

Breastfeeding Saves Dollars & Makes Sense

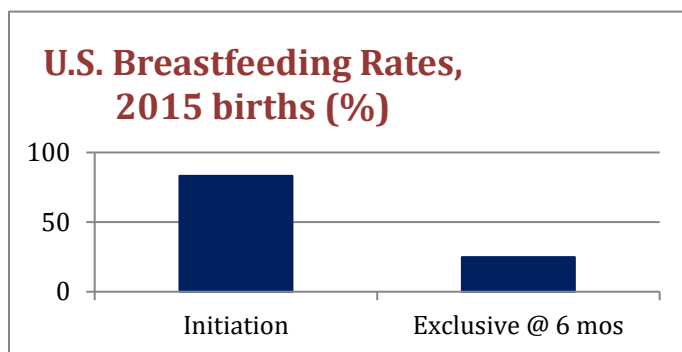
All major medical authorities recommend that infants get no food or drink other than human milk for their first six months (unless medically indicated otherwise) and continue to have breast milk in their diet for at least their first 1-2 years of life.

✓ **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.
- Breastfeeding and human milk feeding 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. These protective effects are especially significant for low income and families of color, who are at greatest risk for adverse health outcomes.
 - Compared with formula-fed infants, those who are breast milk-fed have a reduced risk of ear, skin, stomach, and respiratory infections; diarrhea; sudden infant death syndrome; and necrotizing enterocolitis.
 - In the longer term, breast milk-fed 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 fed human milk 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, at six months of age, only 25% of U.S. infants are still exclusively fed human milk.

✓ **Good for Employers**

- The HHS Business Case for Breastfeeding shows an **impressive return on investment (almost 3:1) for employers that provide lactation support.**
 - Lower health care costs, absenteeism, and turnover
 - Improved morale, job satisfaction, and productivity

U.S. Breastfeeding Committee • www.USBreastfeeding.org

