Breastfeeding Saves Dollars & Makes Sense

Protect Breastfeeding Supports within the ACA!

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 81% actually do breastfeed at birth. Yet only 22% of U.S. infants are still exclusively breastfed at six months of age.

✓ Protect ACA Breastfeeding Supports

- Funding for CDC Breastfeeding Initiatives, especially Maternity Care Practice Improvement
- Health Plan Coverage of Breastfeeding Counseling, Education, Equipment & Supplies
- "Break Time for Nursing Mothers" (Workplace Support) Provision

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