



Our mission is to create a healthier community by helping mothers breastfeed their babies.

## RATES



National  
Data <sup>1</sup>



58.3%

Any breastfeeding  
at 6 months

91.2%

35.3%

Any breastfeeding  
at 12 months

74.7%

46.9%

Exclusively breastfed  
through 3 months

82.7%

25.6%

Exclusively breastfed  
through 6 months

74.0%

## BARRIERS

Barriers to providing breastmilk include but are not limited to poor access to education and health resources, socio-economic level, racial inequalities, and lack of workplace support.

## WE ARE HONORED TO HAVE SERVED\*

over

350

families who  
identify as  
non-white

519

unique zip  
codes

over

3,000

low income &/or  
underinsured  
families

\*in 2019

## PROGRAM FUNDING

86% of the dollars raised by MilkWorks supports our programs

# OUTCOMES

"Without the support I received from MilkWorks, I probably wouldn't have been able to breastfeed my twins for over a year!"

"As soon as I walked into MilkWorks, I felt safe and reassured in the calming environment."

97%  
of clients felt  
MilkWorks helped  
them reach their  
lactation goals

"The support [MilkWorks] provided was insurmountable and will never be forgotten."

"MilkWorks made me feel less alone and gave me a sense of empowerment."

"We live in a very rural area with difficult access to health resources... having someone to talk through it with was beyond helpful."

[ telehealth patient ]

## HEALTH BENEFITS



Reduces the risk of SIDS by 36%<sup>6</sup>

Fewer instances of eczema<sup>2</sup>



Lowers risk of Type 1 diabetes<sup>4</sup>

19% reduction in chances of developing childhood leukemia<sup>6</sup>



4-24% less likely to develop reproductive cancers<sup>6</sup>



0.9-1.2% decreased risk of hip fracture for every month of lactation<sup>3</sup>



Lower rates of cardiovascular disease<sup>4</sup>



Reduces the likelihood of endometriosis by 40%<sup>5</sup>

for baby

for lactating parent

1. Center for Disease Control and Prevention. (2020). Breastfeeding Report Card. <https://www.cdc.gov/breastfeeding/data/reportcard.htm>

2. NIHR Biomedical Research Centre at Guy's and St Thomas' and King's College London. (2017). Breastfed babies are less likely to have eczema as teenagers, study shows. ScienceDaily. <http://www.sciencedaily.com/releases/2017/11/171113123746.htm>

3. Duan, X., Wang, J., & Jiang, X. (2016). A meta-analysis of breastfeeding and osteoporotic fracture risk in the females. Osteoporosis International, 28(2), 495-503. <https://doi.org/10.1007/s00198-016-3753-x>

4. Centers for Disease Control and Prevention. (2021, August 23). Why It Matters. <https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html>

5. Farland, L. V., Eliassen, A. H., Tamimi, R. M., Spiegelman, D., Michels, K. B., & Missmer, S. A. (2017). History of breast feeding and risk of incident endometriosis: prospective cohort study. BMJ, j3778. <https://doi.org/10.1136/bmj.j3778>

6. Agency for Healthcare Research and Quality. (2007). Agency for Healthcare Research and Quality (AHRQ). AHRQ. <https://www.ahrq.gov>