

## Press Release

### **Doctors across Asia agree: C-sections affect immunity, and C-section babies should receive breast milk with "Synbiotic" as an ingredient**

The Child Development and Behavioral Association, in collaboration with Danone Specialized Nutrition (Thailand), supports the understanding of cesarean delivery during the C-Section Awareness Month.



**From left:** Assoc. Prof. Manopchai Thamkhantho, MD, OB-GYN and Executive Committee of The Royal Thai College of Obstetricians and Gynaecologists; Assoc. Prof. Dr. Chonnikant Visuthranukul, MD, Department of Nutrition, Division of Pediatrics, Faculty of Medicine, Chulalongkorn University; Assoc. Prof. Pongsak Noipayak, MD, President of Society for Developmental and Behavioral Pediatrics; Ms. Wirudchada Suttayakom, Healthcare and Nutrition Director, Danone Specialized Nutrition Thailand and Laos; Mr. Vincent Teh, Marketing Director, Danone Specialized Nutrition Thailand & Laos, and Aptamil Brand Director, Danone Southeast Asia

**Bangkok, 4 April 2025** – The Child Development and Behavioral Association and Danone Thailand, a global leader in health-focused food and beverages for over 125 years, hosted an event titled **"Strengthening Immunity for Superior Development of C-Section Babies"** to promote awareness and understanding during "C-Section Awareness Month". This event also provided insights into the C-section situation, its health impacts, and methods to specifically reduce the impact on babies, such as breastfeeding, which contains a key component such as "Synbiotic". The topic has been shared by a group of medical experts across Asia, which are based on global research.



At the "Strengthening Immunity for Superior Development of C-Section Babies" event, the most recent consensus of medical experts across Asia was emphasized. The consensus highlighted that the disruption of gut microbiota due to C-sections could affect immunity both in the short and long term. The importance of breast milk, a complete nutritional source for infants, including those born via C-section in the first 6 months, was emphasized, particularly "Synbiotic," which supports gut health. A healthy gut is the foundation for strong immunity in C-section babies in the future.



According to global academic data, medical professionals from across Asia have concluded that Synbiotic, which consists of prebiotic and probiotic, especially *B. breve* found in breast milk, help restore gut microbiota balance effectively. This helps reduce the health impacts on C-section babies precisely.

Assoc. Prof. Manopchai Thamkhantho, MD, OB-GYN and Executive Committee of The Royal Thai College of Obstetricians and Gynaecologists, addressed the increasing rate of C-sections. He revealed that in 2022, Thailand's C-section rate reached 40.9% (Multiple Indicator Cluster Survey 2022). Most C-section mothers tend to start breastfeeding later than usual. He also shared data on the impact of C-sections, which can affect immunity and brain development in the short and long term, based on studies of over 20 million people.



Assoc. Prof. Dr. Chonnikant Visuthranukul, MD, Department of Nutrition, Division of Pediatrics, Faculty of Medicine, Chulalongkorn University, one of the medical professionals who participated in the consensus, emphasized that C-sections affect the immunity of C-section babies due to disrupted gut microbiota. She also presented methods to reduce the impact on C-section baby health, stressing that breast milk remains the best solution. One key component of breast milk is "Synbiotic," which helps restore gut health faster than when Synbiotic is absent, thereby affecting immunity. Additionally, research has also found that "Synbiotic" can help reduce the risk of five common diseases in children.

Assoc. Prof. Pongsak Noipayak, MD, President of Society for Developmental and Behavioral Pediatrics, emphasized the importance of boosting immunity as the foundation for comprehensive child development. He also presented approaches for promoting child development to help medical personnel implement the knowledge and support C-section baby development appropriately.

Ms. Wirudchada Suttayakom, Healthcare and Nutrition Director, Danone Specialized Nutrition Thailand and Laos, discussed that Danone has supported research and provided nutritional education for children's health through collaborations with medical professionals and communities. This event is part of an initiative to ensure that C-section babies receive the best care, with strong immunity and appropriate development at every stage of life. It reflects Danone's mission to deliver good health through food to as many people as possible. April is recognized as C-Section Awareness Month. Danone Thailand aims to be part of spreading accurate information about C-sections through various activities by the Hi-Family Club.

Interested individuals can join this campaign and learn more about C-sections and ways to reduce the health impacts on babies at

- <https://www.hifamilyclub.com/c-section/synbioticplus.html>
- or visit the Facebook page <https://www.facebook.com/HiFamilyClub>.

#C-Sectionawarenessmonth #แม่ผ่าคลอดเท่านั้นที่เข้าใจ #นมแม่ดีที่สุด #Synbiotic



## About Danone

Danone is a leading global food and beverage company operating in three health-focused categories: Essential Dairy & Plant-Based products, Waters, and Specialized Nutrition. Our “One Planet One Health” vision drives us to inspire healthier and more sustainable eating and drinking practices. We believe our health is linked to a healthy planet and thriving communities. Our brands and supply chains are uniquely positioned to impact the health of consumers, communities, and the planet. The Danone Impact Journey, built on Health, Nature, and People & Communities, defines our sustainability priorities and transformation ambition across our value chain – from farmers and their communities, through our brands, to consumers and their families.

By **2025**, Danone aims to be one of the first multinational companies to obtain global B Corp™ certification, reflecting our commitment to measurable nutritional, social, societal, and environmental impact.

## Danone in Thailand

Danone Specialized Nutrition Thailand has been a part of the Thai community for over **65** years, providing essential nutrients to Thai people for generations. Our brands, including Hi-Q and Dumex, have been trusted by Thai families for generations. Hi-Q is our iconic global brand, while Dumex has deep roots in Thailand, both backed by the latest scientific innovations in the field of specialized nutrition. Our commitment to Thailand includes significant investments in local talent and infrastructure, such as our Bangplee factory in Samut Prakarn province, which serves as a regional hub for Southeast Asia. Danone Thailand has been B Corp certified since **2021**, reflecting our commitment to achieving measurable nutritional, social, societal, and environmental impact.

## Media Contact

Jomkaew Visetcholrahan,

Communications and Sustainability Manager, Danone Specialized Nutrition (Thailand) Co., Ltd.

Email: [Jomkaew.visetcholrahan@danone.com](mailto:Jomkaew.visetcholrahan@danone.com)