Breastfeeding Resources

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.


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