

Breastfeeding IS A TEAM EFFORT

Breastfeeding benefits all of us—from babies and mothers to businesses. However, for a variety of reasons, many women stop breastfeeding earlier than recommended. We can support mothers by creating an environment that encourages and supports breastfeeding.

Many women don't breastfeed for the recommended time

Almost all Washington mothers started breastfeeding at birth.



95%
Birth

But 10 weeks later fewer than 8 in 10 mothers were still breastfeeding*...



74%
10 Weeks

...and that number declined further at 6 months*...



64%
6 Months

...and was even lower by 12 months.



39%
12 Months

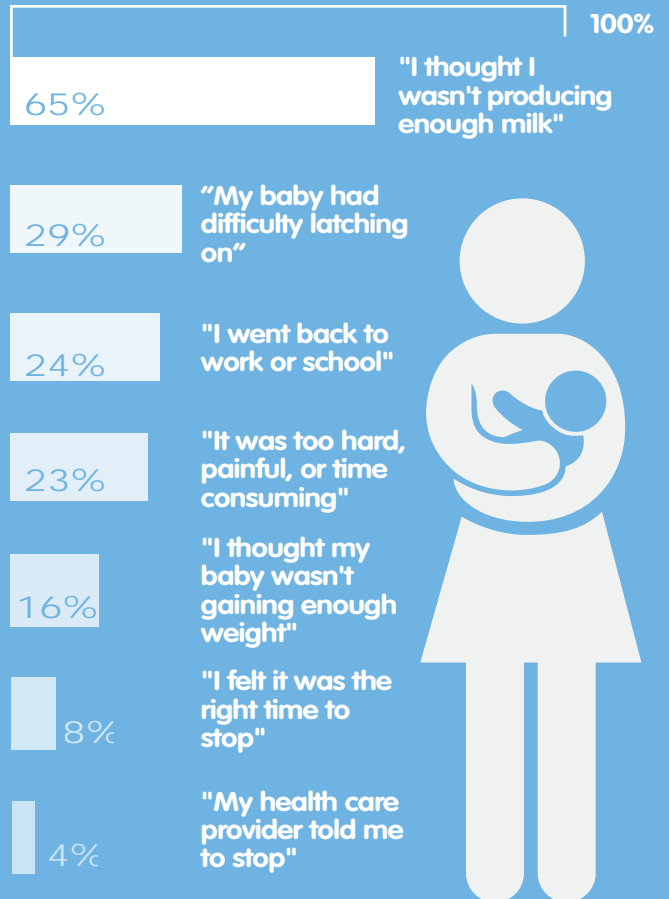
Why is there such a drop in Breastfeeding rates?

Mothers are encouraged to breastfeed for at least one year, but many stop sooner for a variety of reasons, many of which are avoidable.

While mothers of all age-groups, income levels, race or ethnic groups experienced these barriers, those who were 20-34 years old, non-Hispanic white, Hispanic, or on Medicaid were more likely to report at least one of these reasons for stopping breastfeeding.

Employment related barriers:

“My employer will not provide the flexibility so I am faced with staying home and not working to feed my baby. I still want, and NEED to work, but this situation causes more stress, so I produce less milk...”



Breastfeeding benefits all of us — babies, mothers, and communities

Babies & Toddlers



- Increases baby's immunity against diseases
- Decreases risk of SIDS
- Decreases lifelong risk of obesity

Breastfeeding Mothers

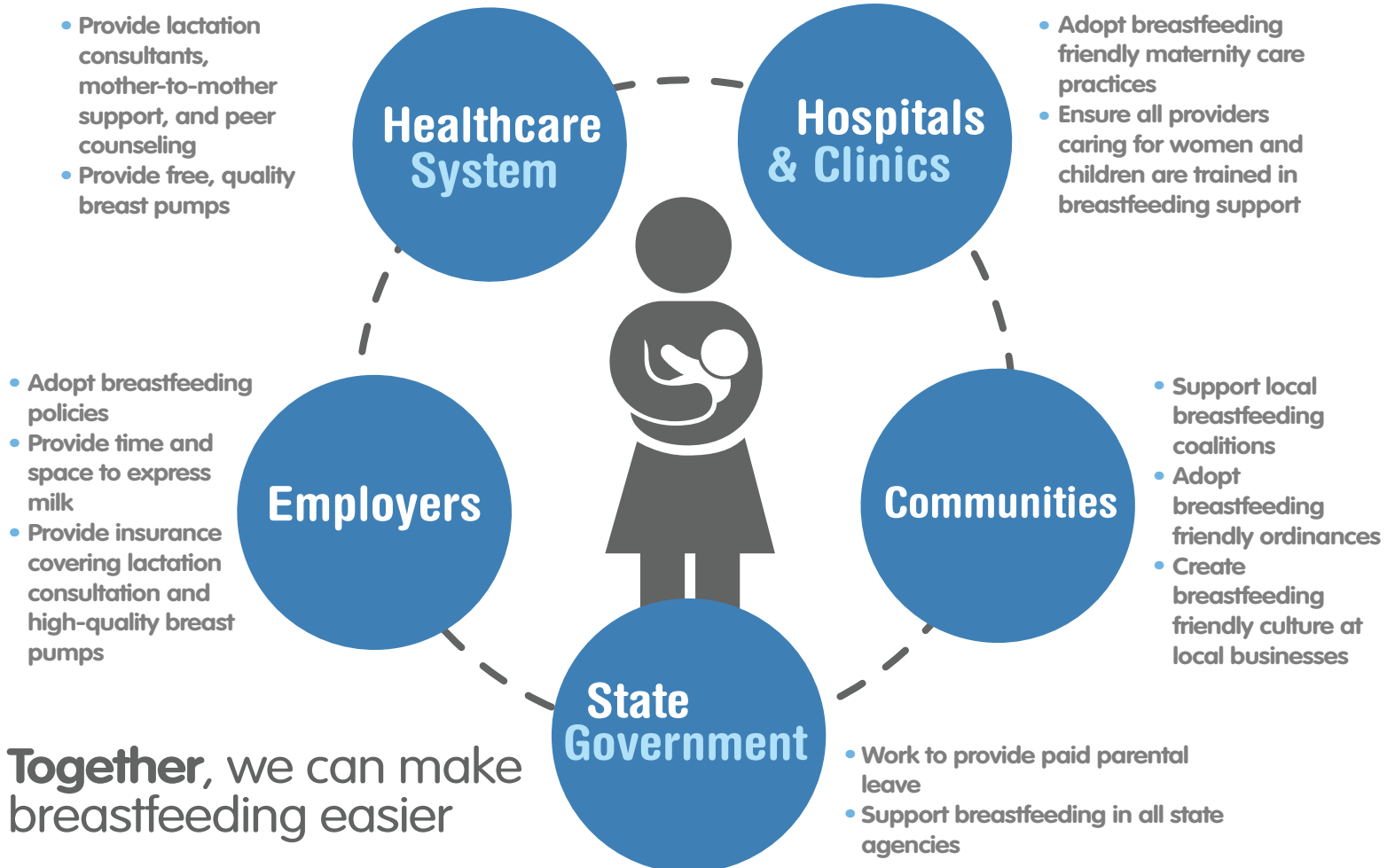


- Protects mothers from breast and ovarian cancer and cardiovascular disease
- Decreases risk of postpartum hemorrhaging
- Cheaper than formula

Communities & Businesses



- Saves the U.S. \$4.3 billion in health care and related costs each year
- Smaller environmental impact
- Reduces lost work days due to sick babies



* includes mothers who breastfed exclusively and those who supplemented breastfeeding with other nutrition

(1) Pregnancy Risk Assessment Monitoring System, Washington State, 2012-13

(2) National Immunization Survey, Centers for Disease Control and Prevention, 2013

(3) The Surgeon General's Call to Action to Support Breastfeeding. Office of the Surgeon General (US); Centers for Disease Control and Prevention (US); Office on Women's Health (US), 2011.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)