

## BREASTFEEDING

Breast milk benefits the health, growth, immunity, and development of infants, and mothers who breastfeed may have a reduced risk of Type 2 diabetes and breast and ovarian cancer.<sup>70</sup> Among infants born in 2008, 74.6 percent were reported to have ever been breastfed, representing a significant increase over the 70.9 percent of infants ever breastfed in 2000.<sup>71</sup> The American Academy of Pediatrics recommends that infants be exclusively breastfed—without supplemental solids or liquids—for the first 6 months of life; however, only 44.3 percent of infants born in 2008 were breastfed at 6 months of age and only 14.8 percent were exclusively breastfed through the first 6 months.

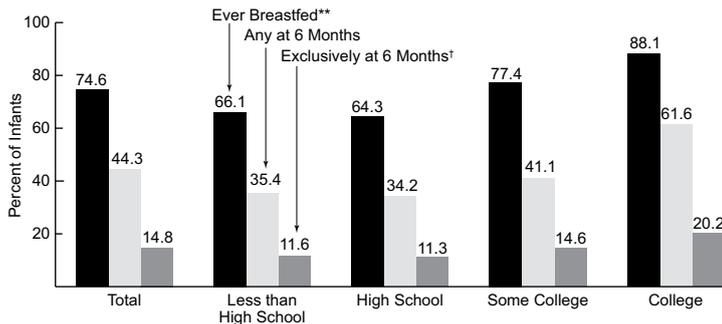
Breastfeeding practices vary considerably by a number of factors, including maternal race and ethnicity, education, age, and income. With respect to education, infants born to mothers with a college education were most likely to have ever been breastfed (88.1 percent), while infants born to mothers with a high school degree or less were least likely (64.3 and 66.1 percent, respectively). With respect to race and ethnicity, Asian infants were most likely to ever be breastfed (86.7 percent) while non-Hispanic Black infants were the least likely to ever be breastfed (59.0 percent). Infants born to older mothers and those with higher household incomes were also more likely to be breastfed (data not shown). These sociodemographic pat-

terns generally persist with regard to the duration and exclusivity of breastfeeding.

Maternal employment can also affect whether and for how long an infant is breastfed; mothers working full-time are less likely to breastfeed at 6 months than those working part-time or not at all.<sup>72</sup> In 2011, more than half of all mothers with children under 1 year of age were employed, and two-thirds of those mothers were employed full-time (data not shown).<sup>73</sup> The Affordable Care Act of 2010 helps to support breastfeeding among working women by requiring break time and a private, sanitary place for nursing mothers to express breast milk during the workday.<sup>74</sup>

### Infants\* Who Are Breastfed, by Maternal Education and Duration, 2008

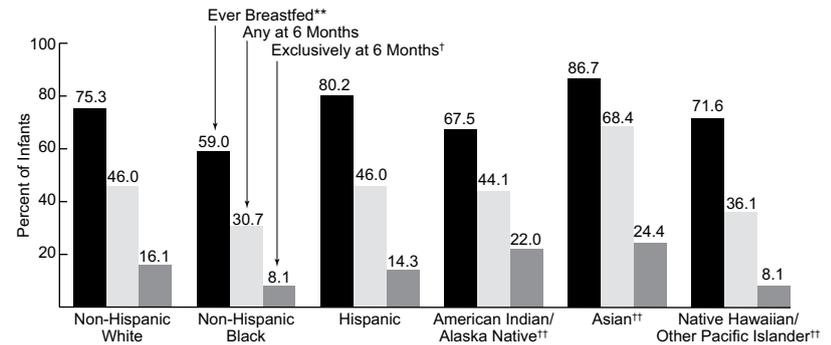
Source II.27: Centers for Disease Control and Prevention, National Immunization Survey



\*Includes only infants born in 2008; data are provisional. \*\*Reported that child was ever breastfed or fed human breast milk. \*Exclusive breastfeeding is defined as only human breast milk—no solids, water, or other liquids.

### Infants\* Who Are Breastfed, by Race/Ethnicity and Duration, 2008

Source II.27: Centers for Disease Control and Prevention, National Immunization Survey



\*Includes only infants born in 2008; data are provisional. \*\*Reported that child was ever breastfed or fed human breast milk. \*Exclusive breastfeeding is defined as only human breast milk—no solids, water, or other liquids. \*\*Includes Hispanics.