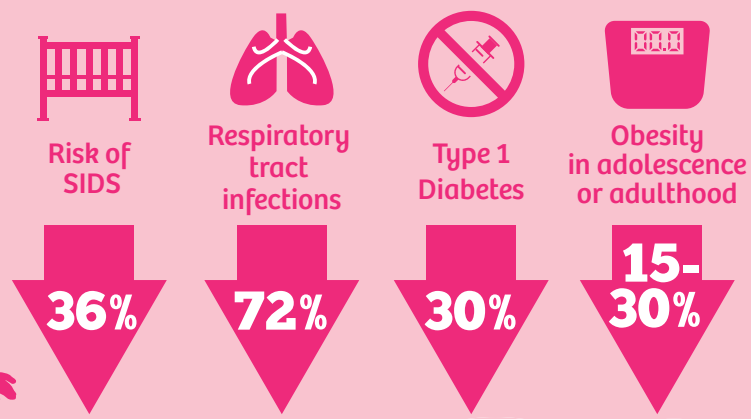
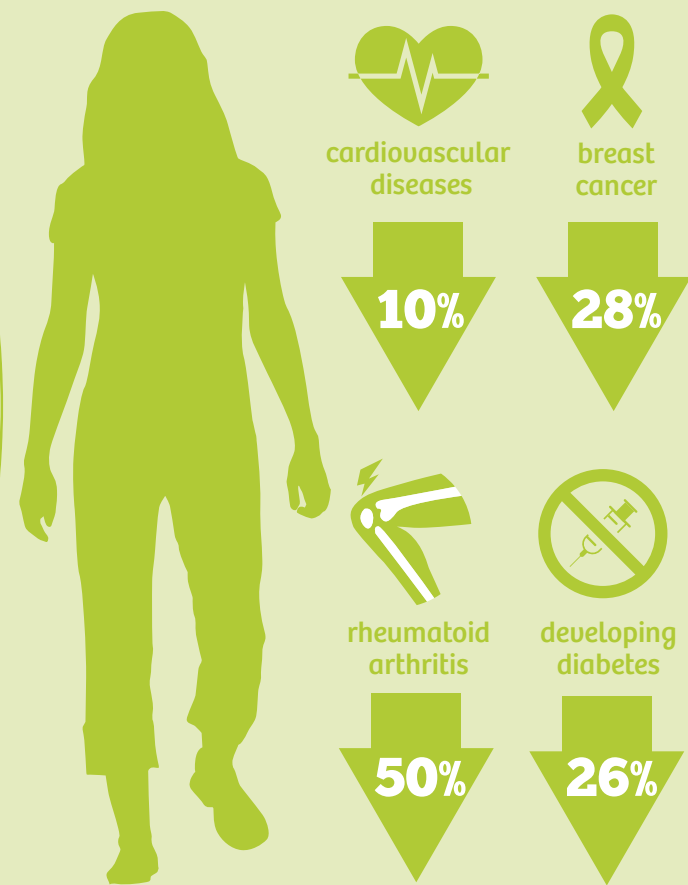


Breastfeeding

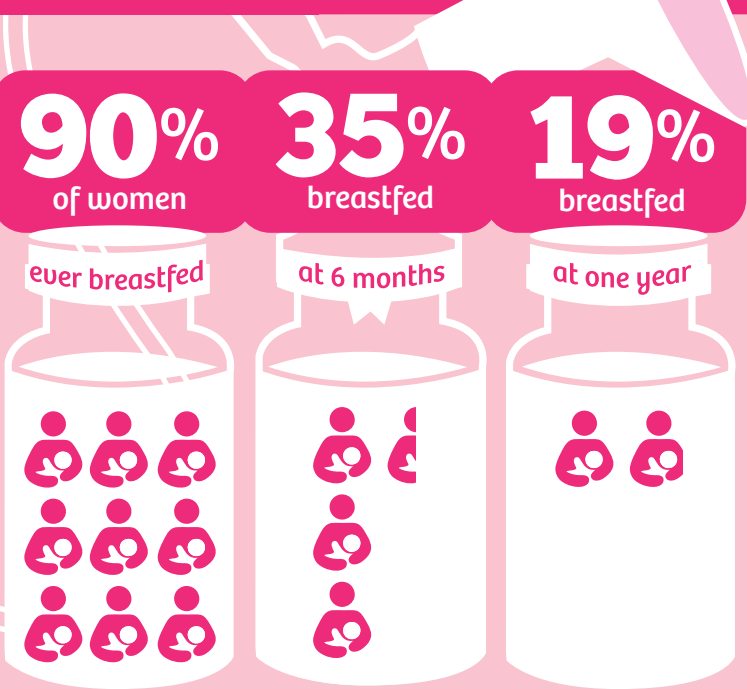
in Boulder County



Breastfeeding improves health of mother and child



Breastfeeding drops off over time



Breastfeeding is less common among women with lower incomes

68% of women in Boulder County breastfed for 6 mos. compared to 35% of women who have low income

SOURCES:
1. Colorado Child Health Survey, 2013
2. Participants in the Boulder County Women, Infants, and Children (WIC) Program, 2012-2014



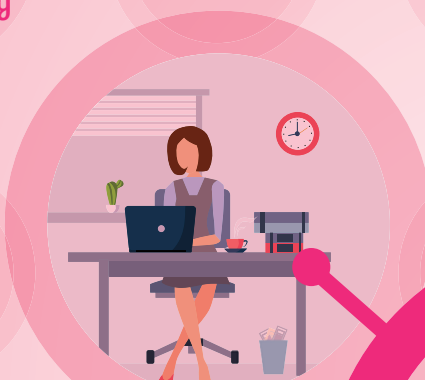
35% @ 1 YEAR
National goal for breastfeeding



50% @ 6 mos.
National goal for breastfeeding

Support breastfeeding women

Promote and certify breastfeeding-friendly worksites, especially those employing women with lower incomes



Encourage healthcare providers to promote breastfeeding



Promote and certify breastfeeding friendly child care programs, especially those serving families with lower incomes



Promote breastfeeding peer counselor programs

