

BREASTFEEDING



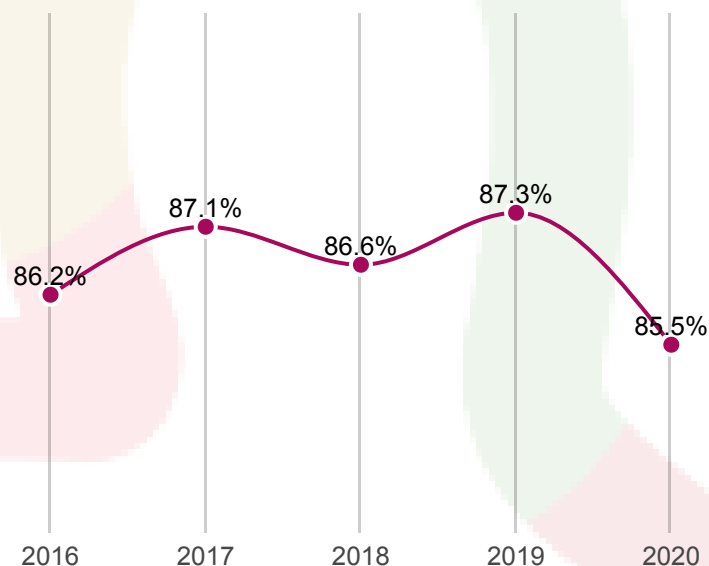
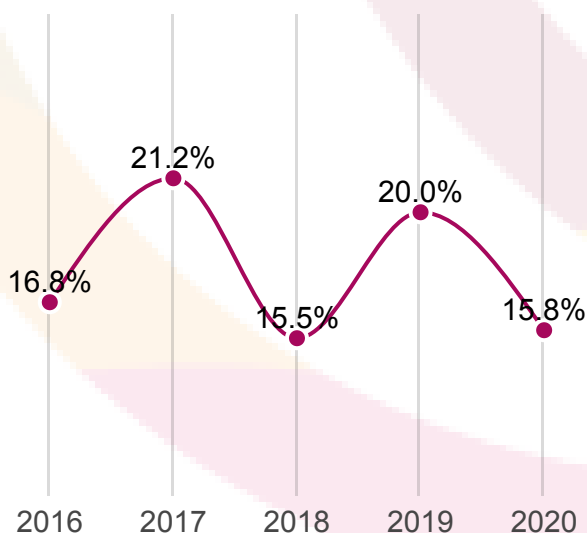
★ BREASTFEEDING BENEFITS

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 BREASTFED EXCLUSIVELY THROUGH SIX MONTHS (PREGNANCY RISK ASSESSMENT MONITORING SYSTEM)



PERCENT OF DELAWARE INFANTS WHO ARE EVER BREASTFED (PREGNANCY RISK ASSESSMENT MONITORING SYSTEM)

▲ HOW ARE WE DOING?

The percentage of Delaware infants who are ever breastfed and who are breastfed exclusively through six months fluctuate from year to year.



DELAWARE'S ACTIVE MEASURES

Breastfeeding is one of Delaware's currently selected National Performance Measures (NPM) for the upcoming 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



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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.



SIGNIFICANCE

The American Academy of Pediatrics (AAP) recommends all infants (including premature and sick newborns) exclusively breastfed for about six months, followed by continued breastfeeding as complementary foods are introduced for one year or longer. Exclusive breastfeeding for six months supports optimal growth and development by providing all required nutrients during that time.

Breastfeeding strengthens the immune system, reduces respiratory infections, gastrointestinal illness, and SIDS, and promotes neurodevelopment. Breastfed children may also be less likely to develop diabetes, childhood obesity, and asthma.



IMPORTANCE

Maternal benefits include possible protective effects against breast and ovarian cancer, diabetes, hypertension, and heart disease.