

\$ Savings With Breastfeeding



Cost of Formula:

1 month	\$75-200
4 months	\$300-720
6 months	\$450-1,080
9 months	\$600-1,440
12 months	\$900-2,160
More healthcare costs when using formula	\$331-475

Total Cost for 1 year formula feeding:
\$1,231-2,635

(Estimate does not include the cost of bottles or nipples)

Additional considerations:

- Mothers who formula feed are twice as likely to miss work
- WIC can only provide some of the formula your infant needs each month
- Mothers/infants who formula feed get less food on WIC (only \$390 benefits for one year compared to \$1230 benefits for fully breastfeeding mom and baby)

Resources: "Risks of Not Breastfeeding" by Diane Spatz, PhD and Rachelle Lessen, published by ILCA.

For additional information visit:

<http://www.breastmilkcounts.com/>

Formula Increases Your Baby's Risk For:

- SIDS (risk lowered by 1/2 for babies breastfed 1 mo.)
- Ear Infections (risk increased by 23%)
- Asthma (risk increased by 27%)
- Cancer (risk increased by 19%)
- Diarrhea and Constipation
- Respiratory Infections
- Allergies
- Obesity
- Gastroenteritis (stomach inflammation)
- Influenza
- Yeast infections like Thrush
- Salmonellosis (food poisoning)
- Anemia (low iron)
- Delayed speech and language development
- Pickier eating behaviors
- Appendicitis
- High blood pressure
- Type II Diabetes
- Multiple Sclerosis
- Schizophrenia
- Tonsillitis



Caldwell County WIC is an equal opportunity provider



How you feed me makes a difference!



Risks of Not Breastfeeding

- Children who are formula fed □
- are at more risk for lowered □
- nutritional status, growth □
- and development and overall □
- health and survival. □

Know your facts...

Risk of Formula Feeding



There are risks from not breastfeeding.

When a mother breastfeeds, her milk changes to meet the nutritional needs of her infant, unlike formula where infants are fed the same nutrition through the first year of life.

Formula fed babies are more likely to be overfed and may not maintain hunger and fullness cues they are born with.

Breastfeeding also allows the mother's white blood cells to transfer through the breast milk to provide the infant with immune resistance similar to mom. Formula fed infants have no immune protection to prevent them from getting sick.

Hazards of Formula Feeding

- Pathogen contamination
- Manufacturing error & warehouse contamination
- Not breastfeeding in emergencies where formula or clean water may not be available
- Bisphenol A in feeding bottles
- Phytoestrogens in soy formula

Risks for Baby

- Formula is harder to digest and more likely to cause constipation
- Gain excess weight and be overweight or obese as an adult
- More diaper/spit-up odor
- Lowered immune system & less protection from bacteria and infection
- More likely to be picky eaters
- If 90% of families in the US breastfed exclusively for 6 months, over 900 infant deaths would be prevented.
- Not breastfeeding increases the baby's response to pain. Breastfeeding and human milk are pain relievers.
- Poorer brain development



Risks for Mom

- More likely to retain weight gained during pregnancy
- Postpartum bleeding prolonged
- Start menstrual cycle sooner following delivery

- Higher risk for breast/ovarian cancers, cardiovascular disease, type 2 diabetes, and rheumatoid arthritis.
- More likely to experience postpartum depression
- Not breastfeeding is associated with short-term and long-term increases in blood pressure
- More likely to have less sleep and more sleep disturbances than moms who breastfeed

Moms & Babies who use formula

- More illness and healthcare costs
- More environmental waste
- More likely to have long-term

