

## **Breastfeed for a Healthier Future**

### **For Children:**

- Low rates of breastfeeding in the United States contribute to almost 1,000 child deaths, and many more cases of illness and infections, every year.
- Breastfed babies are less likely to die of Sudden Infant Death Syndrome (SIDS).
- Breastfed babies are less likely to develop type 2 diabetes later in adulthood.
- Children who *are* breastfed are less likely to be obese than children who were not breastfed. They are also less likely to develop chronic diseases related to obesity in adulthood.
- Children who are breastfed as infants score higher on standardized intelligence tests and have better school performance and higher income earning in adulthood.
- Breastfeeding gives all children a head start for success in life.

### **For Mothers:**

- Women who breastfeed are less likely to develop breast cancer. Almost 5,000 cases of breast cancer could be prevented in the United States every year if more women breastfed.
- Women who breastfeed are less likely to develop ovarian cancer. The longer a woman breastfeeds, the greater the protection.
- The longer a woman breastfeeds, the lower her risk for breast and ovarian cancer.

### **For Generations to Come:**

- Women who breastfeed are more likely to have children who breastfeed or support their partner's efforts to breastfeed.
- Breastmilk is a renewable resource that is always ready and at the right temperature and does not generate waste. This keeps the environment clean and free of pollutants.

Start or maintain a healthy tradition of breastfeeding in your family!