Breastfeeding protects mothers against all types of breast cancer, as it causes protective physiological changes in the breast. The longer one breastfeeds, the greater the protective benefit. However, social, cultural and economic factors discourage and prevent many mothers from breastfeeding.

For more information visit: www.bcpp.org

Duration Matters

Mothers who breastfeed the longest have more than **50% lower risk** of breast cancer than those who breastfeed for the least amount of time.

Adding Formula Reduces Benefits

Exclusive breastfeeding was found to reduce mother’s cancer risk by 28% over mixed feeding both formula and breastmilk.

Breastfeeding, whether it was exclusive or part of mixed feeding, reduced breast cancer risk for both pre-menopausal women (14% lower risk) and post-menopausal women (11% lower risk).

Beginning Breastfeeding is Critical

Studies consistently show that never having breastfed is associated with a higher risk of breast cancer.

One major study found that women who breastfed had a 10% lower risk of hormone receptor negative breast cancer and 22% lower risk of triple-negative breast cancer among women who had given birth.
Breastfeeding rates in California (white) exceed national rates (purple), but are far from optimal given the higher cancer risk among those who do not breastfeed at all or as long as their peers.

**Interventions:**
Community leaders, businesses, policymakers, friends and family members can all act to support women who choose to breastfeed:

- Launch public education campaigns that promote breastfeeding and provide information on its health benefits for both child and mother
- Implement supportive policies (like paid leave and more comprehensive medical plans) for pregnant women and new mothers
- Create breastfeeding-supportive workplaces for all workers
- Improve breastfeeding-supportive practices in health care facilities
- Increase maternal access to support for breastfeeding, including after birth

For more information visit: [www.bcpp.org](http://www.bcpp.org)