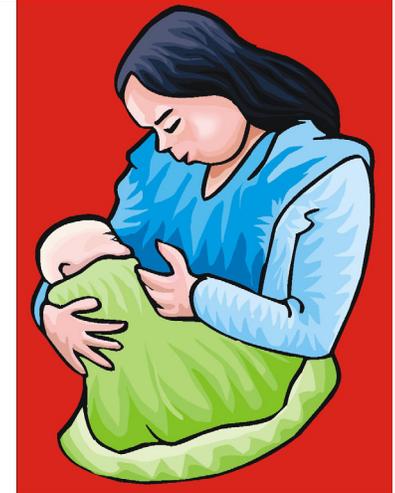


# Why Breastfeed?

## Benefits for the Infant

Breastfeeding is associated with decreased risks for common infant ailments—from colds to ear, nose, and throat infections to gastrointestinal infections—and to the development of chronic conditions later in life.<sup>1</sup> Given the substantial body of evidence supporting the benefits of breast milk on infant health, the American Academy of Pediatrics (AAP) recommends that infants be breastfed exclusively (the infant receives only breast milk) for the first six months of life.<sup>1</sup>



## Benefits for the Mother

Breastfeeding also has physiological benefits for the mother, including increased mother-infant bonding and decreased risks for developing breast and ovarian cancer. In mothers with no history of gestational diabetes mellitus, breastfeeding decreases the risk of developing type 2 diabetes mellitus. Data have also shown that women who have a cumulative lifetime duration of breastfeeding greater than 12 months are at reduced risks for rheumatoid arthritis, hypertension, hyperlipidemia, cardiovascular disease, and diabetes mellitus.<sup>1</sup>

## Healthy People 2020 Goals

Healthy People 2020 has several goals to increase the proportion of US infants who are breastfed.<sup>2</sup> This table compares these goals with the most recent data about breastfeeding from the 2012 Centers for Disease Control and Prevention's (CDC) National Immunization Survey,<sup>3</sup> reflecting the experience of infants born in 2012.

Read more about this topic in our Winter 2016 issue of *Healthy Generations* at: <http://z.umn.edu/breastfeed>

Breastfeeding Activity by Infant Age	Healthy People 2020 Goal for All US Mothers <sup>2</sup>	Status (2012 National Immunization Survey) <sup>3</sup>
Ever breastfed, for any duration	81.9%	80.0%
Exclusively breastfed through 3 months of age	46.2%	43.3%
Exclusively breastfed through 6 months of age*	25.5%	21.9%
Breastfed (exclusive or non-exclusive) at 6 months of age	60.9%	51.4%
Breastfed (exclusive or non-exclusive) at 12 months of age	34.1%	29.2%

\* Recommended for all mothers and infants by the American Academy of Pediatrics.<sup>1</sup>

## References

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The Center for Leadership Education in Maternal and Child Public Health is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number T76MC00005-59-00 for Leadership Education in Maternal and Child Public Health in the amount of \$1,750,000. This information or content and conclusions of our outreach products are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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