



Breastfeeding Saves Lives

A study published in the Journal of Pediatrics states if most new moms would breastfeed their babies for the first six months of life, it would save nearly 1,000 lives and billions of dollars each year.

The United States incurs \$13 billion in excess costs annually and suffers 911 preventable deaths per year because our breastfeeding rates fall far below medical recommendations...

“The World Health Organization says infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. The American College of Obstetricians, the American Academy of Pediatrics, the American Academy of Family Physicians and the Centers for Disease Control and Prevention all agree that breast milk alone is sufficient for newborns and infants until they are 6 months old.”

However, a 2009 breastfeeding report card from the CDC found that only 74 percent of women start breastfeeding, only 33 percent were still exclusively breastfeeding at three months and only 14 percent were still exclusively breastfeeding at six months.

Dr. Melissa Bartick, one of the new study's co-authors, says "...the vast majority of extra costs incurred each year could be saved if 80 to 90 percent of women exclusively breastfed for as little as four months and if 90 percent of women would breastfeed some times until six months. Most of the excess costs are due to premature deaths. Nearly all, 95 percent of these deaths, are attributed to three causes: sudden infant death syndrome (SIDS); necrotizing enter colitis, seen primarily in preterm babies and in which the lining of the intestinal wall dies; and lower respiratory infections such as pneumonia. Breastfeeding has been shown to reduce the risk of all of these and seven other illnesses studied.”

To find more information on pediatric care go to:

<http://www.jpeds.com>



Save the Date

Infant/Toddler Institute

Pre-Institute: August 9th, 2010

Institute: August 10-11, 2010

Lexington, KY

Lexington Convention Center & Hyatt Regency
Lexington

To register, go to:

<http://www.kentuckypartnership.org/InfantToddler/Home.aspx>

Register by *June 15* for the Early Bird Discount!
If paying by check or money order, your payment must be postmarked by June 10 to receive the Early Bird rate.

Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: **Joyce Roach**

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