

CDC Vital Signs

Childhood Obesity – Prevention Begins with Breastfeeding

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Childhood obesity is an epidemic in the U.S., however, breastfeeding from birth can help prevent childhood obesity. Obese kids are more likely to become obese adults who suffer from chronic diseases, such as diabetes and heart disease.

Every month a baby is breastfed, the chance of becoming overweight goes down, but a third of moms stop breastfeeding without hospital support. With nearly 500 babies born in U.S. hospitals every hour, hospitals play a vital role in helping a new mom start and continue breastfeeding. Yet, about 95 percent of hospitals lack policies that fully support breastfeeding.

There are ten steps hospitals can take to support breastfeeding moms. These include making sure moms have time to learn to how to breastfeed, are able to breastfeed as often as their baby needs, and that they know where to get help when they go home. Learn more about how hospitals can support breastfeeding moms at www.cdc.gov/vitalsigns.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.