

Swiss Infant Feeding Study (SWIFS)

Due to the importance of infant nutrition, breastfeeding and eating habits of infants are assessed every ten years, laying the groundwork for effectively promoting healthy nutrition in children

Background

Nutrition is a crucial factor during the first years of life for healthy development and long-term health. Breastfeeding offers numerous benefits for the health of both mother and child, including a reduced risk of respiratory diseases, diabetes, and obesity. Despite these well-known advantages, previous studies show that adherence to dietary recommendations varies. The introduction of complementary feeding is also an important aspect, as it influences the development of eating habits and can promote the child's health in the long term. The recommended timing for introducing complementary foods aligns with the increased energy and nutrient needs of a growing child. Given the importance of infant nutrition, breastfeeding and dietary behaviors are studied every 10 years. The current study is part of this monitoring.

Objective

Data is essential for effectively promoting healthy nutrition in children. The aim of the study commissioned by the Federal Food Safety and Veterinary Office (FSVO) is to capture and understand current trends and developments in infant feeding practices by observing and understanding infant nutrition in Switzerland.

Method and Approach

Between 1,000-1,200 mothers will participate in the SWIFS study from the German, French, and Italian-speaking regions of Switzerland. Information will be collected through an online survey. The questionnaire

will cover topics such as the course of breastfeeding, the introduction of complementary foods, the health of the mother and child, as well as sociodemographic data of the parents. Recruitment will be carried out by the Federal Statistical Office (FSO), which will provide a representative sample of addresses. Mothers will be invited to participate in the study through postal invitations and reminder letters.

All data will be collected anonymously, with a code used only to track responses, and processed in strict compliance with data protection regulations and ethical guidelines.

Results

The study results will provide an overview of infant nutrition in Switzerland in 2024. In particular, breastfeeding frequency, the duration of exclusive and partial breastfeeding, as well as the timing and type of complementary food introduction, will be analyzed. Additionally, the data will shed light on regional differences and influencing factors such as the mother's age, educational background, and employment status. Recommendations will then be developed for promoting healthy nutrition in early childhood for both mothers and professionals.



Final Report

Recommendations for infant nutrition in Switzerland will be developed based on the results. The findings of the SWIFS study will be available on this website in fall 2025.

Further Information

Here you will find links to helpful resources on parenting, breastfeeding, infant nutrition, and more:

[Breastfeeding support Switzerland](#)
[Recommendations for Introducing Complementary Foods](#)

Further information on the study

[Survey of breastfeeding and infant nutrition in Switzerland](#)

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Project Duration

- November 2023 - June 2025

Funding

Federal Food Safety and Veterinary Office (FSVO)

Project Status

In Progress