

Breastfeeding

STATISTICS:

- The American Academy of Pediatrics recommends that an infant be breastfed without supplemental foods or liquids for the first six months of age. No U.S. state has achieved an exclusive breastfeeding rate of 25% or greater through six months of age (Michigan rate: 13%).
- Recent studies show that babies who are not exclusively breastfed for six months are more likely to develop a wide range of infectious diseases including ear infections, diarrhea, and respiratory illnesses and have more hospitalizations.
- Infants who are not breastfed have a 21% higher post-neonatal infant mortality rate in the U.S.
- Some studies suggest that infants who are not breastfed have higher rates of sudden infant death syndrome (SIDS) in the first year of life, and higher rates of type 1 and type 2 diabetes, lymphoma, leukemia, Hodgkin's disease, overweight and obesity, high cholesterol and asthma. More research in these areas is needed.

Healthy Beginnings Month

RESOURCES:

Washtenaw County Public Health

<http://publichealth.ewashtenaw.org>

(734) 544-6700

American Academy of Pediatrics

www.aap.org/healthtopics/breastfeeding.cfm

Centers for Disease Control & Prevention

www.cdc.gov/breastfeeding

LaLeche League International

www.la lecheleague.org

National Women's Health Information Center

www.4woman.gov/Breastfeeding/index.cfm?page=home

Breastfeeding Hotline

(800) 994-9662

World Alliance for Breastfeeding

www.waba.org.my

World Breastfeeding Week/National Breastfeeding Week

Annually August 1 – August 7

<http://worldbreastfeedingweek.org>



WHAT YOU SHOULD KNOW:

- There are many benefits to breastfeeding. Even if a mother is unable to breastfeed for only a short time, her baby's immune system can benefit from breast milk.
- Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- Breastfeeding lowers health care costs. Total medical care costs for the nation are lower for fully-breastfed infants than never-breastfed infants since breastfed infants typically need fewer sick care visits, prescriptions, and hospitalizations.
- Breastfeeding contributes to a more productive workforce. Breastfeeding mothers miss less work, as their infants are sick less often. Employer medical costs are also lower and employee productivity is higher.
- Breastfeeding is better for the environment because there is less trash and plastic waste compared to that produced by formula cans and bottle supplies.

SERVICES AVAILABLE:

Washtenaw County MSU Extension & WIC

MSU Extension Services

Breastfeeding encouragement, support, problem solving and referral are provided through hospital, home and phone visits. Peer educators provide quick response, especially during the first two weeks post-partum when breastfeeding is being established.

Call (734) 997-1678 for more information or to register.

Women, Infants, and Children (WIC) Nutrition Program

WIC employs trained lactation support staff and may be able to provide a breast pump to mothers in need.

Call (734) 544-6800 for more information or to apply.