Breastfeeding

It's only natural

More and more moms are breastfeeding...



83%
of all babies born
in 2015¹ were *ever*breastfed — up from
70% in 2000²



of **African-American**

babies born in 2015¹ were **ever breastfed** —

up from **47%** in 2000²



58%

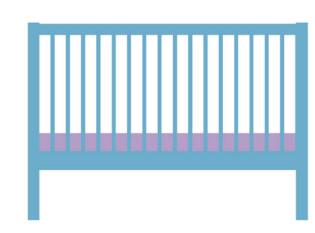
of all babies born in 2015¹ were **breastfed at 6 months** — up from

6 months — up from **35%** in 2000²



of **African-American**

babies born in 2015¹
were *breastfed at 6 months* — up
from **17%** in 2000²



...saving lives...

Breastfeeding can **reduce the odds**of Sudden Infant Death Syndrome by 50%

...and saving money.

Families who follow optimal breastfeeding practices can **SaVe** between

\$1,200 and \$1,500

on infant formula⁴



Help for moms:

Most insurance plans cover **breastfeeding equipment**, **supplies**, **and support** at no cost to you.

Need health insurance? Go to **HealthCare.gov** to apply.

Call us at 1-800-994-9662 for free help with breastfeeding.

Get answers to your breastfeeding questions at womenshealth.gov/breastfeeding.









www.facebook.com/HHSOWH



www.twitter.com/WomensHealth



General's Call to Action to Support Breastfeeding.

www.youtube.com/WomensHealthgov

- 1. Centers for Disease Control and Prevention (CDC). (2018). Rates of Any and Exclusive Breastfeeding by Socio-demographics among Children Born in 2015. National Immunization Survey.
- 2. CDC. (2017). Nutrition, Physical Activity, and Obesity: Data, Trends
- Thompson, J.M.D., Tanabe, K., Moon, R.Y., Mitchell, E.A., McGarvey, C., Tappin, D., et al. (2017). Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. *Pediatrics*; 140(5): e20171324.
 U.S. Department of Health and Human Services. (2011). The Surgeon