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# Making the Most of Federal & Community Resources on Breastfeeding

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Birth to Three Institute  
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# Presenters

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# Objectives

- To identify new or recent breastfeeding resources developed by federal agencies or community organizations.
- To share online and/or printed breastfeeding materials in meaningful ways with EHS program staff and families.
- To evaluate information on breastfeeding and assess how cultural and linguistic needs are addressed.



Photo Courtesy of EHS NRC



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# Benefits of Breastfeeding for Mom & Infant

## Benefits to Mom

- Easier to do and less items needed (after breastfeeding is established)
- Saves \$1,500 a year
- Promotes bonding between mother and baby
- Reduces risk for developing type 2 diabetes, breast and ovarian cancers, and postpartum depression

## Benefits to Infant

- Protects against certain illnesses
- Reduces lower respiratory infections, ear infections, and diarrhea
- Reduces the occurrence of asthma, obesity, and type 2 diabetes

Source: Office on Women's Health – Why Breastfeeding Is Important -

<http://www.womenshealth.gov/breastfeeding/why-breastfeeding-is-important/index.html>



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# Benefits of Breastfeeding for Society



Photo Courtesy of EHS NRC

- If 90% of families breastfed, approximately 1,000 infant deaths could be prevented
- \$13 billion per year saved in medical/health care costs
- Creates a healthier environment with less trash and waste

Source: The Surgeon General's Call to Action to Support Breastfeeding Fact Sheet  
<http://www.surgeongeneral.gov/library/calls/breastfeeding/factsheet.html>



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# Healthy People 2020 Breastfeeding Goal

- Increase infants born who ever breastfed from 75% (in 2010) to 82%
- Increase infants born who are exclusively breastfed for six months from 43% (in 2010) to 61%

Source: The Surgeon General's Call to Action to Support Breastfeeding Fact Sheet

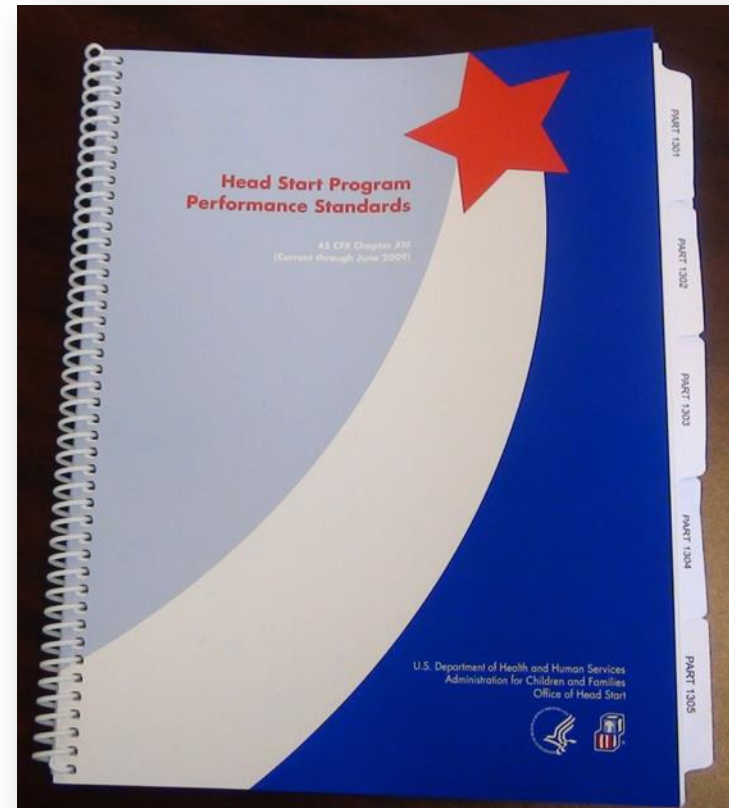
<http://www.surgeongeneral.gov/library/calls/breastfeeding/factsheet.html>



# Head Start Program Performance Standards

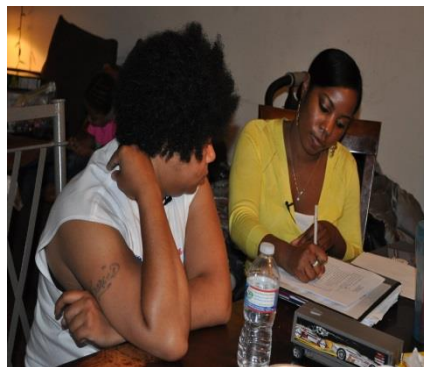
According to HSPPS CFR 1304(c)(3) , EHS/HS programs serving pregnant women:

- Must provide the benefits of breastfeeding to pregnant and nursing moms
- Provide arrangements in center-based programs for moms who choose to breastfeed



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# Breastfeeding Promotion & Support



EHS programs play an important role

- Providing education on breastfeeding to staff, pregnant/nursing moms, fathers, and grandmothers
- Establishing partnerships with community organizations and healthcare professionals to support breastfeeding

Photos courtesy of EHS NRC



# Question & Answer Session



Photo Courtesy of EHS NRC

# Thank You

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Photo Courtesy of  
International Breastfeeding Symbol

August 1 – 7<sup>th</sup> – World Breastfeeding Week

August – National Breastfeeding Month