Breastfeeding improves health of mother and child

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

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

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

Encourage healthcare providers to promote breastfeeding

Promote breastfeeding peer counselor programs

Breastfeeding drops off over time

90% of women breastfed at 1 month
35% breastfed at 6 months
19% breastfed at 1 year

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35% @ 1 YEAR
National goal for breastfeeding

50% @ 6 MOS.
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Breastfeeding in Boulder County

Continued breastfeeding is best.

Sources: The American Academy of Pediatrics, the World Health Organization, and the Institute of Medicine

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