

# Breastfeeding

## STATISTICS:

- The American Academy of Pediatrics recommends that an infant be breastfed without supplemental foods or liquids for the first six months of age. No U.S. state has achieved an exclusive breastfeeding rate of 25% or greater through six months of age (Michigan rate: 13%).
- Recent studies show that babies who are not exclusively breastfed for six months are more likely to develop a wide range of infectious diseases including ear infections, diarrhea, and respiratory illnesses and have more hospitalizations.
- Infants who are not breastfed have a 21% higher post-neonatal infant mortality rate in the U.S.
- Some studies suggest that infants who are not breastfed have higher rates of sudden infant death syndrome (SIDS) in the first year of life, and higher rates of type 1 and type 2 diabetes, lymphoma, leukemia, Hodgkin's disease, overweight and obesity, high cholesterol and asthma. More research in these areas is needed.

## Healthy Beginnings Month

## RESOURCES:

### LMAS DISTRICT HEALTH DEPARTMENT

Luce County: (906) 293-5107    Mackinac County: (906) 643-1100  
Alger County: (906) 387-2297    Schoolcraft County: (906) 341-6951

### American Academy of Pediatrics

[www.aap.org/healthtopics/breastfeeding.cfm](http://www.aap.org/healthtopics/breastfeeding.cfm)

### Centers for Disease Control & Prevention

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### LaLeche League International

[www.lalecheleague.org](http://www.lalecheleague.org)

### National Women's Health Information Center

[www.4woman.gov/Breastfeeding/index.cfm?page=home](http://www.4woman.gov/Breastfeeding/index.cfm?page=home)

### Breastfeeding Hotline

(800) 994-9662

### World Alliance for Breastfeeding

[www.waba.org.my](http://www.waba.org.my)

### World Breastfeeding Week/National Breastfeeding Week

Annually August 1 – August 7

<http://worldbreastfeedingweek.org/usa2.htm>



## **WHAT YOU SHOULD KNOW:**

- There are many benefits to breastfeeding. Even if a mother is unable to breastfeed for only a short time, her baby's immune system can benefit from breast milk.
- Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- Breastfeeding lowers health care costs. Total medical care costs for the nation are lower for fully-breastfed infants than never-breastfed infants since breastfed infants typically need fewer sick care visits, prescriptions, and hospitalizations.
- Breastfeeding contributes to a more productive workforce. Breastfeeding mothers miss less work, as their infants are sick less often. Employer medical costs are also lower and employee productivity is higher.
- Breastfeeding is better for the environment because there is less trash and plastic waste compared to that produced by formula cans and bottle supplies.

## **SERVICES AVAILABLE:**

- Breastfeeding promotion and support
- Breastfeeding support counselor on call 24 hours per day
- Women, Infants, and Children (WIC) Nutrition Program