

# BREASTFEEDING

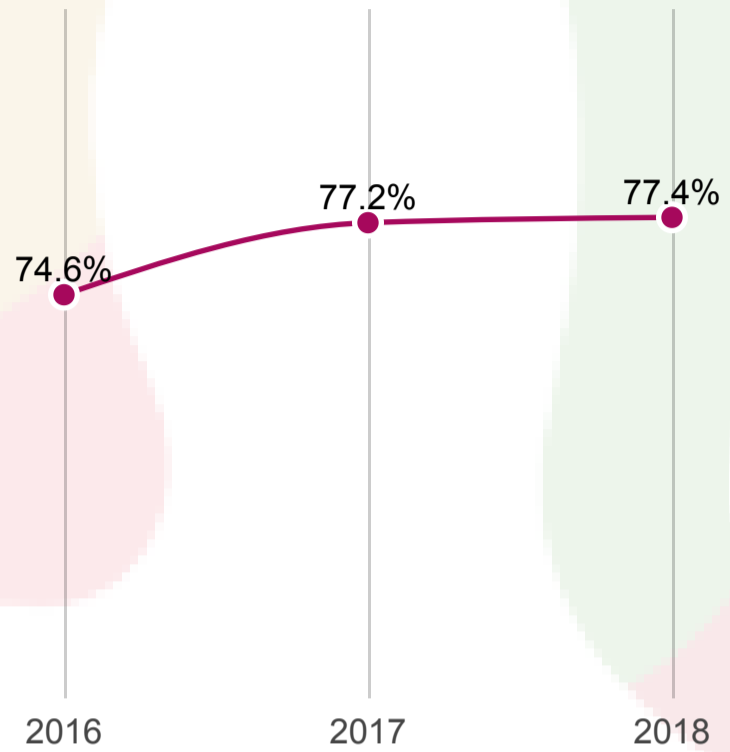


## ★ BREASTFEEDING BENEFITS

For a baby who is breastfed, there is a decreased risk of: severe lower respiratory tract infection, diarrhea illness, ear infection, eczema, asthma, type I diabetes, type II diabetes, obesity, Sudden Infant Death Syndrome (SIDS) and childhood Leukemia (ALL, AML).

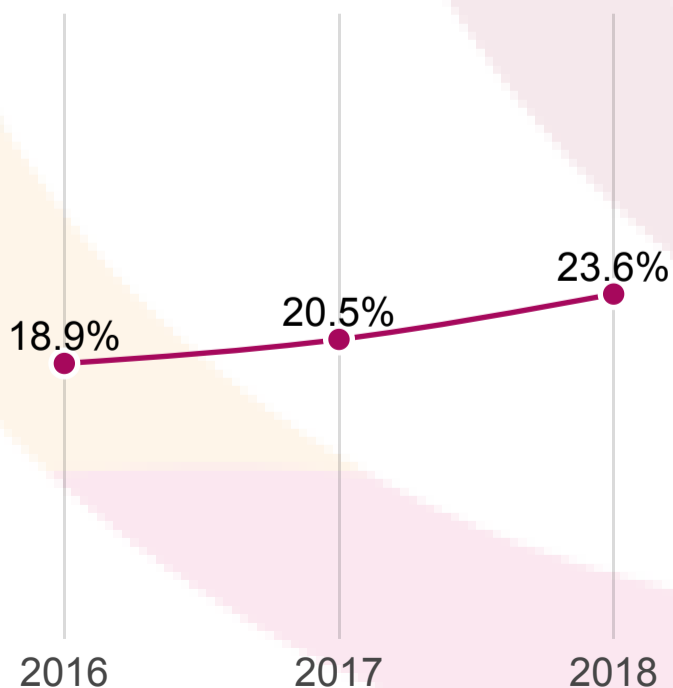
Breast milk is the best source of nutrition for optimal infant growth, health and development and promotes neurodevelopment.

Mothers also benefit, as breastfeeding reduces postpartum blood loss due to Oxytocin release and may lessen the likelihood of developing certain cancers and other health risks.



PERCENT OF DELAWARE INFANTS WHO ARE EVER BREASTFED (NATIONAL IMMUNIZATION SURVEY)

PERCENT OF DELAWARE INFANTS WHO ARE BREASTFED EXCLUSIVELY THROUGH SIX MONTHS (NATIONAL IMMUNIZATION SURVEY)



## ▲ HOW ARE WE DOING?

The percentage of Delaware infants who are ever breastfed and who are breastfed exclusively through six months are both increasing.



## DELAWARE'S ACTIVE MEASURES

Breastfeeding is one of Delaware's currently selected National Performance Measures (NPM) for the 2021 fiscal year.



*Most mothers want to breastfeed but stop early due to a lack of ongoing support. Certain factors make the difference in whether and how long infants are breastfed.*



# BREASTFEEDING



<https://dethrives.com/title-v>



## DELAWARE GOALS

Increase breastfeeding initiation and duration rates in Delaware.

Increase the percent of infants who are ever breastfed.

Increase the percent of women who breastfeed exclusively through six months.



## DELAWARE'S COMMUNITY VOICE

"Breastfeeding failed when babies didn't latch onto the breast and wives/partners abandoned breastfeeding and switched to formula."

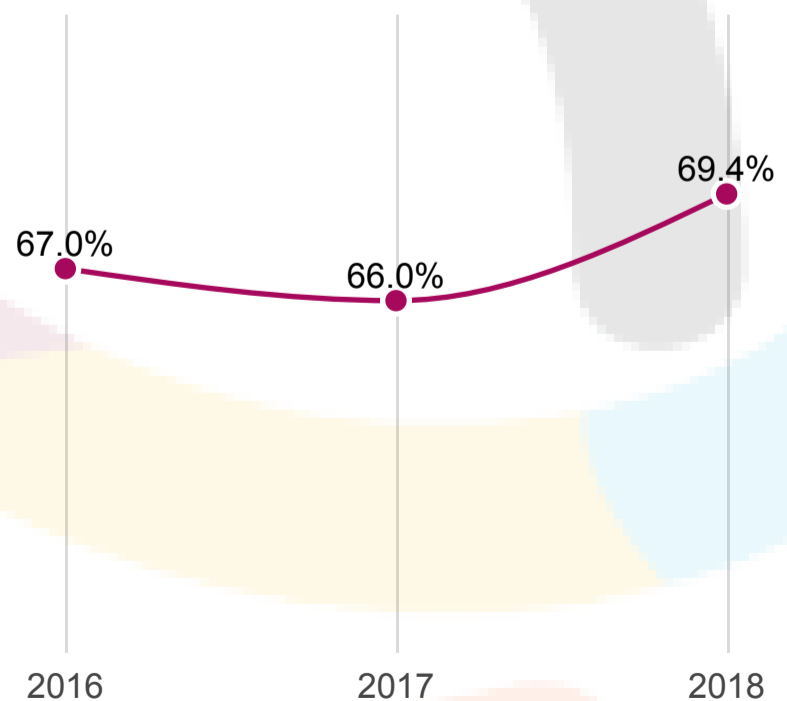
"Fathers minimized stress for their pregnant wives/partners by "spoiling", "being there", consciously avoiding arguments, calming, cheering up, coaching, making them comfortable and providing emotional support for breastfeeding."



*Given the importance of breastfeeding on the health of mothers and children, it is critical that we take action to support breastfeeding. Only through the support of family, communities, clinicians, healthcare systems, and employers will we be able to make breastfeeding the easy choice.*



## PERCENT OF DELAWARE'S BLACK/NON-HISPANIC MOTHERS WHO INITIATE BREASTFEEDING



## SIGNIFICANCE

The American Academy of Pediatrics (AAP) recommends all infants (including premature and sick newborns) exclusively breastfeed for about six months.