Increasing the Proportion of Infants Who are being Breastfed

Jasmine Guo, Erica Aibanggee, Roya Saba, Brianna Luck, Kiplea Wright
Overview

Goal: Increase the number of infants who are breastfed from the first days of life throughout year 1

Focus: To enforce proper infant care from the beginning of the developmental stage
Indicators

- Increase the proportion of infants who are ever breastfed
- Increase the proportion of infants who are breastfed at 6 months
- Increase the proportion of infants who are breastfed at 1 year
- Increase the proportion of infants who are breastfed exclusively through 3 months
- Increase the proportion of infants who are breastfed exclusively through 6 months
What are the Benefits of Breastfeeding?

1. Nutritional Benefits
2. Boosted Immunity
3. Healthier Mothers (decreases likelihood of ovarian and breast cancer)
4. Brain Development
5. Enhances Oral and Dental Health
6. Reduces the likelihood of developing asthma
7. Decreases the likelihood of developing childhood obesity
8. Decreases the likelihood of sudden infant death syndrome
Benefits Cont’d
How it’s measured

- The Methodology used to measure the percentage of infants breastfed by providing an annual questionnaire conducted through the National Immunization Survey (NIS) using cellphone and landline telephones.
- The Target Setting Method is a Projection/trend analysis.
- Variables: Number of caregivers of children born in a cohort year who indicate their child was ever breastfed or fed breast milk and number of children aged 19 to 35 months born in the same cohort year.
What it addresses

● The percentages of infants that are breastfed
● The percentages of infants that are not breastfed
● The disparities that exist throughout the regions of the United States related to mothers breastfeeding their infants
Disparities

- Associated with race/ethnicity, socioeconomic characteristics, and geography
- The disparities that currently exist are between metropolitan areas and nonmetropolitan areas. There are higher rates of women that breastfeed in metropolitan areas compared to non-metropolitan areas
- Racial demographics for breastfeeding were higher among the Asian population, least among the American Indian or Alaska Native population, and lower among the African American population
Progress

- From 2006 to 2011, there has been an increase in the number of infants who were ever breastfed
- 2006- Female infants were breastfed more than male infants
- 2008- Male infants were breastfed more than female infants
- 2009- Female infants were breastfed more than male infants
- 2011- Male infants were breastfed more than female infants
21.1 Increase the Proportion of Infants Who are Ever Breastfed

**Overview:** Increase the number of infants ever breastfed

**Question:** Was your child ever breastfed or fed breast milk?

**Target:** 2006: 74% to 2020: 81.9%

**Progress:** From 2003 to 2011, there was a 6.6% increase in the number of infants who were ever breastfed
## 21.1 Increase the Proportion of Infants Who are Ever Breastfed

**Infants Ever Breastfed by Percent**

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</tr>
</thead>
<tbody>
<tr>
<td>National Data</td>
<td>71.6</td>
<td>71.4</td>
<td>72.6</td>
<td>73.1</td>
<td>74.1</td>
<td>74</td>
<td>74.6</td>
<td>76.5</td>
<td>79.2</td>
</tr>
</tbody>
</table>
21.1 Increase the Proportion of Infants Who are Ever Breastfed
21.1 Increase the Proportion of Infants Who are Ever Breastfed
21.2 Increase the proportion of infants who are breastfed at 6 months

- **Target**: 2006: 43.5%  
  2020: 60.6%

- **Progress**: For each year of births from 1999 through 2006 there was an increase of 1.63% points per year.

- **Questions**:
  1. Was your child ever breastfed or fed breast milk?
  2. How old your child when he/she completely stopped breastfeeding or being fed breast milk?

- **Answer Choices**: greater than 6 months or still breastfeeding
Progress: MICH-21.2 Increase the proportion of infants who are breastfed at 6 months

Disparities Overview by Sex
MICH-21.2: Infants breastfed at 6 months (percent)
This chart displays the range of estimates for each time point and identifies the populations with highest and lowest values.


Data Source: National Immunization Survey (NIS), CDC/NCIRD and CDC/NCHS

Footnotes  Show Footnotes
21.3 Increase the proportion of babies who are breastfeed at year 1

- **Target**: 2006: **22.7%**  2020: **34.1%**
- **Progress**: From 2001 to 2011, there was a **8.2%** increase babies who were breastfed at year 1.
- **Current Recommendations**: The World Health Organization recommends breastfeeding until the age of 2. The American Academy of Pediatrics recommends breastfeeding until the age of 1.
- **Policies**: The most recent policy regarding breastfeeding at the age of 1 was the Surgeon General’s Call to Action to support breastfeeding in 2011.
21.4 Increase the proportion of infants who are breastfed exclusively through 3 months

- **Current Baseline**: 33.6% of infants born in 2006
- **Target**: the percentage of women breastfeeding is projected to equal 46.2% in 2020.
- **Progress**: From 2001 to 2011, there was a 9.2% increase.
IT BEGINS IN THE HOSPITAL!!

From 2007-2017 the number of “baby-friendly” facilities for breastfeeding increased by almost 20%.
21.5 Increase proportion of infants who are breastfed exclusively through 6 months

- Target: 25.5%
- As reported in 2007-09, 14.1% of infants were breastfed exclusively through 6 months.
- From 2004 to 2011, there was a 6.7% increase
- The Asian population (26.8%) had higher rates of breastfeeding than the African American population (13.7%)
- 2011 was the most recent year data was measured
21.5 Increase proportion of infants who are breastfed exclusively through 6 months

**Infants breastfed exclusively through 6 months (percent)**

**By Total**

- **2020 Target:** 25.5
- **Desired Direction:** ↑ Increase desired

**Data Source:** National Immunization Survey (NIS); Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases and National Center for Health Statistics (CDC/NCIRD and CDC/NCHS)

Additional footnotes may apply to these data. Please refer to footnotes below the data table for further information.
Policies

- The Surgeon General’s Call to Action in 2011
- The Department of Health and Human Services Business Case for Breastfeeding
- The US Department of Agriculture Food and Nutrition Services Special Supplemental Nutrition Program for Women, Infants, and Children
Surgeon General’s Call to Action to Support Breastfeeding (2011)

- The Surgeon General’s Call to Action to Support Breastfeeding, aims to mobilize families, communities, clinicians, health care systems, and employers to take action to improve support for breastfeeding. It outlines 20 action steps to support breastfeeding mothers and infants across six strategic areas: mothers and families, communities, the health care system, employment, research and surveillance, and public health infrastructure. The Call to Action 2011 has guided national efforts to meet Healthy People 2020 objectives and better support breastfeeding.

- **Purpose**: Make it possible for every mother who wishes to breastfeed to be able to do so by shifting how the nation thinks and talks about breastfeeding.
Five Year Progress

Current Federal Actions that occurred between 2011 and 2016 to Improve Breastfeeding in the U.S.

1. **Mothers and Families**: In 2011, the Office on Women’s Health released updated versions of *Your Guide to Breastfeeding* and *Your Guide to Breastfeeding for African American Women*.

2. **Communities**: In 2014, with support from the Centers for Disease Control and Prevention (CDC), the National Association of County & City Health Officials (NACCHO) awarded funding to 69 local health departments and community organizations to provide peer and professional lactation support to African American and underserved women and infants.

3. **Health Care**: In 2014, CDC supported EMPower Breastfeeding: Enhancing Maternity Practices. The EMPower initiative helps hospitals implement evidence-based maternity care and achieve the Baby-Friendly designation. By the end of 2015, 94 US hospitals were participating in EMPower.
4. **Employment:** The Department of Labor Wage and Hour Division enforces the "Break Time for Nursing Mothers" provision of the Fair Labor Standards Act, which sets standards for wages and working conditions for most private and public employees. This provision requires employers to provide a private, equipped space and enough time to express breast milk.

5. **Research and Surveillance:** CDC authors completed a follow-up study of children participating in the Infant Feeding Practices Study II, the largest longitudinal study of infant feeding in the United States. Analyses examined the long-term outcomes of infant feeding practices and were published in a special *Pediatrics* supplement in 2014.

6. **Public Health Infrastructure:** The United States Breastfeeding Committee (USBC) is composed of representatives from relevant government departments, non-governmental organizations, and health professional associations. USBC works with federal agencies such as CDC and serves as the lead national organization that promotes and supports breastfeeding activities across the United States.
Recommendation

- Breastfeeding Advocacy Programs could be enforced more throughout infant facilities such as daycare centers, nursery schools, and infant nutritional offices.
- Promote the benefits of breastfeeding, such as how it can affect the child’s learning ability and health in the future, to new mothers and mothers-to-be, so they are more aware.
- Health organizations could advocate for more “baby-friendly” designations not only in healthcare facilities but everywhere else.
## Data that supports Recommendation

### In Babies, Breastfeeding is Associated With a Lower Risk of:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk</th>
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<tbody>
<tr>
<td>Sudden Infant Death Syndrome</td>
<td>36-50%</td>
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<tr>
<td>Lower Respiratory Tract Disease</td>
<td>72%</td>
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<tr>
<td>Gastrointestinal Infections</td>
<td>64%</td>
</tr>
<tr>
<td>Type 1 Diabetes</td>
<td>19.27%</td>
</tr>
<tr>
<td>Type 2 Diabetes</td>
<td>39%</td>
</tr>
<tr>
<td>Leukemia (acute lymphocytic)</td>
<td>19%</td>
</tr>
<tr>
<td>Leukemia (acute myelogenous)</td>
<td>15%</td>
</tr>
<tr>
<td>Asthma</td>
<td>27%</td>
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<tr>
<td>Childhood Obesity²</td>
<td>15-30%</td>
</tr>
<tr>
<td>Atopic Dermatitis</td>
<td>42%</td>
</tr>
<tr>
<td>Acute Ear Infection</td>
<td>50%</td>
</tr>
</tbody>
</table>

### In Mothers, Breastfeeding is Associated With a Lower Risk of:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer</td>
<td>28-50%*</td>
</tr>
<tr>
<td>Breast Cancer w/ family history</td>
<td>59%</td>
</tr>
<tr>
<td>Ovarian Cancer</td>
<td>21%</td>
</tr>
<tr>
<td>Type 2 Diabetes</td>
<td>4-12%</td>
</tr>
<tr>
<td>Coronary Heart Disease³</td>
<td>37%</td>
</tr>
</tbody>
</table>

### Breastfeeding is Great for the Planet:

- Reduces packaging, production & marketing waste; saves fuel.
- No methane emissions (cow gas destroys the ozone more than cars).
- Improved child spacing and population control.
THANK YOU
References

https://www.cdc.gov/breastfeeding/promotion/calltoaction.htm


http://pediatrics.aappublications.org/content/140/4/e20171229..info

http://pediatrics.aappublications.org/content/140/4/e20172509..info

https://www.youtube.com/watch?v=20ofQMJ3TjE