

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

[Home](#) | [About](#) | [Disclaimer](#) | [Navy Medicine News](#) | [Navy Medicine WebSite](#)

Written on AUGUST 8, 2013 AT 10:49 AM by VKREMER

Breastfeeding Improves Health of our Youngest Heroes

Filed under [FAMILIES](#) [HEATH](#) [HOSPITALS](#)

(NO COMMENTS)

By **Julie Kellogg, M.D., pediatrician, Naval Hospital Jacksonville**



Dr. Julie Kellogg, a physician at Naval Hospital (NH) Jacksonville, checks the heartbeat of Chantel Jackson, the only baby friendly certified hospital in Northeast Florida, will recognize World Breastfeeding Week (Aug. 1-7). (Navy Medicine Jacksonville Public Affairs/Released)

Naval Hospital Jacksonville celebrated World Breastfeeding Week Aug. 1- 7 and the upcoming two-year anniversary of our "Baby Friendly" certification from the [World Health Organization](#) and [United Nations Children's Fund](#).

Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Navy Medicine Social Media

[twitter](#) Follow us on Twitter

[facebook](#) Join us on Facebook

[issuu](#) Read our publications

[flickr](#) View our photo stream

[YouTube](#) Watch our videos

Navy Medicine Live Archives

[February 2015 \(11\)](#)

[January 2015 \(12\)](#)

[December 2014 \(17\)](#)

[November 2014 \(11\)](#)

[October 2014 \(15\)](#)

Breastfeeding benefits babies and moms and is considered by many to be a miracle food with advantages that cannot be duplicated. In multiple studies, breastfeeding has proven to be the one thing that can prevent the most cases of infant hospitalization and death. The breast milk itself changes over time to meet the baby's needs during specific developmental periods. Studies from all over the world have shown that it's easier to digest than formula and contains substances such as hormones, probiotics and antibodies that protect babies from illness.

At Naval Hospital Jacksonville, we recommend and assist mothers with exclusive breastfeeding for the first six months of their babies' lives, and until 12 months or longer with the addition of appropriate foods.

Studies have shown that breastfed babies have decreased episodes of vomiting and diarrhea, lower respiratory tract illnesses, ear infections, asthma, obesity and type 2 diabetes. Some research also indicates that breastfed babies may have less type 1 diabetes, childhood leukemia, allergies and sudden infant death syndrome. Breast milk is also readily available in cases of natural disaster or other emergencies.

Mothers also benefit from breastfeeding their babies. Women experience less blood-loss after delivery and their level of stress hormones is lower. They have a decreased risk for developing breast cancer, ovarian cancer and postpartum depression, and may have less type 2 diabetes. Financially, it's estimated that infant formula and supplies costs at least \$1,500 during the first 12 months. Mothers who work outside the home and breastfeed also miss less work because their babies are healthier.

The nation benefits from increased breastfeeding rates. It's estimated that if 90 percent of infants in the U.S. were breastfed exclusively for six months that nearly 1,000 deaths could be prevented and \$13 billion would be saved. Breastfeeding is better for the environment, as breast milk requires no complex processing, packaging or shipping.

So if you hope to provide your baby with the best start possible, breastfeed for your baby's first year. For more information about Naval Hospital Jacksonville and women's health visit www.med.navy.mil/SITES/NAVALHOSPITALJAX/Pages/default.aspx.

← Next post Previous post →

vkremer tagged this post with: [breastfeeding](#), [Naval Hospital Jacksonville](#), [Navy](#), [Navy Medicine](#), [UNICEF](#), [United Nations Children's Fund](#), [World Health Organization](#)

Read 221 articles by
[vkremer](#)

- September 2014 (20)
- August 2014 (14)
- July 2014 (13)
- June 2014 (8)
- May 2014 (11)
- April 2014 (9)
- March 2014 (14)
- February 2014 (7)
- January 2014 (7)
- December 2013 (7)
- November 2013 (12)
- October 2013 (7)
- September 2013 (14)
- August 2013 (13)
- July 2013 (11)
- June 2013 (22)
- May 2013 (15)
- April 2013 (14)
- March 2013 (14)
- February 2013 (14)
- January 2013 (12)
- December 2012 (11)
- November 2012 (11)
- October 2012 (7)
- September 2012 (9)
- August 2012 (12)
- July 2012 (13)
- June 2012 (17)
- May 2012 (22)
- April 2012 (14)
- March 2012 (13)
- February 2012 (14)
- January 2012 (13)
- December 2011 (13)
- November 2011 (20)
- October 2011 (22)
- September 2011 (12)
- August 2011 (16)
- July 2011 (10)