

# Breastfeeding Data and Facts Sheet

The American Academy of Pediatrics recommends exclusive breastfeeding for 6 months. Continual breastfeeding for 1 year or longer is recommended in addition to introducing foods<sup>1</sup>.

## Percent of Infants Exclusively Breastfed at 6 Months<sup>2</sup>

Healthy People 2020 Target: 25.5% infants exclusively breastfed at 6 months

	2011	2014
New York	16.9	22.8
United States	18.8	24.9

The rate of Rensselaer County WIC mothers breastfeeding exclusively for 6 months (13.6%) is a much lower rate than the statewide rate for WIC mothers exclusively breastfeeding at 6 months (38.2%).<sup>3</sup>

### Advantages for Employer<sup>4</sup>

- Breastfeeding employees are at work more often because their children are healthier
- Lower medical insurance claims for businesses
- Lower turnover rates
- Higher loyalty and productivity
- Positive public relations

### Advantages for Mother<sup>5</sup>

Lowers the risk of...

- Ovarian Cancer
- Type 2 Diabetes
- Certain types of Breast Cancer

### Advantages for Baby<sup>5</sup>

Lowers the risk of...

- Obesity
- Ear Infections
- Asthma
- Type 2 Diabetes
- Lower Respiratory Infections
- Necrotizing Enterocolitis
- Sudden Infant Death Syndrome (SIDS)
- Leukemia
- Eczema
- Diarrhea/Vomiting

1. <http://pediatrics.aappublications.org/content/129/3/e827.full#content-block>

2. <https://www.cdc.gov/breastfeeding/data/index.htm>

3. [http://www.rensco.com/wp-content/uploads/2017/03/PublicHealth\\_CHA\\_2016-HCDI-CHNA-Final-7-01-16.pdf](http://www.rensco.com/wp-content/uploads/2017/03/PublicHealth_CHA_2016-HCDI-CHNA-Final-7-01-16.pdf)

4. <https://www.womenshealth.gov/files/assets/docs/breastfeeding/business-case/business-case-for-breastfeeding-for-business-managers.pdf>

5. <https://www.womenshealth.gov/breastfeeding/making-decision-breastfeed/#1>