

# Breastfeeding Saves Dollars & Makes Sense

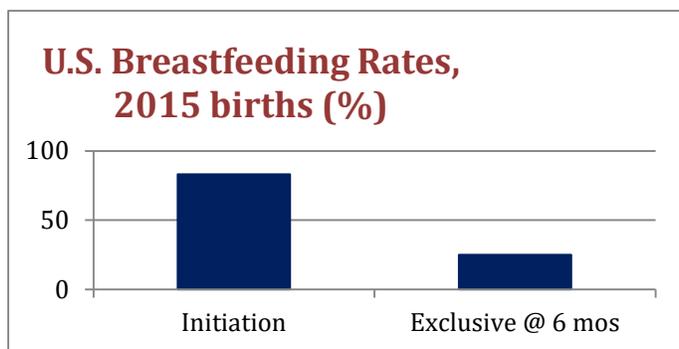
All major medical authorities recommend that infants get no food or drink other than human milk for their first six months and continue to breastfeed for at least the first 1-2 years of life.

## ✓ **Good for Families**

- Human milk is the preferred and most appropriate "First Food," **adapting over time to meet the changing needs** of the growing child.
- The act of breastfeeding builds a **strong emotional bond** between mother and infant.
- Breastfeeding is a proven primary prevention strategy, building a **foundation for life-long health and wellness**. The evidence for the value of breastfeeding to children's and women's health is scientific, solid, and continually being reaffirmed by new research.
  - Compared with formula-fed infants, those who are breastfed have a reduced risk of ear, skin, stomach, and respiratory infections; diarrhea; sudden infant death syndrome; and necrotizing enterocolitis. In the longer term, breastfed children have a reduced risk of obesity, type 1 and 2 diabetes, asthma, and childhood leukemia.
  - Women who breastfed their children have a reduced long-term risk of diabetes, cardiovascular disease, and breast and ovarian cancers.

## ✓ **Good for the Economy**

- A 2016 study of both maternal & pediatric health outcomes and associated costs based on 2012 breastfeeding rates showed that, if 90% of infants were breastfed according to medical recommendations, **3,340 deaths, \$3 billion in medical costs, and \$14.2 billion in costs of premature death would be prevented, annually!**



*We know that 80% of mothers intend to breastfeed, and 83.2% actually do breastfeed at birth. Yet only 25% of U.S. infants are still exclusively breastfed at six months of age.*

## ✓ **Protect & Expand Critical Breastfeeding Supports**

- Increasing access to paid family leave
- Maintaining health plan coverage of breastfeeding support & supplies
- Supporting working parents
- Maintaining federal funding for breastfeeding support programs
- Increasing access to lactation support providers

U.S. Breastfeeding Committee • [www.USBreastfeeding.org](http://www.USBreastfeeding.org)

