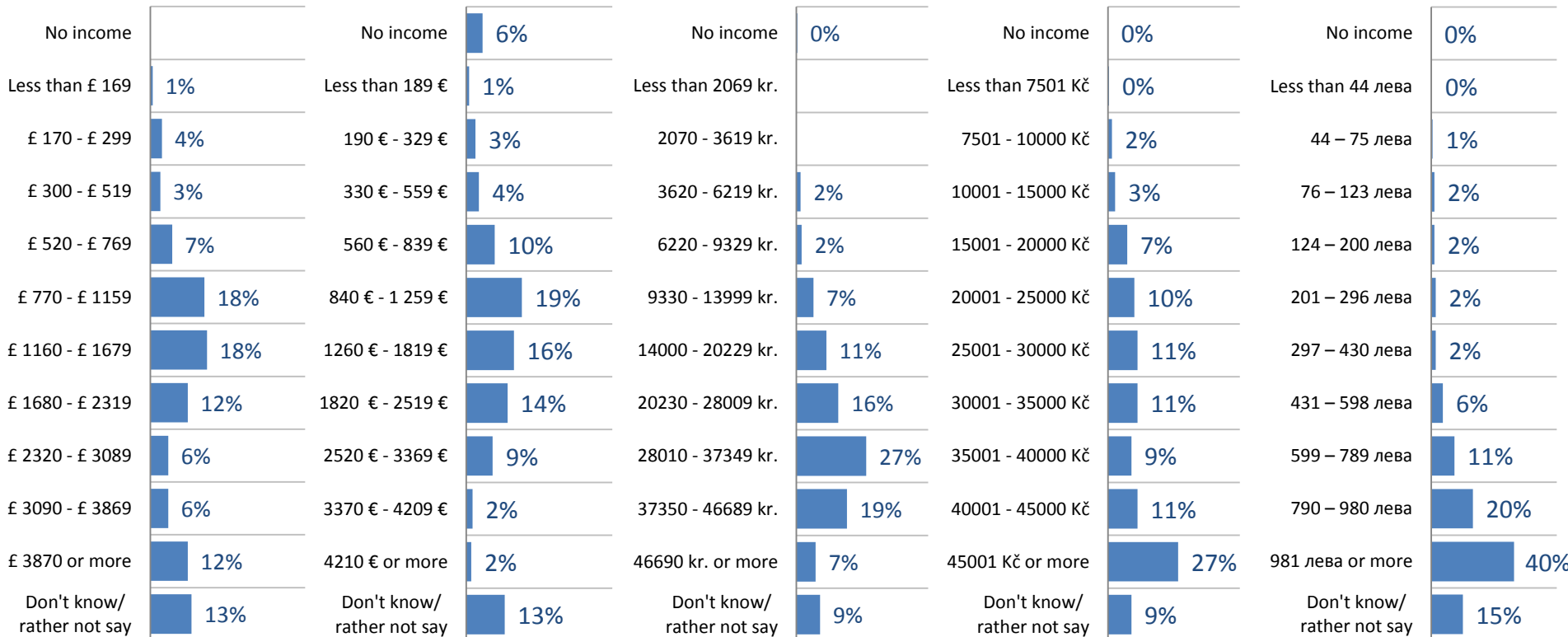
Manchester  
(n=273)

Murcia  
(n=414)

Kolding &  
Odense (n=246)

Prague  
(n=259)

Varna  
(n=270)

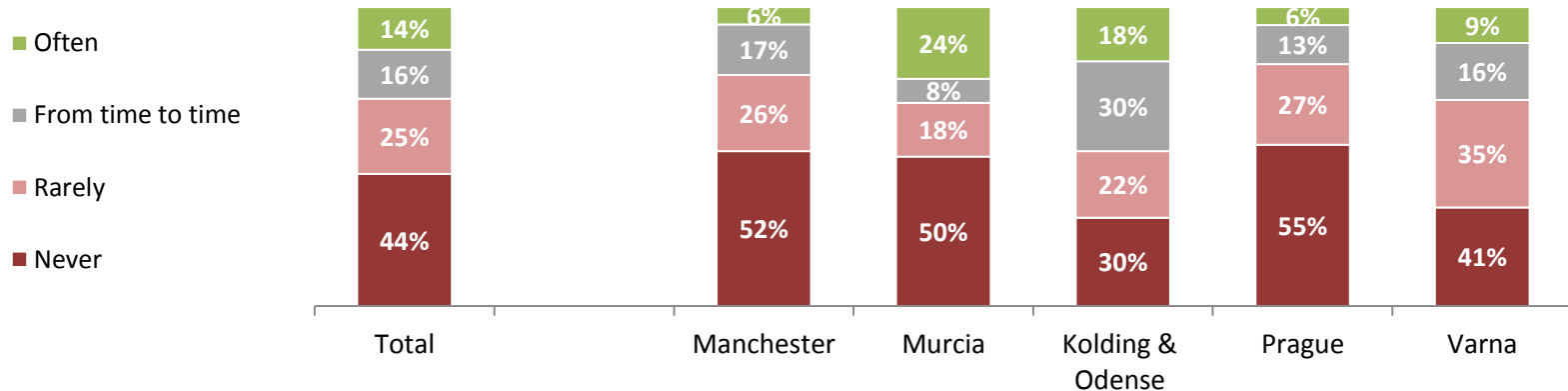


# Socio-demographic profile

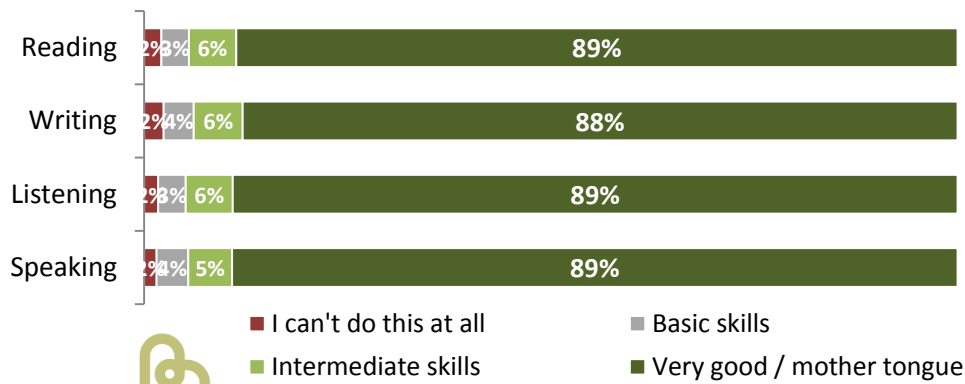
N=1458  
Pregnant



Participation in activities of an association (e.g. mother-to-mother support group, sports club, book club, ...)



Knowledge of main (official) language used for public life



Highest scores in Prague and Kolding & Odense on all language skills.

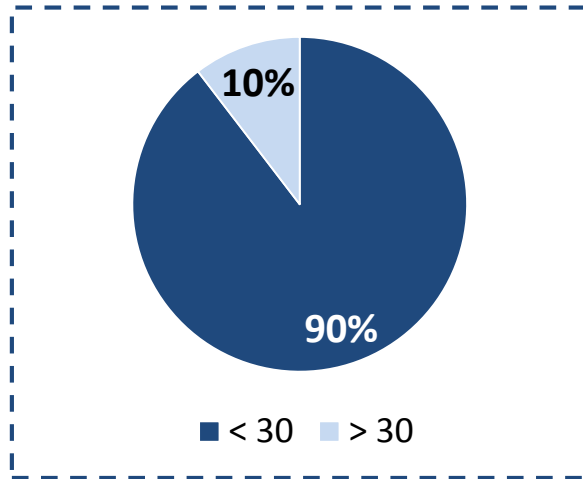


# Weight profile

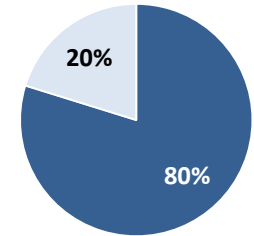
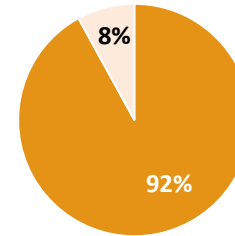
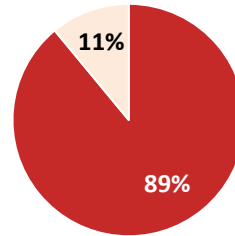
N=1458  
Pregnant



Body Mass Index before pregnancy



Manchester      Murcia      Kolding & Odense



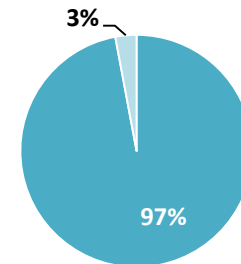
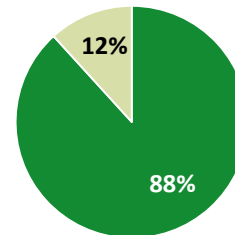
■ < 30   ■ > 30

■ < 30   ■ > 30

■ < 30   ■ > 30

Prague

Varna



■ < 30   ■ > 30

■ < 30   ■ > 30

	BMI (kg/m <sup>2</sup> )
Underweight	<18,5
Normal (healthy weight)	18,5-25
Overweight	25-30
Obese	>30

# Weight profile

N=1458  
Pregnant



## Weighing frequency

		Manchester N=273	Murcia N=414	Kolding & Odense N=245	Prague N=259	Varna N=270
Once a day	6%	0%	4%	3%	12%	10%
5-6 times a week	2%	1%	2%	2%	1%	4%
3-4 times a week	4%	1%	2%	5%	5%	8%
1-2 times a week	18%	5%	20%	20%	17%	28%
Less than once a week	53%	39%	55%	61%	64%	44%
Never	17%	54%	17%	8%	2%	6%

The average gain per month is 1,1 kilogram

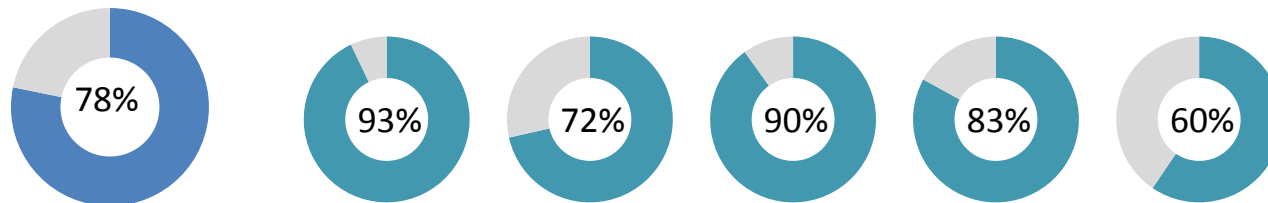
1,9 pound (0,9 kg) in Manchester  
1,2 kilogram in Murcia  
0,9 kilogram in Prague  
1,6 kilogram in Varna  
0,8 kilogram in Kolding & Odense

# Information about healthy eating patterns & lifestyle during pregnancy

N=1458  
Pregnant



## Adequately informed



## Information channels

		Manchester N=273	Murcia N=414	Kolding & Odense N=245	Prague N=259	Varna N=270
Family and friends	51%	57%	51%	43%	56%	47%
Health professionals	68%	75%	82%	66%	54%	56%
Other mothers (support groups...)	22%	18%	17%	16%	35%	28%
Community groups	4%	4%	2%	2%	4%	10%
Local canteen or food bank	0%	1%	0%	-	-	0%
TV	10%	12%	9%	11%	9%	12%
Radio	2%	5%	2%	2%	3%	2%
Books	32%	23%	32%	30%	40%	36%
Newspapers, magazines	17%	14%	15%	7%	33%	16%
Leaflets, brochures, posters	17%	27%	8%	28%	21%	12%
Internet (websites and blogs)	61%	37%	50%	63%	87%	72%
Social media	15%	12%	8%	19%	15%	23%
Know because I already had a child	15%	22%	7%	31%	8%	14%
Other	4%	2%	1%	9%	3%	6%

# Feeding intentions

N=1458  
Pregnant



		Manchester	Murcia	Kolding & Odense	Prague	Varna
		N=273	N=414	N=245	N=259	N=270
Breastfeed	84%	65%	91%	93%	80%	89%
Bottle feed	5%	18%	3%	3%	1%	3%
Mix of breast & bottle feed	11%	18%	6%	5%	19%	8%

Pregnant women in all cities are planning to breastfeed until their baby is **older than 6 months**



They believe also that exclusive breastfeeding is beneficial for their baby during almost **7 months** on average

8 months in Manchester  
7 months in Murcia  
6 months in Prague  
6 months in Varna

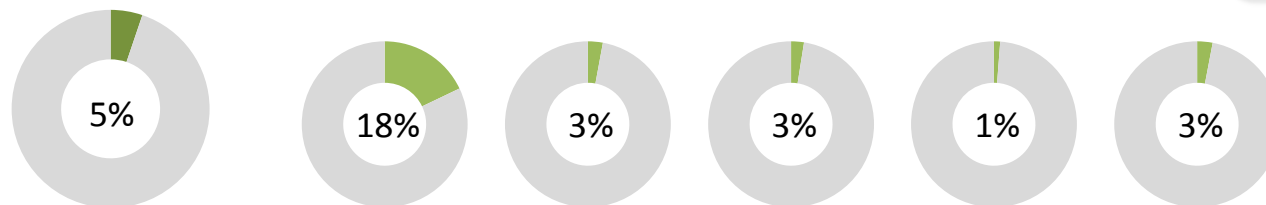
Almost 6 months in Kolding & Odense

# Feeding intentions: bottle feeding

N=1458  
Pregnant



## % bottle feed



## Reasons

		Manchester	Murcia	Kolding & Odense	Prague	Varna
		N=44	N=12*	N=6*	N=3*	N=8*
I was worried I didn't/won't have enough breast milk to meet my baby's needs	29%	30%	25%	17%	33%	38%
I found it very difficult to breastfeed/my breast ache/the baby does not latch	22%	18%	17%	50%	33%	25%
I feel socially uncomfortable while breastfeeding/ is not something my peers do	12%	21%	-	-	-	-
I was advised not to breastfeed by my doctor	8%	11%	-	-	-	13%
I don't have time to breastfeed	11%	11%	25%	-	-	-
I cannot breastfeed at work	7%	5%	17%	-	33%	-
I had/have to take medicine that could harm the baby through breastfeeding	15%	18%	8%	-	33%	13%
I want to protect my baby from possible transmission of disease/toxic substances	1%	-	8%	-	-	-
Other	30%	27%	42%	50%	-	25%

\* Low base! Only few respondents intend to bottle feed



The biggest drivers in all cities are "I found it very difficult to breastfeed/my breasts ache/the baby does not latch" and "I was worried I didn't/won't have enough breast milk to meet my baby's needs".

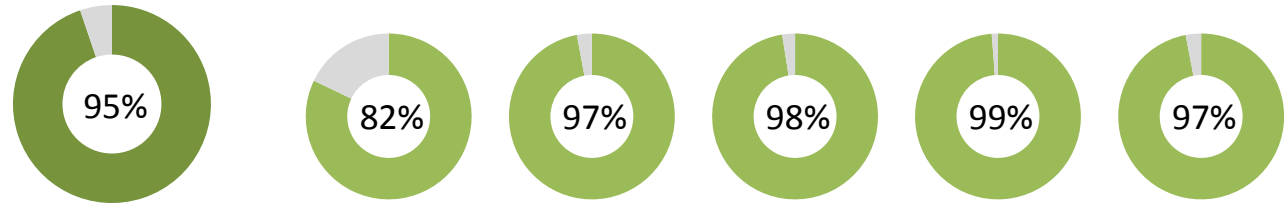


# Feeding intentions: breastfeeding

N=1458  
Pregnant

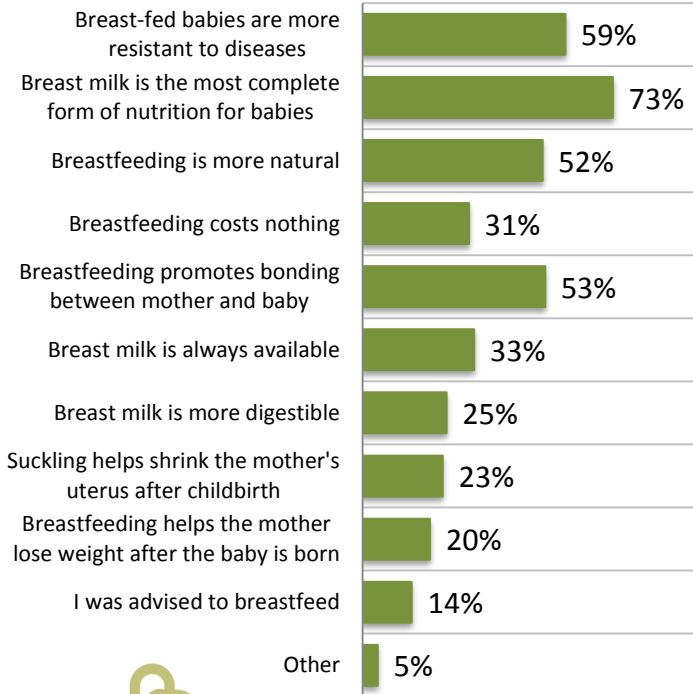


% breastfeeding  
or mix



Reasons

	Manchester N=216	Murcia N=400	Kolding & Odense N=238	Prague N=256	Varna N=262
Breast-fed babies are more resistant to diseases	52%	49%	57%	73%	70%
Breast milk is the most complete form of nutrition for babies	64%	77%	50%	84%	86%
Breastfeeding is more natural	53%	41%	55%	67%	54%
Breastfeeding costs nothing	37%	26%	24%	42%	31%
Breastfeeding promotes bonding between mother and baby	57%	44%	56%	64%	51%
Breast milk is always available	35%	22%	30%	48%	34%
Breast milk is more digestible	32%	20%	14%	33%	27%
Suckling helps shrink the mother's uterus after childbirth	31%	22%	12%	26%	29%
Breastfeeding helps the mother lose weight after the baby is born	34%	16%	13%	19%	20%
I was advised to breastfeed	22%	16%	16%	10%	9%
Other	6%	2%	12%	3%	2%

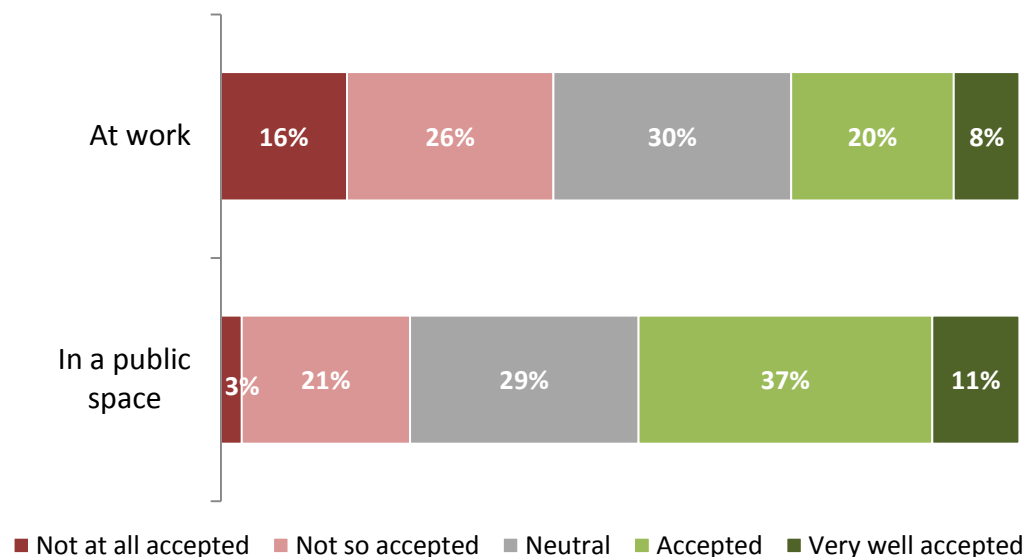


The biggest driver is “Breast milk is the most complete form of nutrition for babies”, but also building resistance and the bonding between mother and baby are big drivers.



# Acceptance of breastfeeding

N=1458  
Pregnant



Highest **top2** scores in Manchester (36%) and Kolding & Odense (38%).  
Highest **bot2** scores in Murcia (65%) and Varna (43%).








Highest **top2** scores in Manchester (63%) and Murcia (57%).  
Highest **bot2** scores in Prague (29%) and Varna (31%).

Pregnant women believe breastfeeding in public spaces is more accepted than at work.

# Acceptance of breastfeeding

N=1458  
Pregnant



Working environment		Manchester	Murcia	Kolding & Odense	Prague	Varna
		N=273	N=414	N=245	N=259	N=270
Flexible working hours	 18%	25%	24%	17%	15%	9%
Child minding facility	 1%	2%	2%	-	1%	1%
Seperate area allowing privacy	 7%	3%	6%	5%	12%	6%
Refrigerator where I can store the milk	 11%	12%	14%	4%	11%	12%
Other	 6%	3%	3%	7%	5%	10%
None	 30%	25%	37%	14%	29%	39%
I don't know	 29%	36%	16%	54%	27%	23%



Most have **no facility** or are **not aware of any facility** to continue breastfeeding when back at work. In Manchester and Murcia 1 out of 4 is aware of flexible working hours, to breastfeed or express milk.





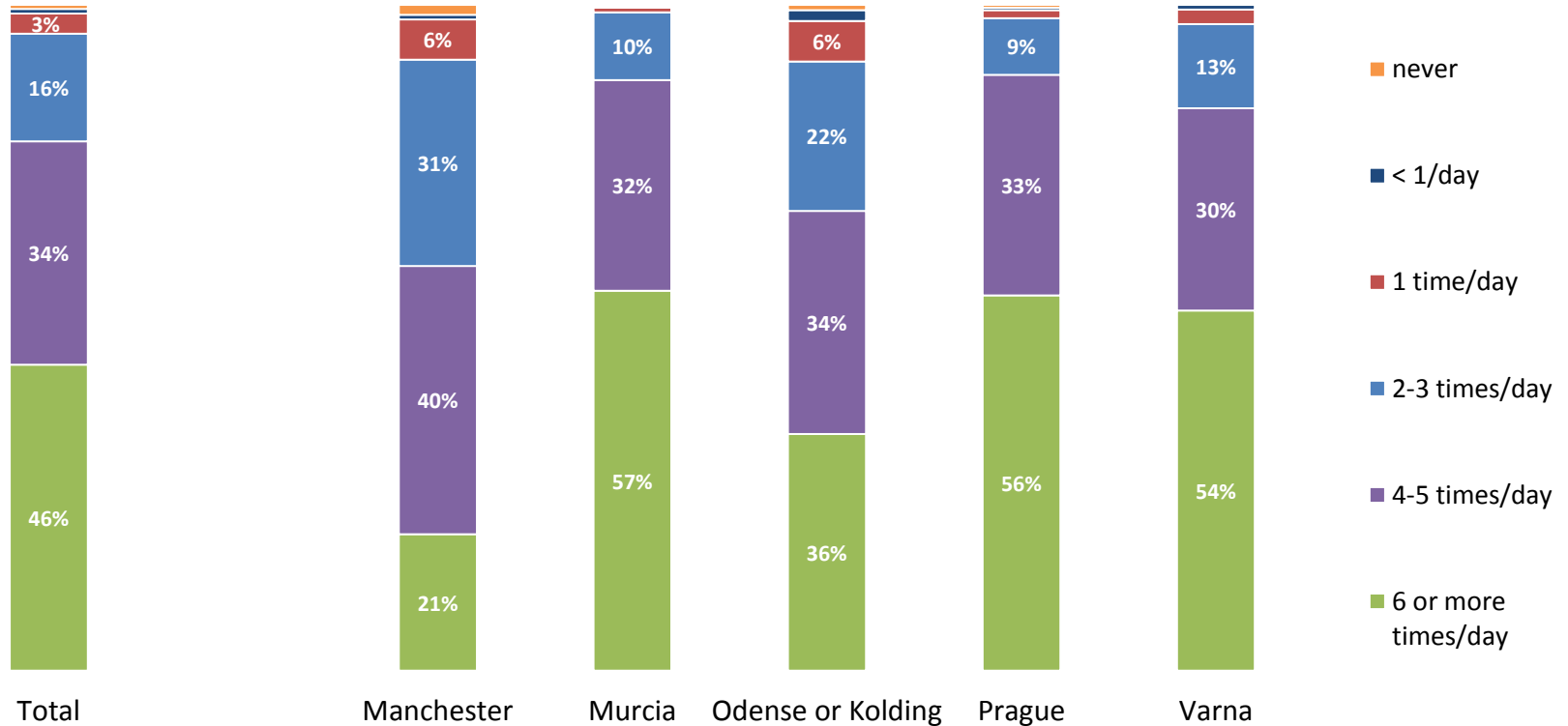
# Behaviour: healthy drinking

N=1458  
Pregnant



How often do you drink...

## Glass of water



Prague, Murcia and Varna are real water drinkers, more than 80% of the pregnant women drink water more than 3 times a day.

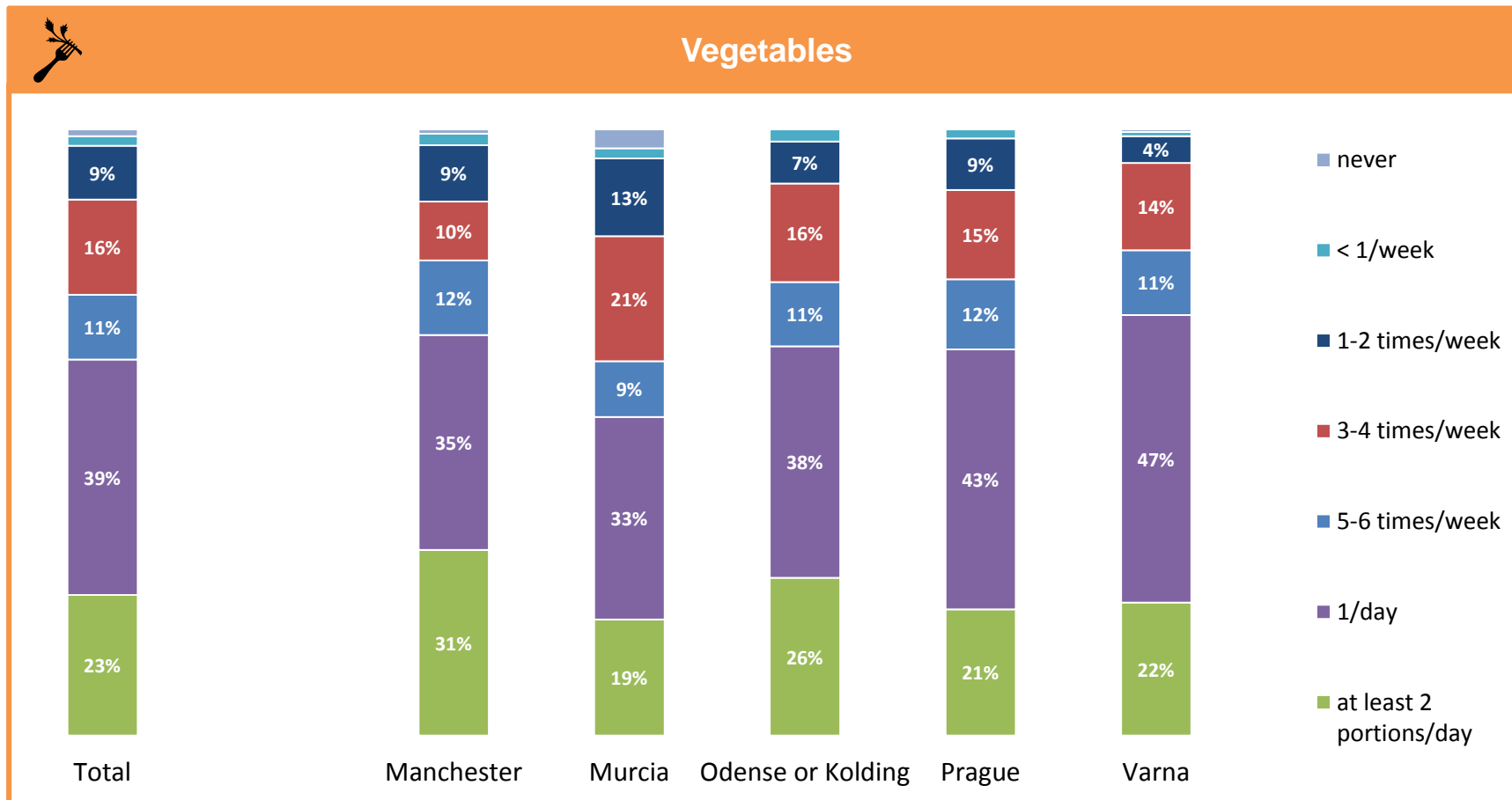


# Behaviour: healthy eating

N=1458  
Pregnant



How often do you eat...



On average, almost 4 out of 10 pregnant women don't eat at least one vegetable a day.

In Murcia almost 1 out of 2 (47%) doesn't eat vegetables daily.  
Varna has the most daily vegetable consumption with 69%.

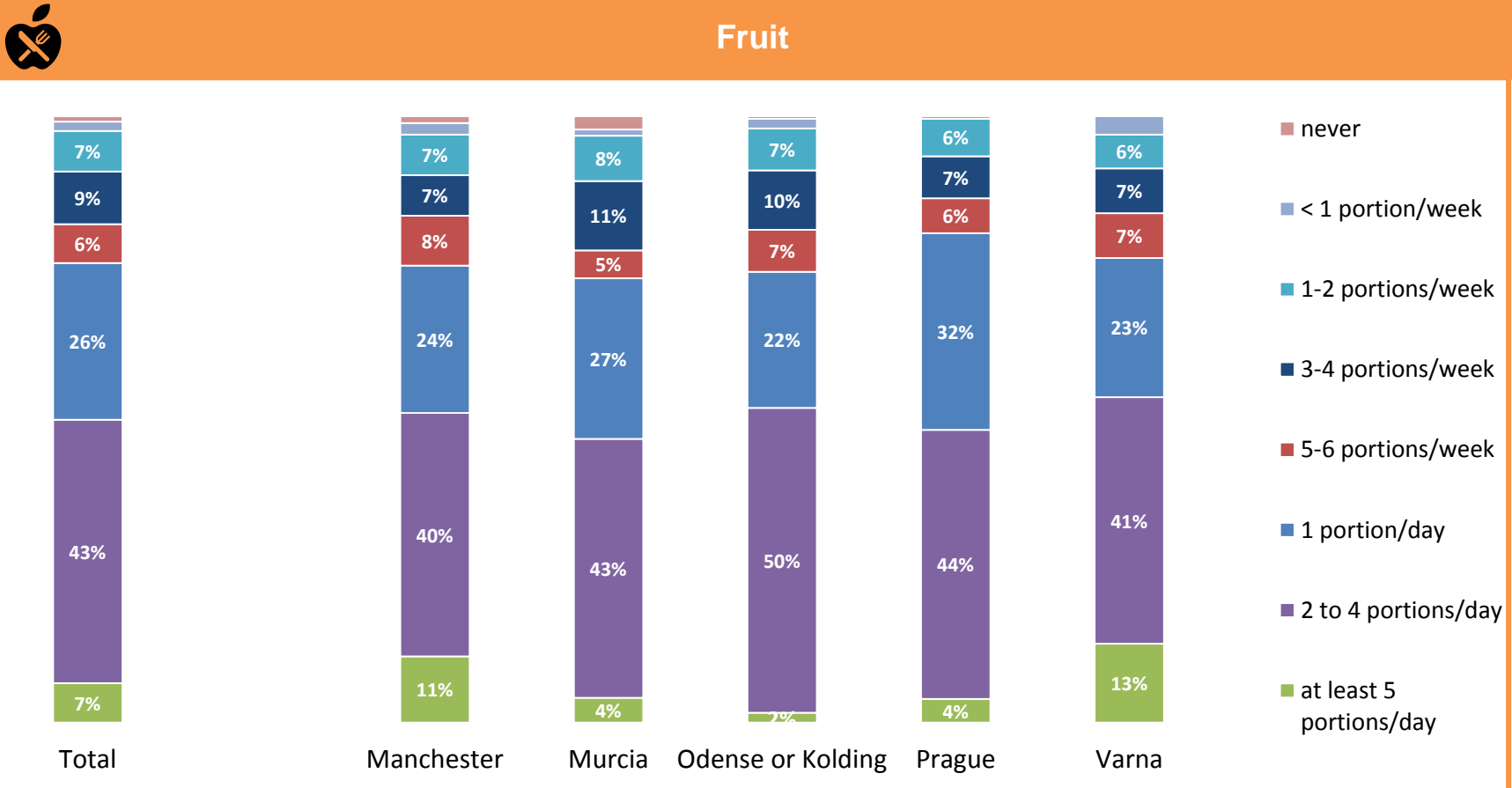


# Behaviour: healthy eating

N=1458  
Pregnant



How often do you eat...



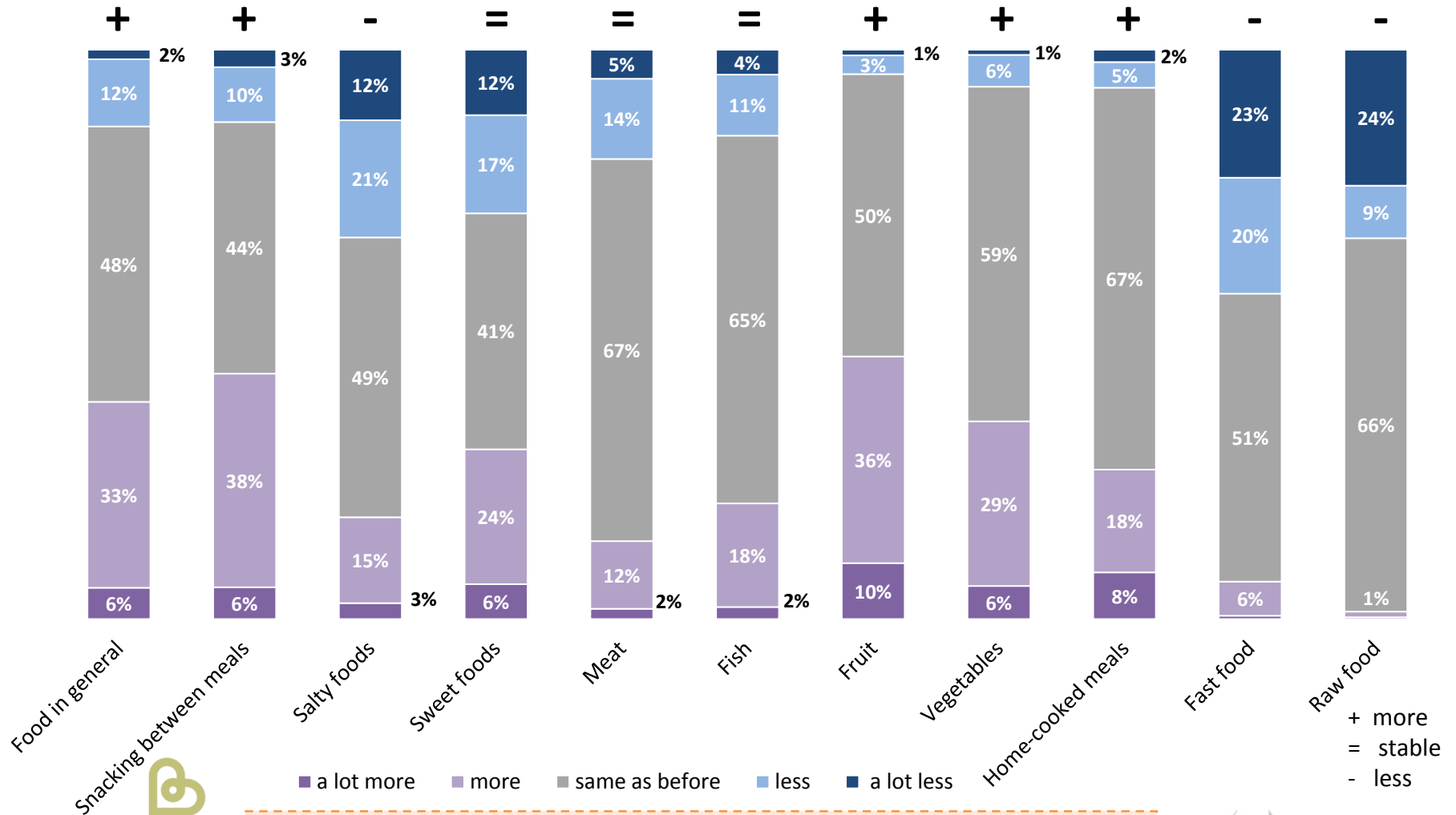
On average, 3 out of 4 eat at least one piece of fruit per day.

# Behaviour: current eating habits

N=1458  
Pregnant



Current eating habits compared to the time before pregnancy...



In general pregnant women tend to eat more in general and snack more between meals. They eat mostly more fruit, vegetables and home cooked meals and eat less salty, raw or fast food.



# Behaviour: current eating habits

N=1458  
Pregnant



## Current eating habits compared to the time before pregnancy...

(a lot) more

	Total	Manchester	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Food in general	38%	35%	42%	29%	42%	40%
Snacking between meals	43%	31%	42%	51%	51%	43%
Salty foods	18%	18%	23%	18%	9%	20%
Sweet foods	30%	18%	32%	27%	38%	33%
Meat	14%	8%	16%	5%	17%	20%
Fish	20%	7%	28%	18%	22%	22%
Fruit	46%	28%	47%	35%	56%	63%
Vegetables	35%	24%	37%	16%	44%	50%
Home-cooked meals	26%	25%	26%	12%	36%	33%
Fast food	7%	9%	5%	11%	2%	7%
Raw food	1%	0%	2%	1%	0%	3%

(a lot) less

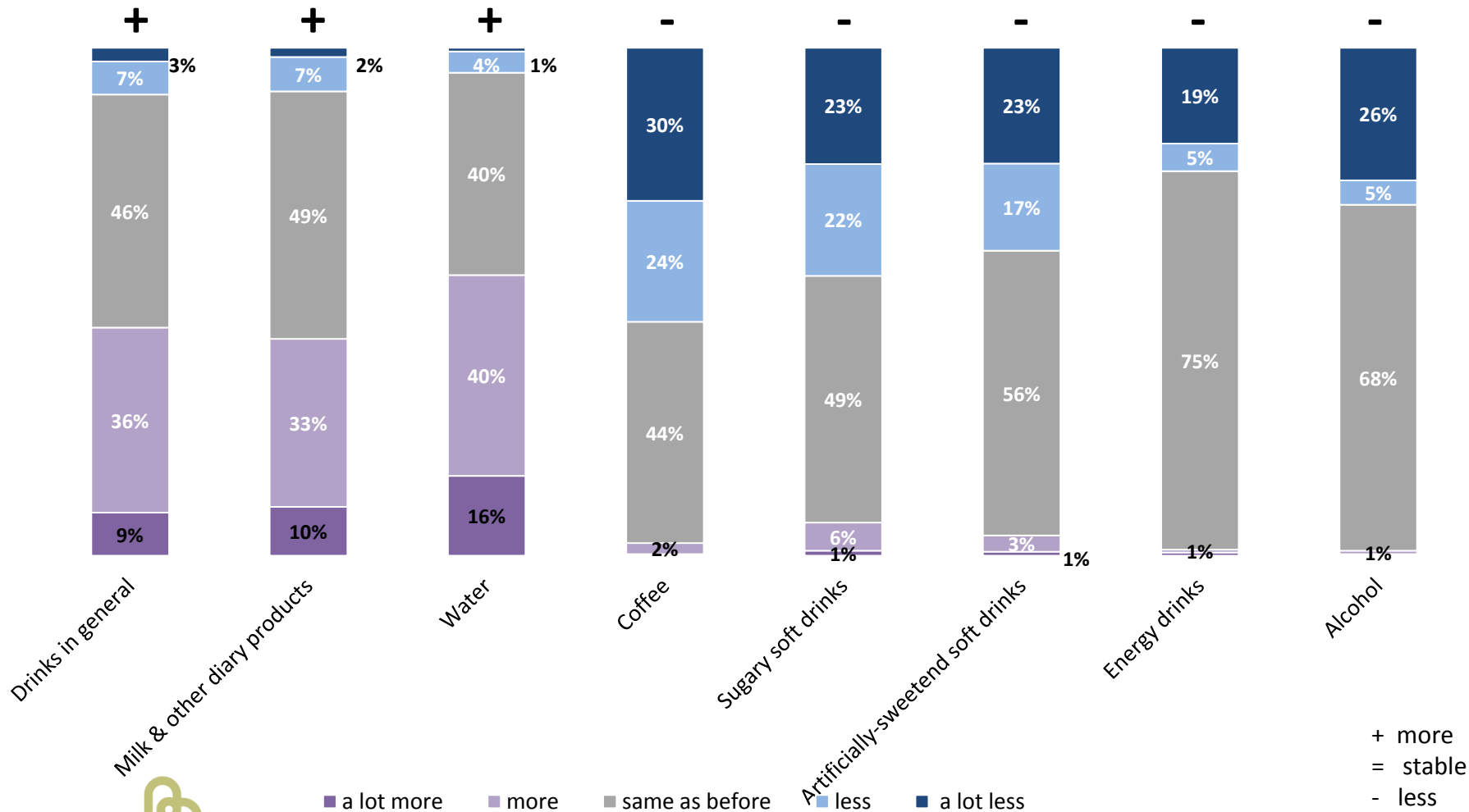
	Total	Manchester	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Food in general	13%	20%	14%	13%	10%	10%
Snacking between meals	13%	20%	14%	8%	9%	12%
Salty foods	33%	28%	24%	26%	56%	35%
Sweet foods	29%	33%	29%	24%	29%	29%
Meat	19%	21%	9%	21%	16%	36%
Fish	15%	18%	8%	14%	13%	26%
Fruit	4%	8%	2%	5%	4%	4%
Vegetables	7%	8%	5%	8%	6%	6%
Home-cooked meals	7%	8%	3%	7%	5%	13%
Fast food	43%	37%	41%	28%	58%	50%
Raw food	33%	17%	36%	32%	48%	31%

# Behaviour: current drinking habits

N=1458  
Pregnant



Current drinking habits compared to the time before pregnancy...



In general pregnant women drink more, mostly more milk and water but less coffee, soft drinks and alcohol.



# Behaviour: current drinking habits

N=1458  
Pregnant



Current drinking habits compared to the time before pregnancy...

(a lot) more

	Total	Manche ster	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Drinks in general	45%	39%	50%	46%	42%	44%
Milk & other diary products	43%	24%	50%	42%	50%	43%
Water	55%	41%	66%	50%	50%	63%
Coffee	3%	4%	2%	2%	2%	4%
Sugary soft drinks	7%	9%	3%	8%	7%	7%
Artificially-sweetend soft drinks	4%	4%	4%	3%	2%	7%
Energy drinks	1%	2%	1%	0%	1%	2%
Alcohol	1%	0%	1%	1%	0%	2%

(a lot) less

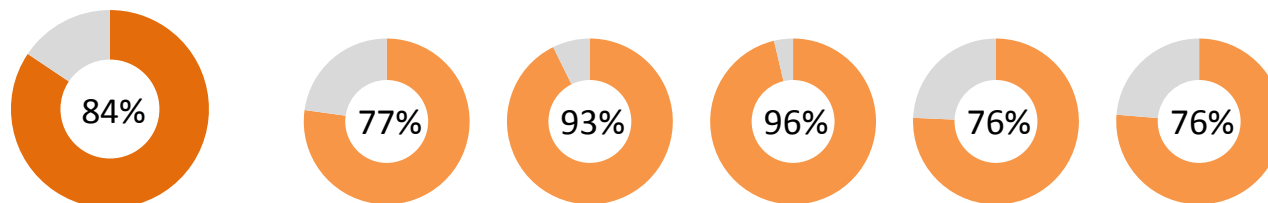
	Total	Manche ster	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Drinks in general	9%	11%	10%	5%	5%	13%
Milk & other diary products	9%	15%	6%	5%	7%	12%
Water	5%	8%	3%	4%	5%	5%
Coffee	54%	52%	48%	42%	72%	59%
Sugary soft drinks	45%	46%	45%	37%	51%	45%
Artificially-sweetend soft drinks	40%	41%	37%	34%	53%	37%
Energy drinks	24%	30%	16%	21%	39%	20%
Alcohol	31%	29%	21%	33%	53%	25%

# Behaviour: vitamin intake

N=1458  
Pregnant



## Vitamin intake



## Type of vitamin

		Manchester N=273	Murcia N=414	Kolding & Odense N=245	Prague N=259	Varna N=270
Folic acid	79%	70%	91%	59%	90%	80%
Iodine	32%	12%	61%	3%	39%	27%
Vitamin D	32%	59%	19%	30%	28%	36%
Vitamin A	17%	14%	17%	9%	21%	27%
Vitamin B12	26%	20%	31%	8%	32%	38%
Calcium	24%	19%	17%	20%	34%	36%
Iron	56%	46%	53%	77%	42%	60%
Omega3	24%	15%	14%	18%	35%	51%
Proteins	6%	9%	5%	2%	11%	7%
Multivitamin	* Only included in option list for Denmark	N.A.	N.A.	84%	N.A.	N.A.
Other	13%	19%	8%	3%	22%	22%

The most used vitamin supplement is "Folic acid", in Odense & Kolding most used is "Multivitamin" (84%).

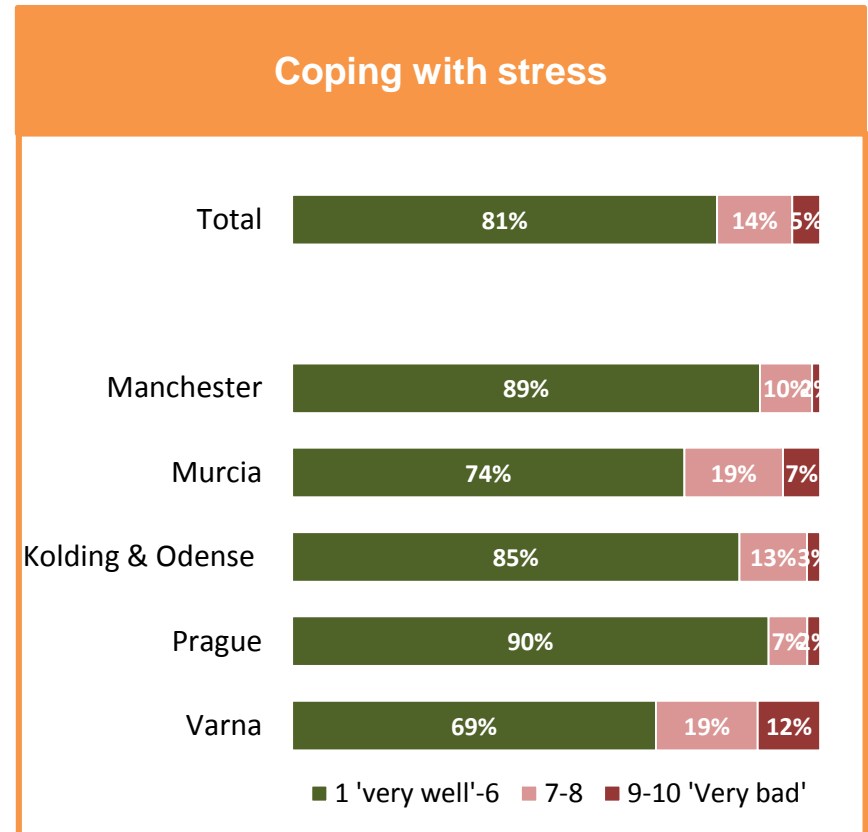
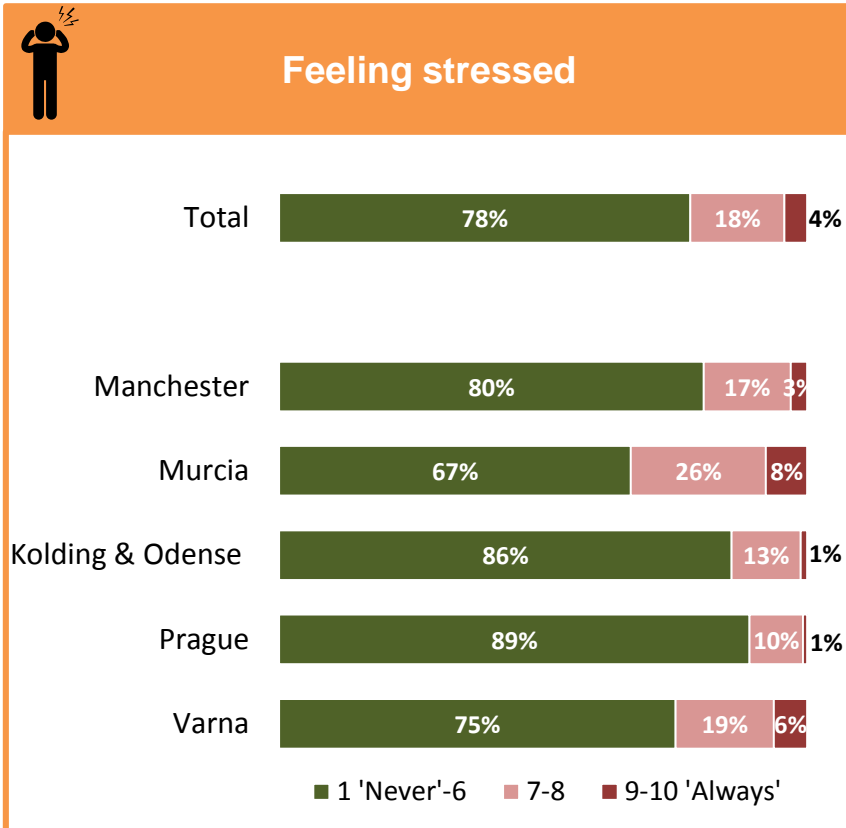


# Behaviour: stress

N=1458  
Pregnant



## Stress



In Murcia pregnant women feel more often stressed and can cope less well with stress, also Varna scores less good on both. Women in Prague on the other hand are less often stressed and can cope rather well with stress.

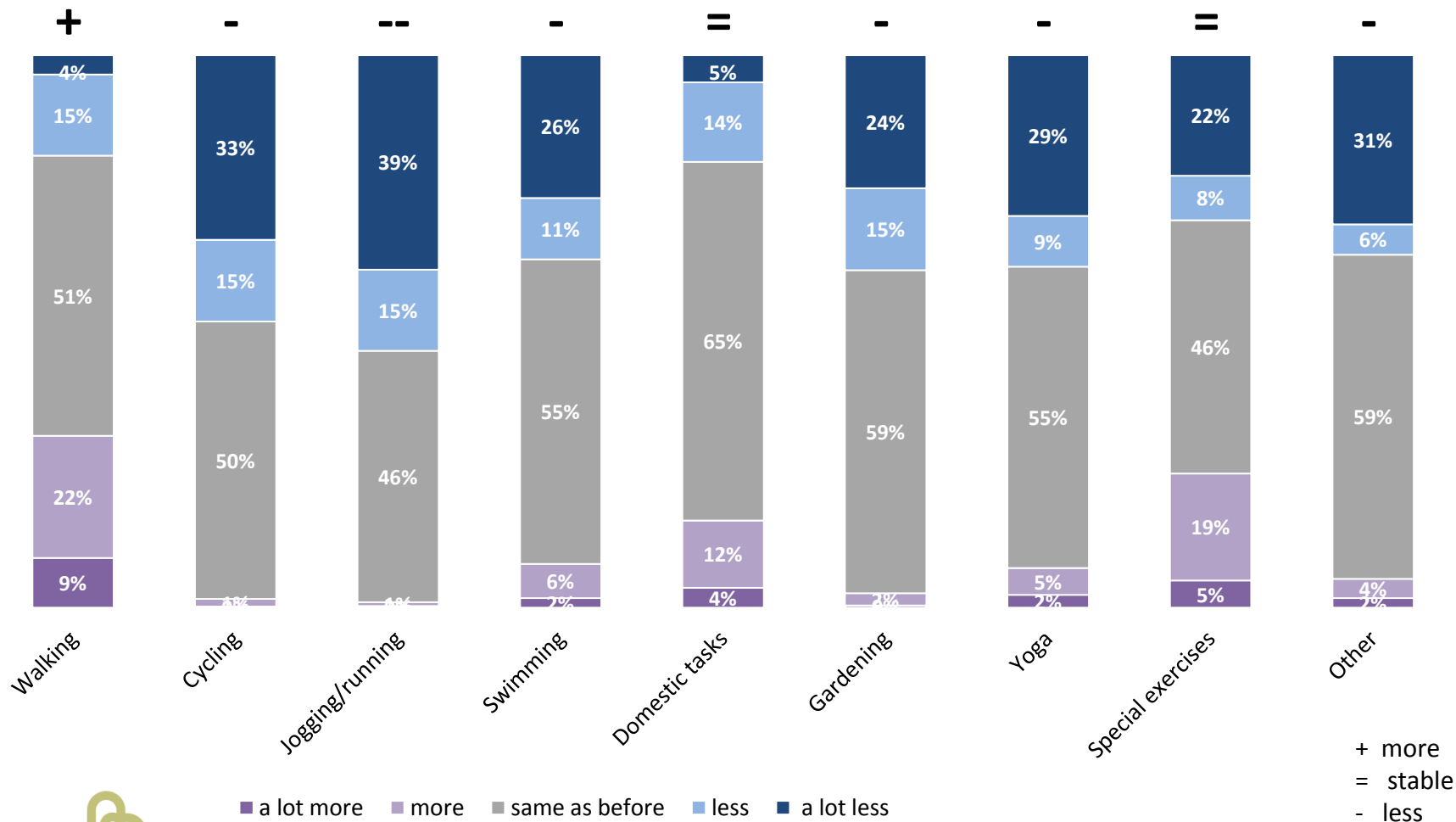


# Behaviour: physical activities

N=1458  
Pregnant



Current physical activities compared to the time before pregnancy...



In general physical activity remains the same or declines when being pregnant, although walking increases.



# Behaviour: physical activities

N=1458  
Pregnant



Current physical activities compared to the time before pregnancy...

(a lot) more

	Total	Manche ster	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Walking	31%	18%	41%	19%	31%	41%
Cycling	2%	0%	1%	6%	0%	2%
Jogging/running	1%	0%	1%	-	1%	3%
Swimming	8%	3%	9%	13%	13%	2%
Domestic tasks	16%	16%	13%	9%	20%	22%
Gardening	3%	2%	1%	2%	5%	4%
Yoga	7%	2%	4%	9%	6%	16%
Special exercises	24%	10%	28%	24%	32%	26%
Other	5%	3%	3%	6%	4%	9%

(a lot) less

	Total	Manche ster	Murcia	Kolding & Odense	Prague	Varna
	N=1458	N=273	N=414	N=245	N=259	N=270
Walking	18%	22%	16%	16%	14%	25%
Cycling	48%	43%	36%	33%	73%	62%
Jogging/running	54%	47%	36%	56%	76%	63%
Swimming	37%	39%	28%	21%	43%	58%
Domestic tasks	19%	27%	12%	18%	17%	26%
Gardening	39%	46%	28%	33%	41%	53%
Yoga	38%	42%	25%	27%	53%	51%
Special exercises	30%	34%	16%	20%	41%	47%
Other	36%	31%	25%	21%	47%	52%

# Behaviour: smoking

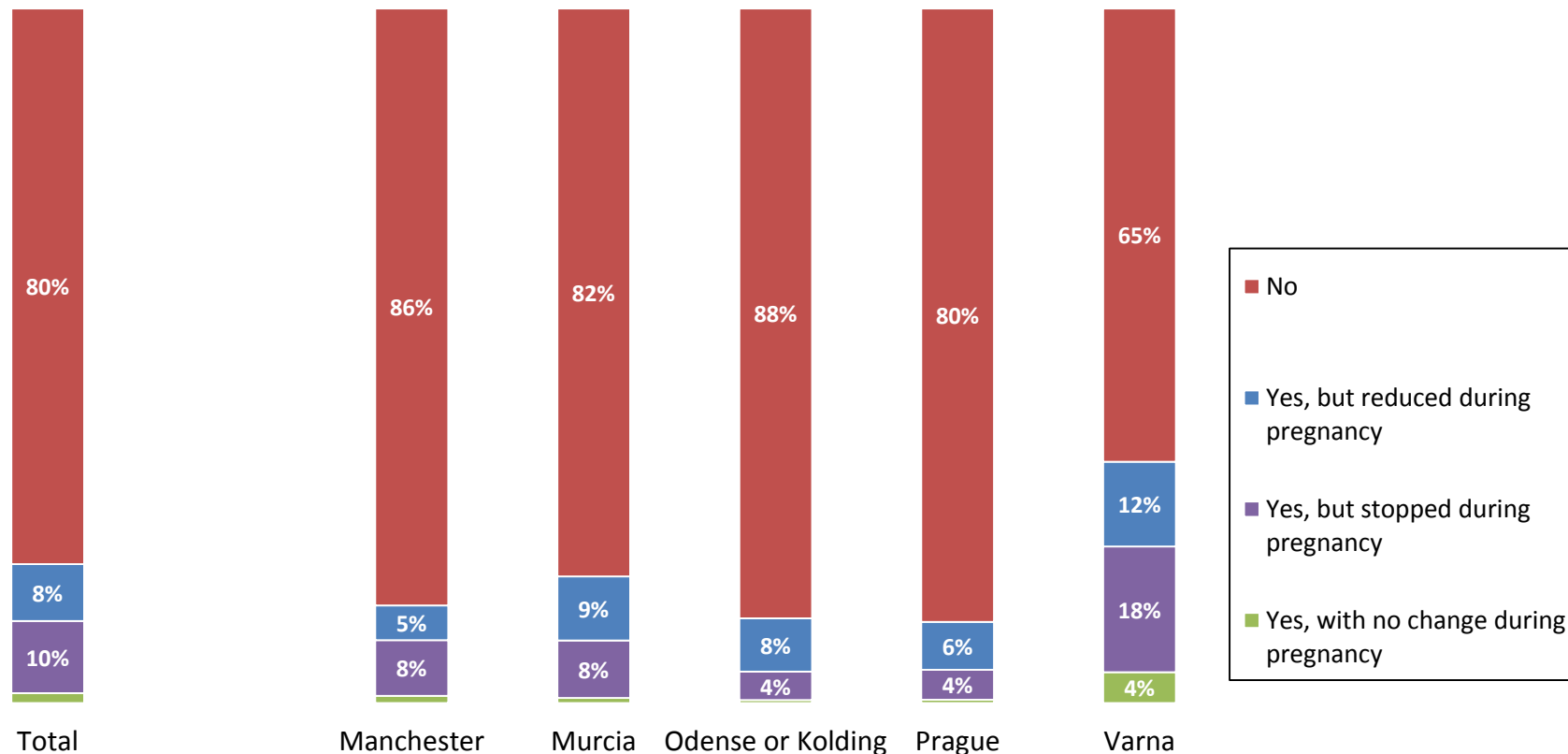
N=1458  
Pregnant



## Smoking behaviour



### Smoking



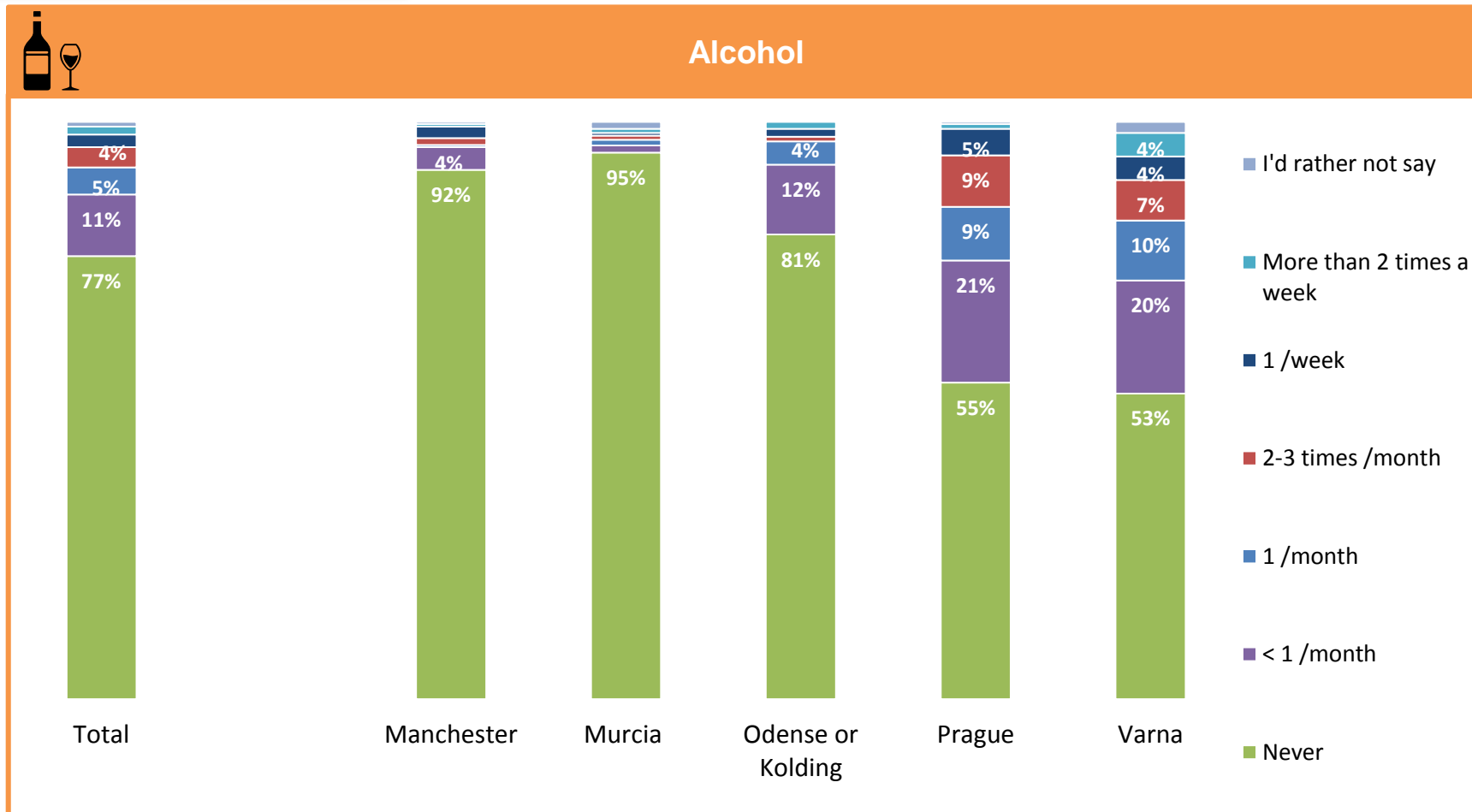
50% of female smokers, quit during their pregnancy.  
Women who reduce smoking during pregnancy smoke on average half of the cigarettes they used to smoke (from 10 a day to 5 a day)

# Behaviour: alcohol

N=1458  
Pregnant



## Alcohol behaviour



Alcohol consumption is highest in Prague and Varna, there 1 out of 4 women consume alcohol monthly during their pregnancy

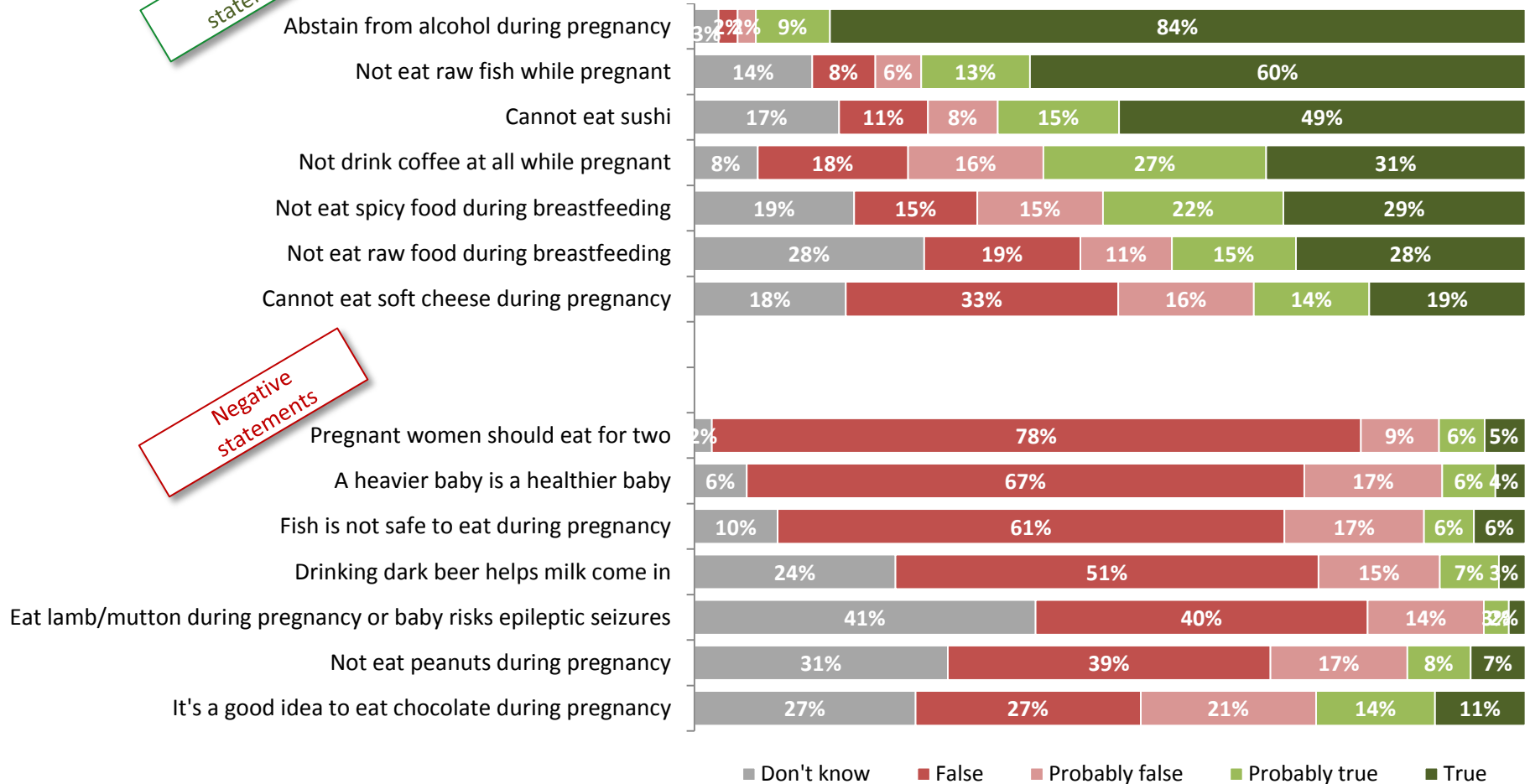
# Beliefs & awareness

N=1458  
Pregnant



Positive statements

Negative statements



Some beliefs are more clear than others for women, such as abstaining from alcohol, not eating for two or that a heavy baby is a more healthy baby. But pregnant women do struggle to know if the statements that lamb lowers risks of epileptic seizures or that you should not eat peanuts are true or false.



# Beliefs & awareness

N=1458  
Pregnant



(Probably) true

		Manchester N=273	Murcia N=410	Kolding & Odense N=246	Prague N=259	Varna N=270
Pregnant women should eat for two	10%	7%	9%	3%	3%	21%
A heavier baby is a healthier baby	10%	20%	6%	6%	1%	20%
Drinking dark beer helps milk come in	10%	2%	16%	13%	7%	10%
Abstain from alcohol during pregnancy	93%	88%	96%	94%	93%	91%
Not drink coffee at all while pregnant	58%	55%	69%	41%	58%	60%
Cannot eat sushi	64%	53%	74%	37%	79%	66%
Not eat raw fish while pregnant	73%	66%	82%	53%	86%	70%
Fish is not safe to eat during pregnancy	12%	12%	10%	11%	12%	17%
Not eat peanuts during pregnancy	14%	22%	3%	4%	17%	30%
Cannot eat soft cheese during pregnancy	33%	40%	27%	25%	30%	45%
Chocolate is good when pregnant	25%	22%	40%	17%	9%	28%
Eat lamb to lower baby risks epilepsy	5%	7%	4%	4%	3%	8%
Not eat raw food during breastfeeding	43%	36%	43%	40%	57%	36%
Not eat spicy food during breastfeeding	51%	39%	53%	41%	59%	60%



Although alcohol consumption is higher than average in Prague and Varna, they know that it is best to abstain from alcohol during pregnancy

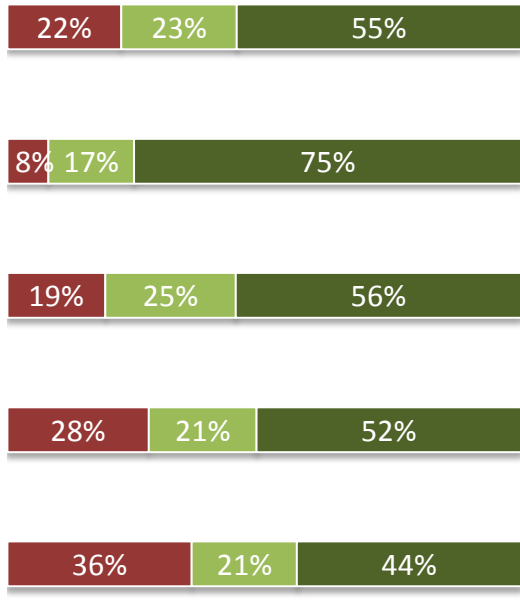
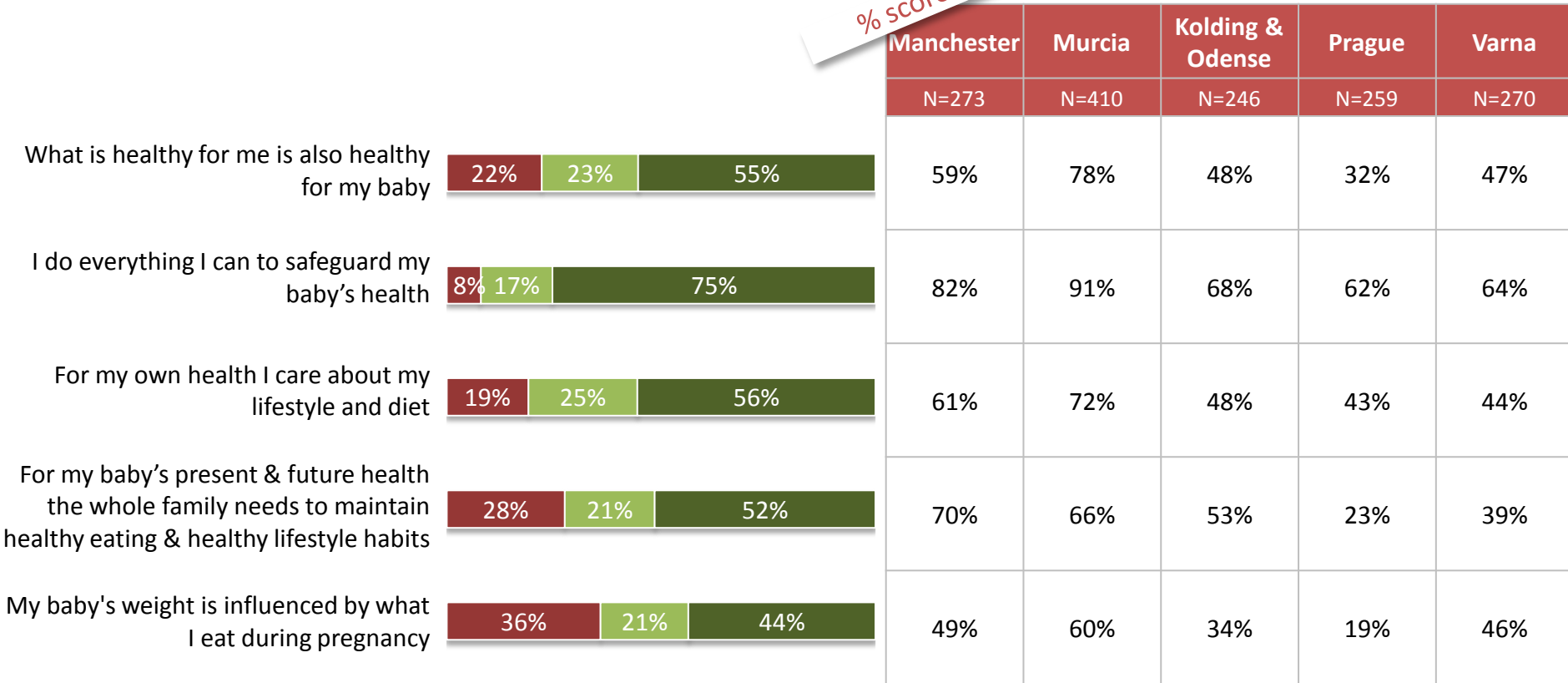


# Beliefs & awareness

N=1458  
Pregnant



% score 9-10



■ 1-6    ■ 7-8    ■ 9-10





# Intentions

N=1458  
Pregnant



Considered changes in eating patterns and/or lifestyle in the short term

		Manchester N=273	Murcia N=410	Kolding & Odense N=246	Prague N=259	Varna N=270
Drink more water	60%	69%	56%	56%	61%	60%
Eat more vegetables	60%	61%	51%	59%	74%	60%
Eat more fruit	54%	58%	55%	39%	58%	57%
Eat more whole grain products	35%	35%	31%	32%	39%	39%
Avoid snacks that are high in fat, sugar or salt	40%	40%	33%	46%	40%	44%
Avoid sugary soft drinks	41%	42%	30%	40%	45%	51%
Avoid coffee	34%	50%	26%	26%	30%	41%
Avoid energy drinks	38%	39%	23%	38%	48%	49%
Avoid alcoholic drinks	43%	53%	33%	39%	48%	47%
Reduce salt intake	30%	39%	23%	21%	37%	32%
Take extra vitamins & nutritional supplements	28%	49%	17%	39%	17%	27%
Avoid fast food	35%	37%	31%	26%	40%	40%
Eat more home-cooked meals	28%	36%	24%	19%	28%	35%
Stop smoking (& avoid smoke-filled places)	23%	27%	18%	16%	25%	31%
Keep on/increasing regular physical activity	52%	38%	54%	59%	66%	40%
Find ways to cope with stress	29%	39%	28%	23%	27%	31%
Find support to make healthier choices	18%	25%	18%	15%	6%	27%

# Overall summary - Pregnant women Behaviour

## **Pregnant women mostly don't participate in activities of an association.**

Overall 7 out of 10 pregnant women rarely or never participate in activities of an association, and only 14% participate often. Participation in activities of an association is highest in Murcia, Odense & Kolding and Varna and lowest in Manchester and Prague.

## **1 out of 5 pregnant women feels stressed during the pregnancy.**

In Murcia pregnant women feel more often stressed and can cope less well with stress. Women in Prague on the other hand are less often stressed and can cope rather well with stress.

## **Luckily the father of the baby is supportive!**

95% of pregnant women are in a stable relationship and can get help from their spouse. More than 80% of the partners help out with chores, is concerned about the women's health, know what is good for the baby, and encourage a healthy lifestyle. But when it comes to prenatal classes, only 50% of men join the pregnant women.

# Overall summary - Pregnant women

## Healthy lifestyle

**3 out of 4 women would do everything to safeguard their babies health.**

They start eating and drinking more healthily, quit bad habits and start taking vitamin supplements.

**Pregnant women intend to drink more water, eat more vegetables and fruit and keep on or increase regular physical activity.**

In all cities they intend to increase their healthy diets by drinking more water and eating more fruit and vegetables. Pregnant women from Murcia, Kolding & Odense and Prague intend to stay more physically active than in Manchester and Varna.

**Over 80% of the pregnant women drink water more than 3 times a day.**

Prague, Murcia and Varna are real water drinkers. Manchester and Odense & Kolding still drink a lot of water, but less often.

**Pregnant women should try to eat more vegetables...**

On average, almost 4 out of 10 pregnant women don't eat at least one portion of vegetables a day. In Murcia almost 1 out of 2 (47%) doesn't eat vegetables daily. Varna has the highest daily vegetable consumption with 69%.

**...but compensate by eating fruit**

3 out of 4 women eat at least 1 portion of fruit a day.

# Overall summary - Pregnant women

## Healthy lifestyle

**Although pregnant women don't need to eat for two, 2 out of 5 are eating more in general.** 39% of women eat more in general, but that does not have to be a bad thing. Almost 50% of women confess to snacking more between meals, but mainly on fruit.

**Not all types of food are eaten more, pregnant women do cut down on salty, fast and raw food.**

**Pregnant women want to stay hydrated.**

45% of pregnant women drink more than usual while being pregnant. 55% drink more water than what they are used to and 43% drink more milk and other dairy products. Coffee gets banned from the drinking list, as 54% drink less or a lot less coffee.

**84% of pregnant women take vitamin supplements during their pregnancy.**

The intake of supplements such as vitamins or nutritional supplements is high during pregnancy, especially in Murcia and Kolding & Odense where more than 90% take extra vitamins. In other cities only 3 out of 4 take extra vitamins.

**Most pregnant women take folic acid or iron supplements.**

# Overall summary - Pregnant women

## Healthy lifestyle

### **Pregnant women are not keen to step on a scale.**

53% only weigh themselves less than once a week and 17% never step on a scale.

In Manchester more than half of the pregnant women never weigh themselves, which is much more than in the other cities.

### **Most pregnant women lower their physical activities.**

Activities such as cycling, swimming, gardening or yoga decrease compared to before the pregnancy. To stay physically active, women tend to walk more, 1 out of 3 walks more than before the pregnancy.

### **50% of women who smoke, quit during their pregnancy, 40% cut back on cigarettes and 10% keep smoking.**

Women who reduce smoking during pregnancy, smoke on average half of the cigarettes they used to (from 10 a day to 5 a day).

### **3 out of 4 women never drink alcohol during their pregnancy.**

If you live in Manchester, Murcia or Odense & Kolding, chances are very low that you would ever drink alcohol during your pregnancy, but in Prague and Varna almost 1 out of 2 has a drink.

# Overall summary - Pregnant women Awareness

**Overall 78% of pregnant women feel adequately informed.**

Pregnant women are especially confident in Manchester and Kolding & Odense. Women from Varna are least confident.

**Pregnant women get most of their information from health professionals and the internet.**

Overall 68% get information via health professionals and 61% go online to find information. In Manchester and Murcia most women get their information from professionals. Women in Prague and Varna are more digital, they get their information mainly online. Women of Kolding & Odense are equally provided for by professionals as well as the internet. However, family and friends are also important information channels.

**Everyone knows it's best to abstain from alcohol during pregnancy, but only 1 out of 3 women knows that you can not eat soft cheese during pregnancy.**

Although there are wide spread beliefs about pregnancy, a lot of pregnant women do have doubts about what they can and cannot eat. 28% don't know if they are allowed to eat raw food during breastfeeding or if they should eat peanuts or not (31%).

# Overall summary - Pregnant women

## Breastfeeding

**Pregnant women plan to give their babies the best nutrition they can by breastfeeding.**

73% of pregnant women want to breastfeed because they believe that breast milk is the most complete form of nutrition for babies. Additional reasons are that breast-fed babies are more resistant to diseases, breastfeeding promotes bonding and it is more natural.

**Pregnant women consider using formula feeding because they are not confident that breast milk will meet their babies needs or that they will have trouble breastfeeding.**

**84% intend to breastfeed their baby...**

Especially women from Murcia, Kolding & Odense and Varna are keen on breastfeeding (around 90%), 80% of the Prague women wants to breastfeed and only 65% of the Manchester women would solely breastfeed.

**... and sadly 1 out of 4 feels that breastfeeding in public is not well accepted.**

Public acceptance of breastfeeding really depends on the city you are in. In Varna 1 out of 3 feels that breastfeeding in public is not accepted, whereas in Manchester only 1 out of 10 feels the same.

# Overall summary - Pregnant women Breastfeeding

**Although Manchester has the highest acceptance rate of all cities, women are least interested in solely breastfeeding their baby compared to other cities. Manchester women mostly worry that breast milk won't meet their babies needs.**

**Working and breastfeeding don't go together according to pregnant women.**

**Almost 1 out of 3 pregnant women is not well informed about breastfeeding at work.**

29% do not know what kind of arrangements there are for working women during the breastfeeding period and 30% think there are no arrangements.