



### **World Breastfeeding Week 60 Sec PSA**

World Breastfeeding Week is celebrated during the first week of August each year. It's a time to remind parents about the health benefits of nursing a child.

Infants who are breastfed are at a reduced risk for asthma, obesity, Type 2 diabetes, ear and respiratory infections, and sudden infant death syndrome. Not only does it benefit the child, but it reduces the mother's risk of heart disease, Type 2 diabetes, and ovarian and breast cancer.

Only 1 in 4 infants are exclusively breastfed for the first 6 months of their life, as recommended. The Centers for Disease Control and Prevention estimates that about 60 percent of women stop breastfeeding before they had planned. It's important that these women have a support system at work and at home to accomplish their goals and ultimately build stronger families.

This is brought to you by the Alabama Department of Public Health and this station.

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