



PRIMARY CARE INTERVENTIONS TO PROMOTE BREASTFEEDING CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION

Population	Pregnant Women	New Mothers	The Mother's Partner, Other Family Members, and Friends	Infants and Young Children
Recommendation	<p>Promote and support breastfeeding</p> <p>Grade: B</p>			

	Mothers	Infants	Young Children
Benefits of Breastfeeding	Less likelihood of breast and ovarian cancer	Fewer ear infections, lower-respiratory-tract infections, and gastrointestinal infections	Less likelihood of asthma, type 2 diabetes, and obesity
Interventions to Promote Breastfeeding	<p style="text-align: center;">Interventions to promote and support breastfeeding have been found to increase the rates of initiation, duration, and exclusivity of breastfeeding. Consider multiple strategies, including:</p> <ul style="list-style-type: none"> • Formal breastfeeding education for mothers and families • Direct support of mothers during breastfeeding • Training of primary care staff about breastfeeding and techniques for breastfeeding support • Peer support <p style="text-align: center;">Interventions that include both prenatal and postnatal components may be most effective at increasing breastfeeding duration.</p> <p style="text-align: center;">In rare circumstances, for example for mothers with HIV and infants with galactosemia, breastfeeding is not recommended. Interventions to promote breastfeeding should empower individuals to make informed choices supported by the best available evidence.</p>		
Implementation	System-level interventions with senior leadership support may be more likely to be sustained over time.		

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents please go to <http://www.preventiveservices.ahrq.gov>.