

Breastmilk – Position Statements of Major Health Organizations

CDC: According to OSHA's and CDC's definitions, breast milk is classified as "food" and does not require universal precautions for handling body fluids.

If you want direct quotes, you can refer to this article about the need for Universal Precautions in a CDC publication:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00000039.htm>

OSHA: The Federal Occupational Safety & Health Administration's interpretation of regulation 29 CFR 1910.1030 states that breast milk is not an "occupational exposure".

The World Health Organization: WHO clearly considers breastmilk to be food. "Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development...Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn...Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond." (my emphasis)

The American Academy of Pediatrics (AAP), American Academy of Family Physicians, American College of Obstetricians and Gynecologists, American College of Nurse-Midwives, American Dietetic Association, American Public Health Association, Academy of Breastfeeding Medicine, the Surgeon General of the United States, World Health Organization, United Nations Children's Fund, and many other health organizations around the world all recommend that most infants in the United States be breastfed for at least 12 months and recommend exclusive breastfeeding for the first 6 months of life.

American Dietetic Association: "It is the position of the American Dietetic Association that exclusive breastfeeding provides optimal nutrition and health protection for the first 6 months of life and breastfeeding with complementary foods from 6 months until at least 12 months of age is the ideal feeding pattern for infants." (November, 2009)