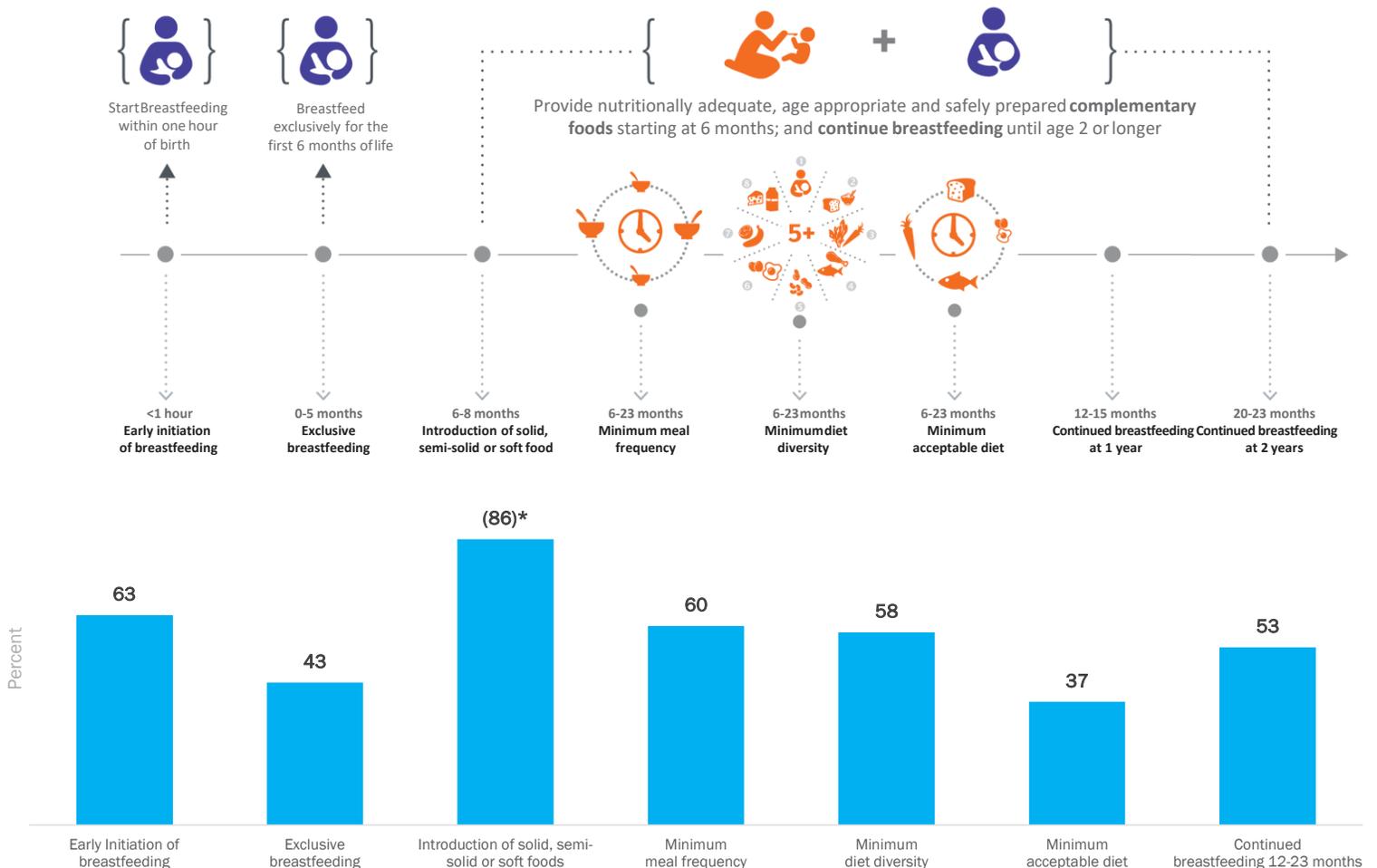




### Infant & Young Child Feeding



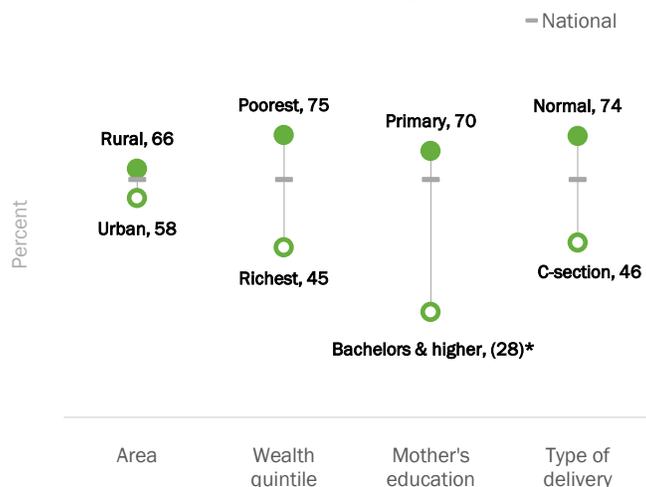
**Early initiation:** percentage of newborns put to breast within 1 hour of birth; **Exclusive breastfeeding:** percentage of infants aged 0-5 months receiving only breastmilk; **Introduction to solids:** percentage of infants aged 6-8 months receiving solid or semi-solid food; **Minimum diet diversity:** percentage of children aged 6-23 months receiving 5 of the 8 recommended food groups; **Minimum meal frequency:** percentage of children aged 6-23 months receiving the recommended minimum number of solid/liquid feeds as per the age of child; **Minimum acceptable diet:** percentage of children aged 6-23 months receiving the minimum diversity of foods and minimum number of feeds; **Continued breastfeeding at 12-23 months:** percentage of children aged 12-15 months who continue to receive breastmilk.

\* Values in parentheses indicate findings based on 25-49 unweighted cases

## Key Messages

- In Belize, 62.9% of newborns were put to the breast within one hour of birth.
- Only 42.7% of infants aged 0-5 months were exclusively breastfed.
- Among infants aged 6-8 months, 85.7% received solid, semi-solid, or soft foods.
- In the 6-23 month age group, 59.7% of children met the minimum meal frequency.
- For children aged 6-23 months, 57.8% received food from at least 5 of the 8 recommended food groups.
- Just 36.9% of children aged 6-23 months received a minimum acceptable diet.
- Among children aged 12-23 months, 53.3% continued to be breastfed.

### Early Initiation of Breastfeeding



Percent of newborns put to the breast within one hour of birth, by background characteristics

\* Values in parentheses indicate findings based on 25-49 unweighted cases  
 \*\* Values for Place of Delivery are not shown as they are based on less than 25 unweighted cases

### Minimum Diet Diversity



Percent of children aged 6-23 months that were fed food from at least 5 out of 8 food groups, by background characteristics

\* Values in parentheses indicate findings based on 25-49 unweighted cases  
 \*\* Values for Mother's education are not shown as they are based on less than 25 unweighted cases

### Regional Data

Region	Early Initiation of breastfeeding	Minimum Diet Diversity
National	62.9	57.8
Corozal	59.5	56.6
Orange Walk	90.2	53.7
Belize North	55.1	58.1
Belize South	(56.4)*	(74.5)*
Cayo	60.7	54.0
Stann Creek	48.6	55.5
Toledo	69.4	53.0

Percent of newborns put to the breast within one hour of birth, and percent of children aged 6-23 months that were fed food from at least 5 out of 8 food groups by geographic region

\* Values in parentheses indicate findings based on 25-49 unweighted cases

The Belize Multiple Indicator Cluster Survey (MICS) was carried out in 2024 by the Statistical Institute of Belize (SIB) as part of the global MICS programme. Technical support was provided by the United Nations Children's Fund (UNICEF). UNICEF and Government of Belize provided financial support.

The objective of this snapshot is to disseminate selected findings from the Belize MICS7, 2024 related to Infant & Young Child Feeding (IYCF). Data from this snapshot can be found in tables TC.7.1, TC.7.3, TC.7.5, TC.7.6 and TC.7.7 in the Survey Findings Report.

Further statistical snapshots and the Survey Findings Report for this and other surveys are available on [mics.unicef.org/surveys](https://mics.unicef.org/surveys).