



2015 MILK 'Mothers Unite for Timor-Leste' Campaign

Timor-Leste (East Timor) is our closest neighbour and one of the poorest countries in the world. Women and children in Timor-Leste face huge challenges:

- For every 1000 live births, 24 Timorese babies die compared to 2 Australian babies. The under-five mortality rate is 55 Timorese deaths compared to 4 Australian deaths, per 1000 live births
- For every 100, 000 live births, 270 Timorese Women die giving birth compared to 6 Australian women
- 78% of Timorese births are unattended by skilled health staff compared to 0.9% of Australian births

But thanks to the efforts of organisations such as the Alola Foundation, the situation is steadily improving:

- Rates of exclusive breastfeeding for the first six months have increased from 31% in 2003 to 52% in 2010
- Children who are exclusively breastfed for the first six months of life are 14 times more likely to survive than non-breastfed children
- The under-5 mortality rate decreased from 125 to 64 per 1000 live births between 2001 and 2009 - In the same period infant mortality fell from 88 to 44 per 1000 live births
- Timor-Leste is one of the few countries on track to meet the United Nations' Millennium Development Goal No. 4 to reduce under-5 mortality by two-thirds by 2015

Data sources: World Health Organisation - Key Country Indicators & the United Nations Millennium Development Goals, 2015

We warmly invite you to host a MILK fundraising morning tea during or around World Breastfeeding Week, 1 - 7 August 2015

Every dollar counts: you can make a real difference!

Alola's MILK Campaign was launched on World Breastfeeding Day in 2011 by Kirsty Sword Gusmão (founder of the Alola Foundation) along with hundreds of mothers and babies in Melbourne and Timor-Leste. It is now an annual event across both countries that celebrates the joys and challenges of breastfeeding and motherhood, and supports improvements in child and maternal health in Timor-Leste.

More information and digital resources are available at: www.alola.org.au/milk

Should you have any queries, please email us at: milk@alola.org.au or contact MILK Campaign Convenor Kate Ashmor on PH: 0403 334 245 or via Twitter: @KateAshmor.

Thank you for your time and support