



A MINUTE OF HEALTH WITH CDC

Breastfeed for Better Health

Racial and Ethnic Disparities in Breastfeeding Initiation and Duration, by State — National Immunization Survey, United States, 2004–2008

Recorded: April 6, 2010; posted: April 8, 2010

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

Breastfeeding remains the best choice for new moms *and* their babies. For children, breastfeeding lowers the risk of respiratory and ear infections, diarrhea, asthma, and obesity. For mom, it decreases her chances of developing type 2 diabetes, breast cancer, and postpartum depression. A recent CDC study found that nearly three of four mothers breastfeed, but many women stop breastfeeding too early. New moms should breastfeed for at least the first 12 months of life. All new mothers should seriously consider breastfeeding, for their sake *and* their baby's.

Thank you for joining us on *A Minute of Health with CDC*.

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