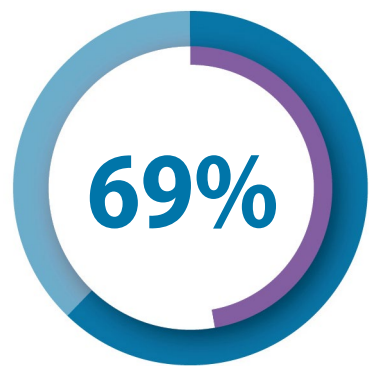


It's only natural

More and more moms
are breastfeeding...



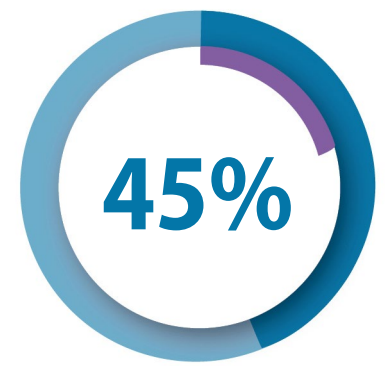
83%
of all babies born
in 2015¹ were **ever
breastfed** — up from
70% in 2000²



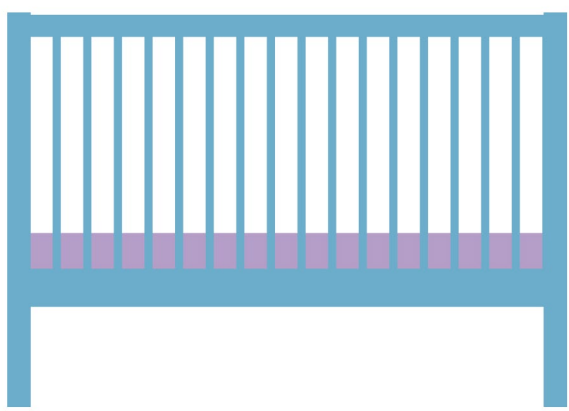
of
African-American
babies born in
2015¹ were
ever breastfed —
up from **47%** in 2000²



58%
of all babies born in 2015¹
were **breastfed at
6 months** — up from
35% in 2000²



of
African-American
babies born in 2015¹
were **breastfed
at 6 months** — up
from **17%** in 2000²



...saving lives...

Breastfeeding can **reduce the odds**
of Sudden Infant Death Syndrome by **50%**³

...and saving money.

Families who follow optimal breastfeeding practices can **save** between

\$1,200 and **\$1,500**
on infant formula⁴



Help for moms:

Most insurance plans cover **breastfeeding equipment, supplies,
and support** at no cost to you.

Need health insurance? Go to **HealthCare.gov** to apply.

Call the **OWH Resource Line** at **1-800-994-9662** for free help with breastfeeding.

Get answers to your breastfeeding questions at **womenshealth.gov/breastfeeding**.



OASH

Office on
Women's Health



mother's love. mother's milk.



www.facebook.com/HHSOWH



www.twitter.com/WomensHealth



www.youtube.com/WomensHealthgov

1. Centers for Disease Control and Prevention. (2018) Rates of Any and Exclusive Breastfeeding by Socio-demographics among Children Born in 2015. National Immunization Survey.
2. CDC. (2017). Nutrition, Physical Activity, and Obesity: Data, Trends and Maps.

3. Thompson, J.M.D., Tanabe, K., Moon, R.Y., Mitchell, E.A., McGarvey, C., Tappin, D., et al. (2017). Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. *Pediatrics*; 140(5): e20171324.
4. U.S. Department of Health and Human Services, (2011). The Surgeon General's Call to Action to Support Breastfeeding.