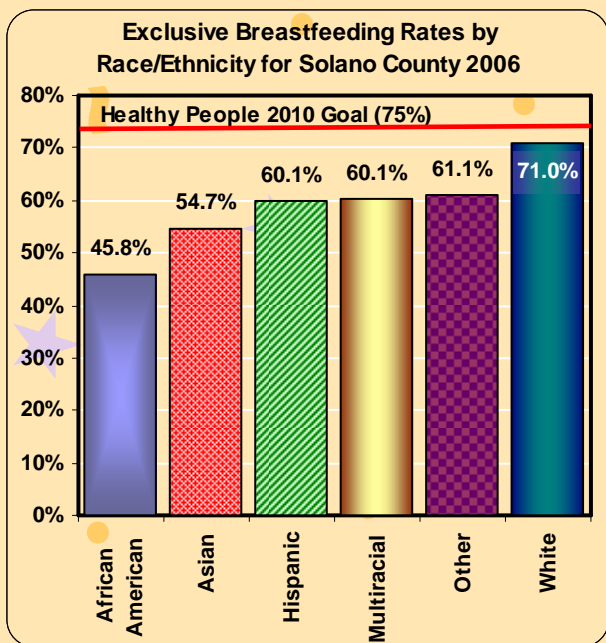
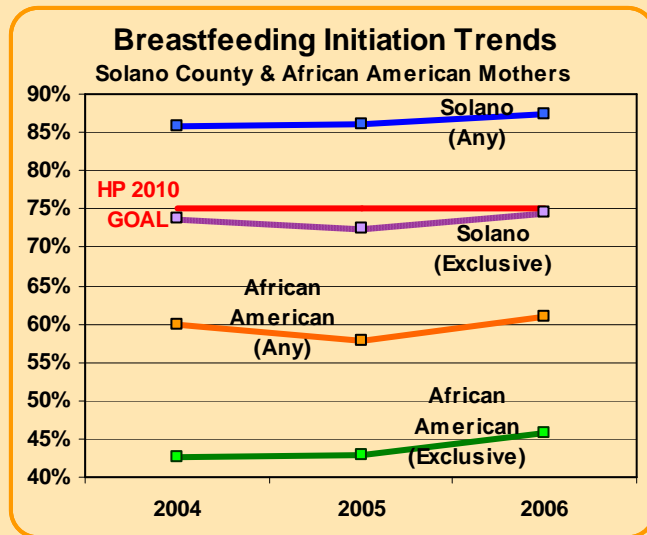


# BREASTFEEDING RATES IN SOLANO COUNTY ARE IMPROVING BUT THERE IS STILL A WAY TO GO.



AFRICAN AMERICAN MOTHERS IN SOLANO COUNTY CONTINUE TO LAG BEHIND OTHER MOTHERS IN BREASTFEEDING.

## Why should I breastfeed my baby?

Breastfeeding ...

- Provides all the nutrients infants need;
- Promotes the development of a healthy immune system;
- Reduces the risk of infection and chronic diseases such as diabetes and asthma;
- Lowers the mother's risk of Type 2 diabetes, Ovarian Cancer, and Breast Cancer
- Reduces a child's risk for overweight;
- Results in a financial savings of \$65 to \$100 per month from not having to buy formula.

## Should I breastfeed all of the time or can I breastfeed part of the time?

While any amount of breastfeeding is better than none, exclusive breastfeeding offers optimal health outcomes.

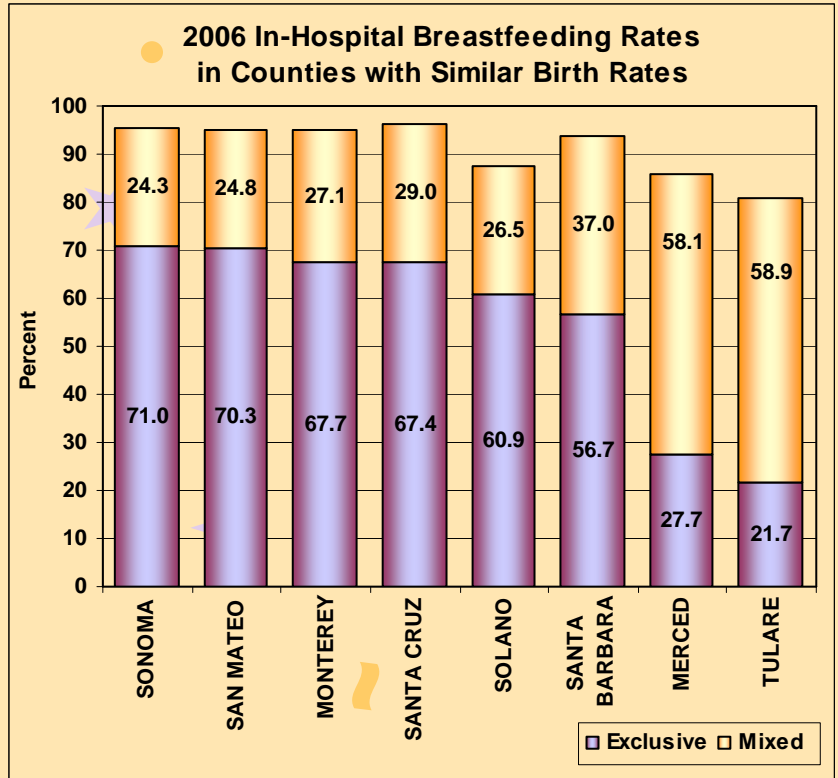
## What is exclusive breastfeeding?

Exclusive breastfeeding means that the infant receives only breast milk, no other food or fluid. The American Academy of Pediatrics recommends human milk as the only nutrition for the first 6 months of life for most infants.



Solano County ranks in the middle among California counties when it comes to breastfeeding.

- Solano County ranked 24th among the 48 counties included in the latest study (2006)
- Of neighboring counties, Yolo was 4th and Napa 20th



The relationship between breastfeeding and a healthy baby is clear. A comparison with Santa Clara County (the San Jose area) shows that, during the 2003-05 period, over 93 percent of mothers in Santa Clara County initiated breastfeeding compared to only 86 percent in Solano County. Infant mortality — a key indicator of any community's overall health — was 21 percent lower in Santa Clara than in Solano County.

