

## New Hampshire Breastfeeding Task Force Statement

For the children of New Hampshire to be healthy and strong, they must receive the best possible nutrition when they are infants. The New Hampshire Breastfeeding task Force encourages breastfeeding because:

- Breastmilk provides an ideal balance of nutrients for the human infant.
- The nutrients in breastmilk are easily absorbed and digested.
- Breastmilk contains immune factors and anti-infective properties.
- Breastfed infants have fewer allergies.
- Breastfeeding allows infants to regulate their own food intake.
- Breastfeeding completes the natural reproductive cycle of the mother by promoting involution of the uterus.
- Breastfeeding promotes bonding between mother and infant.

The New Hampshire Breastfeeding Task Force is striving to meet the national objectives for breastfeeding prevalence and duration as outlined by the U.S. Department of Health and Human Services in the **Healthy People 2010: National Health Promotion and Disease Report**. To achieve these objectives, NH should have 75% of its infants breastfed at hospital discharge with 50% of those infants still being breastfed at six months and 25% of those infants breastfed until one year of age. In order to reach these goals, we support the following strategies:

- Inform expectant parents of the advantages of breastfeeding to both mother and infant.
- Provide expectant mothers with information on how to prepare for, initiate and maintain lactation.
- Encourage practices that support breastfeeding in all sectors of the health care system.
- Institute policies in worksites that create an environment fostering success in breastfeeding.
- Increase public awareness of the benefits of breastfeeding.
- Increase community services that support breastfeeding.
- Keep health professionals informed of available breastfeeding services and information in the state.