

BENEFITS OF BREASTFEEDING

Breastfeeding is the best source of nutrients for most babies. The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusively breastfeeding up to the first six months.

According to the National Immunization Survey in 2017,

ONLY 25.6% OF INFANTS

were breastfeed exclusively through the first six months.

According to Minnesota Department of Health, in 2015,

1 IN 8

Hmong WIC mothers were breastfeeding at 6 months.



1 IN 27

Hmong WIC mothers were breastfeeding at 12 months.

HEALTHY BABY BREASTFEEDING LOWERS THE RISK OF:



THE RISK OF:

- Asthma
- Gastrointestinal Infections (Diarrhea/Vomiting)
- Obesity
- Type I diabetes
- Sever Lower Respiratory Disease
- Sudden Infant Death Syndrome (SIDS)

PREVENTS INFECTIONS / STRENGTHEN IMMUNE SYSTEM



Breast milk stimulates and supports the immune system. There are antibodies present in the breastmilk that can pass on from mom to baby.

Breastfeeding can help premature babies strengthen their immune system.

HEALTHY MOM BREASTFEEDING LOWERS THE RISK OF:



- High Blood Pressure
- Type 2 Diabetes
- Ovarian Cancer
- Breast Cancer

In Los Angeles County—the largest home to Asian people outside of Asia

—
only 6% of lactation professionals speak an Asian language.
(breastfeedla.org).

According to the Hawaii State Department of Health, of women who gave birth in 2009–2011,

45.2%

were breastfeeding exclusively 8 weeks after delivery.



WOMEN, INFANT, AND CHILDREN (WIC)



Women, Infants, and Children (WIC) is a federal or state program to ensure proper health and nutrition for low-income women, infants, and children.

Ask your doctor for more information.

WIC RESOURCES INCLUDE:

Healthy food like infant cereal and baby food.

Additional information, resources, and support to successfully breastfeed.

ADDITIONAL RESOURCES:

- USBC: Breastfeeding Public Health Partners Toolkit (usbreastfeeding.org)
- BreastfeedLA: The Asian Pacific Islander Breastfeeding Task Force (breastfeedla.org)
- Hawaii Indigenous Breastfeeding Collaborative (breastfeedinghawaii.org)

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