

Breastfeeding

R E S O U R C E S

Go to www.NorthernVirginiaHealthyKids.org for more resources, tools, and information.

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Research

CDC: [Does Breastfeeding Reduce the Risk of Pediatric Overweight?](#) This *Research to Practice* brief explores the relationship between breastfeeding and pediatric overweight and provides evidence-based interventions to promote breastfeeding.

AHRQ: [Breastfeeding, Maternal and Infant Outcomes in Developed Countries](#) A report that reviewed 400 studies and found that "a history of breastfeeding is associated with reduced risk of many diseases in infants and mothers". (AHRQ, April 2007).

PEDIATRICS: [Does Breastfeeding Protect Against Pediatric Overweight? Analysis of Longitudinal Data from the Centers for Disease Control and Prevention Pediatric Nutrition Surveillance System](#) This study concludes that "prolonged breastfeeding results in reduced risk of overweight among non-Hispanic white children", by L.M. Grummer-Strawn, et al, PEDIATRICS Vol. 113 No. 2 February 2004, pp. e81-e86.

PEDIATRICS: [Prevention of Pediatric Overweight and Obesity](#), Committee on Nutrition, Vol. 112 No. 2 August 2003, pp. 424-430.

[Preventing Childhood Obesity: How Breastfeeding Can Help](#), by G.J. Soukup, Sr. From: LEAVEN, Vol. 43 No. 1, January-February-March 2007, pp. 2-4.

Additional Resources

[Virginia WIC Breastfeeding Peer Counselor Program](#) - provides access to breastfeeding coordinators/peer counselors

[California WIC Educational Resources](#) - this web site has to links/downloads on a variety of topics related to promoting successful breastfeeding

[Community Action Kit for Protecting, Promoting, and Supporting Breastfeeding](#) includes information on how to start a breastfeeding coalition (Texas DSHS, WIC Nutrition/Community Services)

[Virginia WIC Breastfeeding Resources](#) includes the governor's breastfeeding awareness proclamation, resources, videos, and other resources

[La Leche League International](#) is a notable resource for nursing mothers and has a vast collection of information on all aspects of breastfeeding

CDC: [Breastfeeding](#) resources on breastfeeding that includes recommendations, data/statistics, research, and policy/support along with the [CDC Guide to Breastfeeding Interventions](#)

[Health and Human Services/Health Resources & Services/Maternal & Child Health: Business Case for Breastfeeding](#) "how-to" resources as well as policy-related, latest news

AAP: [Breastfeeding Initiative Web Site](#) provides resources for families, health professionals and has information on advocacy for breastfeeding

[ChooseMyPlate.gov: For Pregnancy and Breastfeeding](#) USDA MyPlate web site includes a MyPlate for Moms

[The International Lactation Consultant Association](#) site includes information/resources for and about lactation consultants