

# Breastfeeding Benefits for Black Mothers and Their Babies

Equal access to prenatal care and lactation programs saves lives.



- Breastfeeding for at least two months cuts a baby's risk of sudden infant death syndrome (SIDS) almost in half.<sup>1</sup>
- Fewer black infants (**74%**) are ever breastfed compared with white infants (**86.6%**) and Hispanic infants (**82.9%**).<sup>2</sup>
- Younger mothers (ages 20 to 29) are less likely to ever breastfeed (**80%**) than mothers age 30 or older (**86.3%**).<sup>2</sup>

[www.amerihealthcaritas.com](http://www.amerihealthcaritas.com)

1. ScienceDaily, "Breastfeeding for two months halves risk of SIDS," University of Virginia Health System, October 30, 2017, [sciencedaily.com/releases/2017/10/171030123401.htm](https://www.sciencedaily.com/releases/2017/10/171030123401.htm).

2. "Breastfeeding Rates," Centers for Disease Control and Prevention, last updated August 9, 2019, [https://www.cdc.gov/breastfeeding/data/nis\\_data/index.htm](https://www.cdc.gov/breastfeeding/data/nis_data/index.htm)