



## Prof. Meng Mao

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Professor Meng MAO is a pediatrician, Chief Physician and Supervisor of Ph.D. students in West China Second University Hospital of Sichuan University. She is current Leader of Subspeciality Group of Children Healthcare, Chinese Pediatrics Society of Chinese Medical Association.

She previously chaired the Pediatric Committee, Sichuan province and Chengdu Medical Association and served as a member of Humanitarian Rescue Committee, International Pediatric Association. Between 2001 and 2010, she served as President of West China Second University Hospital of Sichuan University; between 2011 and 2014, she served as President of Chengdu Women's & Children's Central Hospital.

Professor Mao has been committed to clinical practice and research on growth and development,

nutrition and nutritional diseases in early childhood. She has been in charge of more than 10 national research projects and has published nearly 200 papers, compiled and translated more than 10 medical monographs. Meanwhile, she has supervised more than 40 Ph.D. students.

She has won several Science and Technology Achievement Awards of provincial or ministry level. She has been elected as Expert entitled to Special Allowance from the State Council and Young to Middle-aged Experts with Outstanding Contributions of Ministry of Health.

She has won the Sichuan Provincial Labor Medal twice.

# Lead the trend: The first evidence-based breastfeeding guideline for 0–6 months infants in china

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On June 30, 2017, the General Office of the State Council of the People's Republic of China issued the National Nutrition Plan (2017-2030) which proposed to increase breastfeeding rates and promote feeding behaviour based on the condition in China.

Breastfeeding rates are generally low in China and in other countries worldwide, partly because of lack of breastfeeding facilities, absence of instructions for mothers, and over-publicity of infant milk products by manufacturers. In this context, China has successively issued multiple regulations to increase breastfeeding rates. In response to the national policy, the Chinese Medical Association developed the first Evidence-based breastfeeding for infants aged 0–6 months to instruct doctors and nurses on how to help mothers provide breastfeeding in a scientific and operable way.

The guideline presents common problems in breastfeeding in China, provides solutions to these problems, and emphasizes the use of breast pumps when mothers resume work or go outside.