



New Hampshire Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how New Hampshire's breastfeeding rates and other measures (2015 births) compare to national rates and targets set by the Healthy People 2020 initiative.

BREASTFEEDING RATES & PROGRESS	% ever breastfed	% duration to 12 months	% exclusive at 6 months	% of births at Baby-Friendly facilities	# of Baby-Friendly facilities
New Hampshire	87.4	45.6	30.2	49.4	7
U.S. National	83.2	35.9	24.9	26.1	555
HP2020 Target	81.9	34.1	25.5	8.1	N/A

A 2016 study published in the journal Maternal & Child Nutrition quantified excess cases of pediatric and maternal disease and death and associated costs attributable to suboptimal breastfeeding (using rates for 2014 births and defining "optimal" as 90% of infants breastfed according to medical recommendations). Here's how New Hampshire's costs resulting from sub-optimal rates compare:

COSTS OF SUB-OPTIMAL BREASTFEEDING RATES	Medical Costs of Sub-Optimal Rates	Non-Medical Costs of Sub-Optimal Rates	Death Costs of Sub-Optimal Rates
New Hampshire	\$8,320,232	\$3,049,458	\$32,414,352
U.S. National	\$2,405,023,438	\$1,093,681,596	\$10,798,725,299

Your State Breastfeeding Coalition

The USBC is affiliated with breastfeeding coalitions in all 50 states that carry out activities at state/local levels.

New Hampshire Breastfeeding Task Force

The New Hampshire Breastfeeding Task Force is striving to meet the national objectives for breastfeeding prevalence and duration as outlined by the U.S. Department of Health and Human Services in the Healthy People 2020: National Health Promotion and Disease Report. For the children of New Hampshire to be healthy and strong, they must receive the best possible nutrition when they are infants.

www.nhbreastfeedingtaskforce.org