

# Florida WIC supports breastfeeding!



## Florida WIC Supports Breastfeeding

The Florida WIC Program is a public health nutrition program that promotes breastfeeding to its clients as the normal, optimal way of feeding and nurturing children. At present, approximately 70 percent of Florida WIC mothers start out breastfeeding, compared to 30 percent in 1990. Florida's success in increasing breastfeeding rates among WIC mothers is a result of dedicated staff members who provide breastfeeding information, counseling, and support to WIC clients. The WIC program also provides nutritious supplemental foods, nutrition education, and referrals for health care.

## Physicians Support Breastfeeding

The American Academy of Pediatrics (AAP) Policy Statement on "Breastfeeding and the Use of Human Milk" of February 2005 states, "Enthusiastic support and involvement of pediatricians in the promotion and practice of breastfeeding is essential to the achievement of optimal infant

and child health, growth, and development." The AAP recommends that infants be exclusively breastfed for the first 6 months of life. It further recommends that breastfeeding continue with appropriate food supplementation for at least the first year of life and beyond for as long as mutually desired by the mother and child.

The AAP statement also encourages pediatricians to work collaboratively with state and local WIC agencies to maximize efforts to promote, support, and manage breastfeeding as the preferred feeding method for all infants.

In addition, there is an international organization of physicians—The Academy of Breastfeeding Medicine—which is dedicated to the promotion, protection, and support of breastfeeding and human lactation. Physicians can contact The Academy of Breastfeeding Medicine for more information at [www.bfmed.org](http://www.bfmed.org).

## Breastfeeding Resources

Breastfeeding resources can be found on-line at: [www.4woman.gov](http://www.4woman.gov); [www.lalecheleague.org](http://www.lalecheleague.org); [www.flbreastfeeding.org](http://www.flbreastfeeding.org); [www.waba.org.my](http://www.waba.org.my); [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding); and [www.nal.usda.gov/wicworks](http://www.nal.usda.gov/wicworks).

For more information about Florida WIC or for breastfeeding information, contact your local WIC office at the county health department, or call the state WIC office at 1-800-342-3556, or go to the Florida WIC website at [www.FloridaWIC.org](http://www.FloridaWIC.org).

## Breastfeeding Research Studies

According to research studies, breastfed children have fewer allergies, as well as a reduced risk of obesity, diabetes, some childhood cancers, and Sudden Infant Death Syndrome. Studies also show that women who breastfeed have a decreased risk of breast and ovarian cancers, anemia, and osteoporosis. The benefits of breastfeeding increase with the degree of exclusivity and the length of continuation of breastfeeding. For a list of current breastfeeding research studies refer to the other side of this page. *over →→→*



# current breastfeeding research

- **Feeding preterm infants breastmilk rather than formula is associated with lower blood pressure later in life.**

Source: Singhal A, Cole TJ, Lucas A. Early nutrition in preterm infants and later blood pressure: two cohorts after randomized trials. *Lancet*. 2001;357:413-419.

- **Among postmenopausal women, increased duration of lactation was associated with a lower prevalence of hypertension, diabetes, hyperlipidemia and cardiovascular disease.**

Source: Schwarz EB, Ray RM, et al. *Obstetrics and Gynecology*. 2009; May; 113(5):974-82.

- **Formula-fed babies are more at risk for obesity in later life.**

Source: von Kries R, et al. Breastfeeding and obesity: cross sectional study. *British Medical Journal*. 1999;319:147-150 (July 17).

- **Breastfeeding through nine months of age reduces the rate of future overweight by 30%.**

Source: Harder T, et al. Duration of breastfeeding and risk of overweight: a meta-analysis. *American Journal of Epidemiology*. 2005;162(5):397-403.

- **Formula feeding increases baby girls' risk of developing breast cancer in later life.**

Source: Freudenheim J, et al. Exposure to breast milk in infancy and the risk of breast cancer. *Epidemiology*. 1994;5:324-331.

- **Not breastfeeding increases mother's risk of breast cancer.**

Sources:

Zheng, et al. Lactation reduces breast cancer risk in Shandong Province, China. *American Journal of Epidemiology*. 2000;152(12):1129.

Newcomb PA, Storer BE, Longnecker MP, et al. Lactation and a reduced risk of premenopausal breast cancer. *New England Journal of Medicine*. 1994;330:81-87.

- **A minimum of \$3.6 billion would be saved if breastfeeding were increased from current levels to those recommended by the U.S. Surgeon General. This figure is likely an underestimation of the total savings because it only represents cost savings from the treatment of three childhood illnesses: otitis media, gastroenteritis, and necrotizing enterocolitis.**

Source: Weimer J. The economic benefits of breastfeeding: a review and analysis. Economic Research Service, U.S. Department of Agriculture. Food Assistance and Nutrition Research Report No. 13, March 2001.

- **Formula feeding increases risk of developing type 1 (juvenile, insulin-dependent) diabetes (IDDM).**

Sources:

Virtanen SM, et al. Diet, cow's milk protein antibodies and the risk of IDDM in Finnish children. *Diabetologia*. 1994;37(4):381-387.

Mayer EJ, Hamman RF, Gay EC, et al. Reduced risk of IDDM among breast-fed children. *Diabetes*. 1988;37:1625-1632.

Virtanen SM, Rasanen L, Aro A, et al. Infant feeding in Finnish children < 7 years of age with newly diagnosed IDDM. *Diabetes Care*. 1991;14:415-417.

Gerstein HC. Cow's milk exposure and type 1 diabetes mellitus. *Diabetes Care*. 1994;17:13-19.

Borch-Johnson K, et al. Relation between breastfeeding and incidence of insulin-dependent diabetes mellitus. *Lancet*. 1984;2:1083-1086.

- **Children who are exclusively breastfed for at least the first four months of life have a substantial reduction in the risk of developing asthma by the age of 6 years.**

Source: Oddy WH, et al. Association between breastfeeding and asthma in 6 year old children: findings of a prospective cohort study. *British Medical Journal*. 1999;319:815-819 (Sept 29).

- **There is evidence that prolonged and exclusive breastfeeding improves children's cognitive development.**

Source: Breastfeeding and Child Cognitive Development. *Archives General Psychiatry*. 2008; 65(5):578-584.

- **A longer duration of breastfeeding (less than 3 months as compared to at least 6 months) benefits cognitive development.**

Source: Vik T, Angelsen NK, Jacobsen G, Bakketeig LS. Breastfeeding and cognitive development at age 1 and 5 years. *Archives of Disease in Childhood*. 2001;85:183-188 (September).

- **Independent of a wide range of possible confounding factors, a significant positive association between duration of breastfeeding and intelligence was observed in 2 independent samples of young adults, assessed with 2 different intelligence tests.**

Source: Mortensen EL, et al. The association between duration of breastfeeding and adult intelligence. *Journal of the American Medical Association*. 2002;287(18):2365-71.

