

# Breastfeeding Saves Dollars & Makes Sense

## *Protect Breastfeeding Supports within the ACA!*

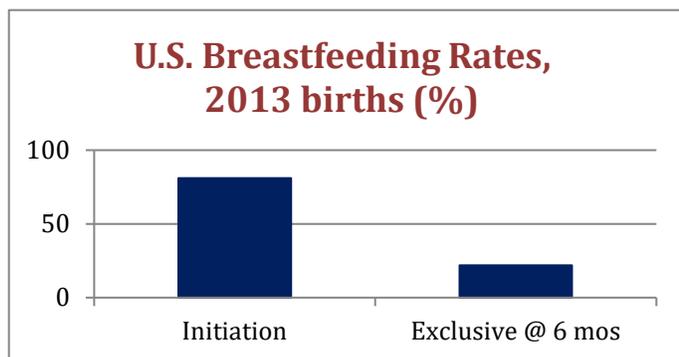
All major medical authorities recommend that infants get no food or drink other than human milk for their first six months and continue to breastfeed for at least the first 1-2 years of life.

### ✓ *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](http://www.USBreastfeeding.org)**

