



Breastfeeding: A Natural Way To Better Health

Health Challenges

African American infants are twice as likely to die in their first year than white American infants.

More **African American** women die of breast cancer than white American women.

African American infants are 2.2 times more likely to die of Sudden Infant Death Syndrome (SIDS) than white American infants.

The prevalence of diabetes among **African Americans** is about 70% higher than among white Americans.

Overweight and obesity occur more among **African Americans** than whites. So do many related diseases, including diabetes, hypertension, cancer and heart disease.

Among children and young adults, **African Americans** are more likely than whites to be hospitalized – and more likely to die – from asthma.

Breastfeeding Matters

Breastfeeding makes babies stronger, healthier and smarter! Babies who are not breastfed are more likely to be hospitalized prior to their first birthday due to serious bacterial illness. They have higher rates of otitis media, allergies, respiratory tract infection, necrotizing enterocolitis, urinary tract infection, and gastroenteritis. They develop lower antibody titers in response to immunization. And later in life, babies not breastfed have higher rates of diabetes, allergies, asthma, lymphomas, and inflammatory bowel disease. Studies have also shown lower IQ and lower developmental scores among children who were not breastfed.

Breastfeeding is also good for mothers. Mothers who do not breastfeed risk higher rates of anemia and closer child spacing. Women who breastfeed have lower rates of ovarian, endometrial, and breast cancer. Breastfeeding may also decrease the risk of osteoporosis.

Source: American Academy of Family Physicians Policy Statement on Breastfeeding



Breastmilk. 100% natural ingredients.

How Breastfeeding Helps

Breastfeeding reduces the risk of many infectious and chronic illnesses that are common during a child's first year of life.

Breastfeeding reduces a woman's risk of developing breast cancer.

Infants who are breastfed are less likely to die of SIDS.

Breastfed children are less likely to develop diabetes.

Breastfed children are less likely to become overweight or obese adults.

Breastfed children are less likely to develop asthma.





Support a Sister

Two of the biggest obstacles to breastfeeding among **African American** women are lack of support from family and friends and embarrassment to breastfeed in public. A little support goes a long way. So please support breastfeeding sisters in your community. This is how you can help:

- Learn more about the benefits of breastfeeding for children, women, families, and our environment.
- Tell a pregnant friend or family member what you know about the benefits of breastfeeding.
- Be enthusiastic about her feeding choice and tell her you will support her efforts to breastfeed. This may be especially important if no one in her family has breastfed or if they are not supporting her decision to breastfeed. YOU may be her only supporter.
- Don't give bottles or pacifiers as baby gifts. Buy her a breastfeeding book or shawl instead.
- Only say positive things about her breastfeeding. (The slightest hint of negativity can easily destroy a mother's self-confidence.)
- Call your breastfeeding friend or family member frequently after her baby arrives to see how things are going. If she is having difficulty or pain, encourage her to call a breastfeeding counselor. Any pain with breastfeeding will usually go away quickly if she seeks help.
- Be her cheerleader and encourage her to take it one day at a time.
- If you see a mom breastfeeding in public, approach her and tell her what a great mom you think she is for breastfeeding her baby. Or, at the very least, give her a big smile of approval or a "thumbs up."
- If a friend or family member needs to breastfeed her baby in public, go with her to find a comfortable place to sit and talk with her while she is nursing. This shows her that you support her efforts. If she keeps eye contact with you, she will be less likely to notice others around her.

A mother is entitled to breastfeed her baby in any location in which the mother is entitled to be, under the provisions of Chapter 165, Texas Health and Safety Code.

**For help or information about breastfeeding, please call 1 (800) 514-6667.
We would be glad to answer any questions you have.**



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