



Breastfeeding Protects Mother and Child from Cardiovascular Disease (CVD)

Breastfeeding reduces CVD by improving a **woman's** glucose level, reducing metabolic disorder, obesity, hypertension and diabetes.

Heart disease is the leading cause of death in women in the U.S. The American Heart Association reports that in the U.S., 1 in 4 women die of heart disease each year.

Children who are breastfed have less CVD risk factors in adulthood than their formula fed counterparts. Breastfed children have lower BMI (body Mass Index) and a higher amount of the "good cholesterol."

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