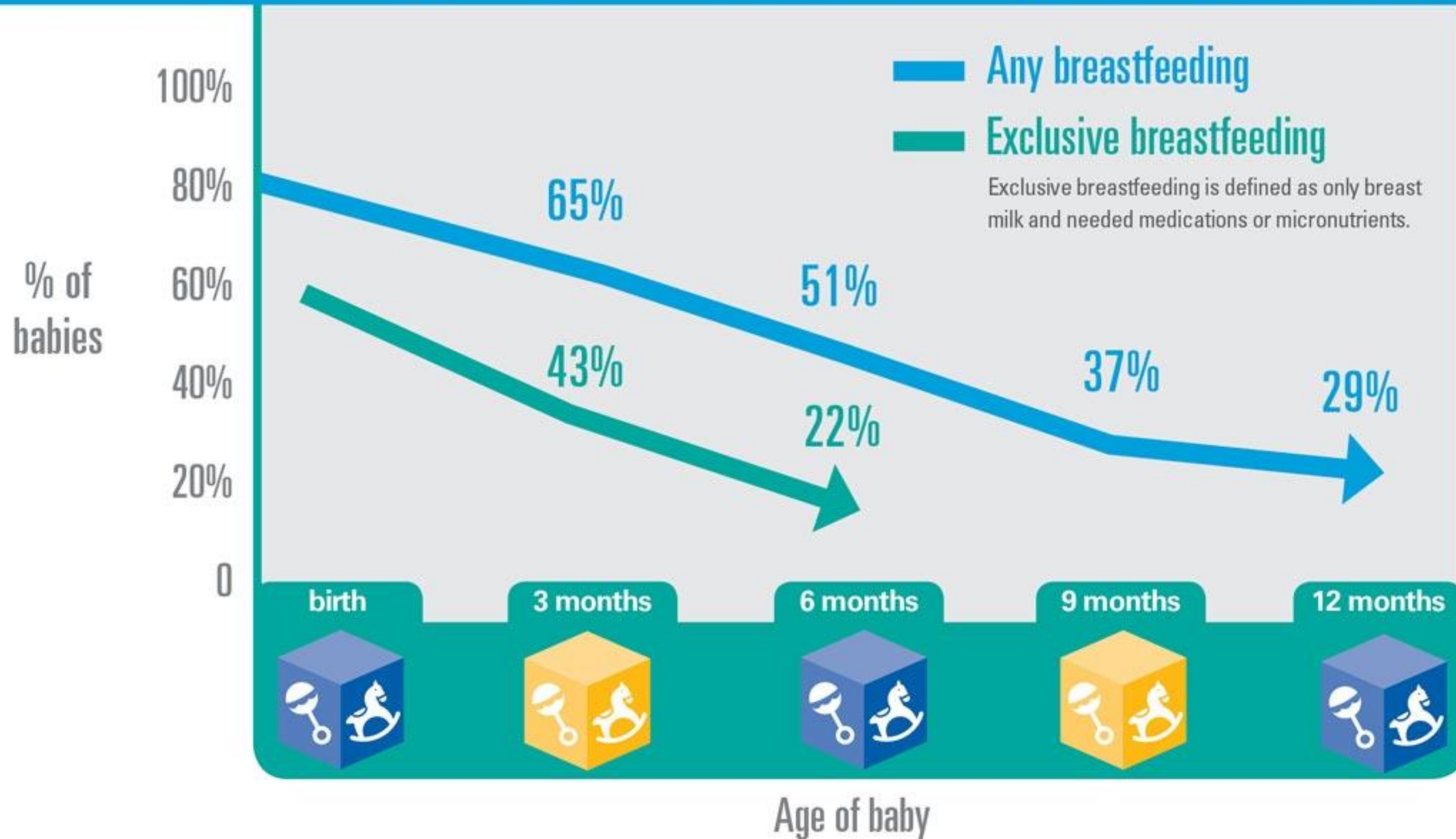








Percentage of babies breastfeeding during the first year



SOURCE: CDC's National Immunization Survey, among babies born in 2012.

Breastfeeding Report Card

United States: Outcome Indicators

State	Ever Breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding at 3 months	Exclusive breastfeeding at 6 months
U.S. National	81.1	51.8	30.7	44.4	22.3
Kentucky	66.9	35.3	21.6	35	19
Mississippi	52	23.9	11.3	21.4	9.3
Tennessee	71.1	42.5	24.7	38.7	16
West Virginia	64.6	35.8	18	32.6	14.1

Source: Centers for Disease Control and Prevention National Immunization Survey, Provisional Data, 2012 births.

0%

Benefits of Breastfeeding*

- Acute otitis media (middle ear infections)
- Atopic dermatitis (type of eczema)
- Gastrointestinal infections
- Lower respiratory tract diseases
- Asthma
- Type 1 Diabetes
- Type 2 Diabetes
- Childhood Leukemia
- Sudden Infant Death Syndrome (SIDS)
- Maternal type 2 diabetes
- Breast cancer
- Ovarian cancer

Adults who were breastfed:

- Lower blood pressure
- Lower cholesterol
- Lower obesity rate
- Lower risk of adult Type 2 diabetes

Cultural Power Code

- Lisa Delpit (1995) coined the term “power code”
- Delpit explains that “success in institutions—schools, workplaces, and so on—is predicated upon acquisition of the culture of those who are in power” and that while other “wonderful and viable cultures” exist, these cultures are “not cultures that carry the codes or rules of power” (p. 25)
- Formula = American/Appalachian power code
- Breastfeeding = powerless position

Application

- Watch the video [Power Code Analysis](#)
- Reflect on content
- Answer the questions provided
- Discuss