

Arkansas Breast Milk Bank

Health Benefits of Breastfeeding

Breastfeeding reduces the risk of a mother developing breast cancer, ovarian cancer, uterine cancer, type 2 diabetes, heart disease and stroke. In the state of Arkansas, the **top 10 causes of death in women** under age 65 include heart disease, diabetes, stroke and breast cancer.

Increasing breastfeeding to near-universal levels could
SAVE MORE THAN
800,000
LIVES every year.



Pregnancy that is not followed by breastfeeding **INCREASES** odds of having a heart attack **3** times.

Breastfeeding for 13 total months during her lifetime **REDUCES** a woman of color's risk of stroke by as much as

56%

Amongst women of color the risk of death from stroke and heart disease is **SUBSTANTIALLY HIGHER** than in Caucasian women.

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- **Infant mortality in Arkansas** is currently 7.5 infant deaths per 1,000 live births according to the CDC Wonder Database.
- Death during infancy for **Black infants is 12.13/1,000 live births compared to 6.38 deaths/1,000 live births in Caucasian infants.** This disparity is substantially **INCREASED** for mothers with low education levels and mothers under 24 years of age, especially if they are Black mothers.

Feeding with human milk **INCREASES** preterm infant survival and **DECREASES** the incidence of several complications of premature birth.

Having a human milk bank INCREASES the rate of exclusive human milk feeding in preterm infants and **DECREASES** morbidity and mortality.

Availability of donor human milk has been shown to **INCREASE** use of human milk during hospitalization and **INCREASE** rate of discharge home on the infant's own mother's milk.



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