



# Breastfeeding Report Card

United States / 2014

National Center for Chronic Disease Prevention and Health Promotion  
Division of Nutrition, Physical Activity, and Obesity

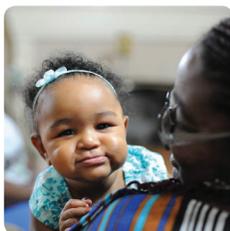




# Stories from the Field

## Community Breastfeeding Gatherings Link Families Together (Milwaukee, Wisconsin)

To ease the transition from hospital to home, the African American Breastfeeding Network (AABN) provides support to breastfeeding women and their families through monthly Community Breastfeeding Gatherings (CBGs).



Hosted at a Milwaukee YMCA, the CBGs bring together pregnant and breastfeeding mothers, their families and International Board Certified Lactation Consultants. Starting with a family style meal, the CBGs facilitate an informal and educational community dialogue where mothers and fathers hear key messages on how to support breastfeeding. “To move towards normalizing breastfeeding at the community level, we need to involve the entire family, not just mothers,” said Dalvery Blackwell, co-founder of AABN. “Everybody has a responsibility in breastfeeding.” The CBGs have reached more than 800 pregnant women since 2008. Many mothers who previously participated in the CBGs return to support their peers as “Big Sisters,” and fathers can participate in the new Peer Father Advocate component of the program. Currently, AABN is authoring a program curriculum and plans to replicate the CBGs at other YMCAs throughout the Milwaukee area.

## City Provides Training for Health Care Professionals (New York City, New York)

The New York City Department of Health and Mental Hygiene annually sponsors a 5-day Certified Lactation Counselor (CLC) course to certify staff working with the Newborn Home Visiting Program (NHVP), the Nurse Family Partnership (NFP), and 39 birthing facilities throughout the city. Under NHVP, eligible breastfeeding mothers receive post-discharge breastfeeding support within the first few days of delivery. Under NFP, first-time mothers receive breastfeeding education throughout their pregnancy and ongoing support via regular home visits. Since 2007, 1,173 NYC public health workers and birthing facility staff have taken the 5-day CLC course. In a recently-administered survey, CLC course participants reported an overall increase in confidence when helping mothers initiate breastfeeding and when assessing difficult breastfeeding situations. Also, 15% of participants reported that they received a promotion, pay raise, or change in job title as a result of receiving their CLC certification.



## Preschool Creates Breastfeeding Supportive Environment (Tempe, Arizona)

The Tempe Christian Preschool in Tempe, Arizona is actively engaged in improving policies and practices to support breastfeeding. The preschool is one of 75 early childcare and education (ECE) facilities participating in the national Early Care and Education Learning Collaborative (ECELC), a CDC funded effort known as the Empower PLUS+ Program in Arizona. A standard of this program is to provide breastfeeding support for mothers and employees in ECE settings. To do this, Tempe Christian Preschool has created an action plan that promotes safe handling of breast milk for parents and staff and provides a comfortable room for mothers to pump milk or breastfeed. The preschool took the room a step further and created a breastfeeding lounge complete with a couch, pillows, shelves and a privacy screen. Pastor Tina Wilson, administrator of the preschool, remarked that the room has, “enabled many new moms the opportunity to breastfeed in a safe and comfortable environment.”



## Terrebonne General Medical Center Changes Birthing Practices (Houma, Louisiana)

As a participant in the CDC funded and National Institute for Children’s Health Quality led Best Fed Beginnings (BFB) initiative, the Women’s Center at Terrebonne General Medical Center has made significant progress in its breastfeeding support. Placing a newborn directly on a mother’s chest after birth, a practice known as skin-to-skin contact, helps new mothers begin breastfeeding. All of Terrebonne’s infants are now placed skin-to-skin after both vaginal and C-section deliveries, and breastfeeding initiation has increased from 40% in 2011 to 65% during the first half of 2014. Much of Terrebonne’s success as a BFB participant lies in its committed and trained hospital staff, collaboration with programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and engagement of the community in breastfeeding support. To further ensure success for breastfeeding support, Terrebonne, in collaboration with the Louisiana WIC Program, the Louisiana Breastfeeding Coalition, and the Office of Public Health, trained staff physicians to provide breastfeeding support and to connect mothers to community resources.



## Breastfeeding Rates<sup>1</sup>

State	Ever Breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding at 3 months	Exclusive breastfeeding at 6 months
U.S. National	79.2	49.4	26.7	40.7	18.8
Alabama	67.3	32.1	11.8	26.6	13.2
Alaska	87.3	64.3	42.5	51.6	27.6
Arizona	81.6	47.8	23.9	37.5	18.0
Arkansas	67.1	32.3	13.5	29.1	10.3
California	92.8	63.1	38.4	56.1	25.4
Colorado	81.0	55.2	29.3	50.3	25.8
Connecticut	83.3	51.4	27.5	36.9	19.2
Delaware	65.7	34.4	16.8	31.7	13.2
Dist of Columbia	77.6	53.1	30.0	37.6	17.3
Florida	77.0	48.7	26.9	38.9	18.3
Georgia	70.3	40.1	20.7	27.2	14.5
Hawaii	89.5	61.5	36.5	48.5	26.4
Idaho	84.4	56.8	30.5	40.2	24.8
Illinois	77.4	47.0	26.1	38.1	18.2
Indiana	74.1	38.6	21.5	35.7	18.1
Iowa	82.1	51.6	28.9	41.2	20.1
Kansas	77.4	40.3	22.5	37.4	11.4
Kentucky	61.3	31.5	22.8	28.9	14.2
Louisiana	56.9	30.3	12.6	25.3	13.4
Maine	81.7	50.5	29.2	48.6	24.7
Maryland	79.8	60.1	29.4	43.6	23.1
Massachusetts	81.4	53.7	24.9	36.8	17.5
Michigan	75.3	46.6	23.3	40.5	16.2
Minnesota	89.2	59.2	34.6	48.5	23.5
Mississippi	61.5	28.9	10.0	28.8	10.1
Missouri	67.9	42.1	20.2	32.5	14.1
Montana	91.2	50.7	25.5	53.4	19.3
Nebraska	82.4	46.1	25.8	46.5	20.2
Nevada	80.9	45.3	22.7	43.9	18.0
New Hampshire	86.4	57.6	32.9	51.7	27.0
New Jersey	81.6	56.2	30.9	39.6	22.3
New Mexico	76.9	45.9	28.3	43.1	16.1
New York	80.5	55.8	31.3	37.1	16.9
North Carolina	77.2	48.3	24.5	42.6	20.7
North Dakota	82.4	55.4	26.5	53.9	22.5
Ohio	70.1	42.1	21.6	35.5	15.0
Oklahoma	71.2	38.4	22.6	35.5	15.5
Oregon	91.9	64.4	40.2	52.1	25.8
Pennsylvania	72.9	45.7	26.1	34.0	15.3
Rhode Island	79.7	47.0	22.2	42.8	19.3
South Carolina	73.4	37.4	14.0	32.0	13.4
South Dakota	77.7	45.6	18.3	42.0	15.9
Tennessee	74.9	40.7	20.9	39.1	15.4
Texas	78.4	42.9	20.9	38.9	16.8
Utah	89.6	63.1	40.7	53.2	20.0
Vermont	90.0	66.5	45.3	60.5	29.6
Virginia	80.5	53.7	27.4	38.3	22.9
Washington	91.8	64.2	35.3	46.8	20.3
West Virginia	59.3	29.3	15.9	28.3	12.2
Wisconsin	83.5	54.9	26.2	48.0	21.4
Wyoming	87.6	56.6	30.0	43.6	16.2

Source: Centers for Disease Control and Prevention National Immunization Survey (NIS), 2011 births.

The 2011 rates are based on the landline and cellular telephone samples in NIS, referred to as the dual-frame sample.

<sup>1</sup>This is the first year CDC is releasing breastfeeding rates based on the dual-frame sample. For a description of the impact on breastfeeding rates when NIS added a cellular telephone sample of respondents, see [http://www.cdc.gov/breastfeeding/data/nis\\_data/survey\\_methods.htm](http://www.cdc.gov/breastfeeding/data/nis_data/survey_methods.htm)

## Breastfeeding Support Indicators

State	Average mPINC Score	Percent of live births occurring at Baby-Friendly Facilities	Percent of breastfed infants receiving formula before 2 days of age	Number of La Leche League Leaders per 1,000 live births	Number of CLCs* per 1,000 live births	Number of IBCLCs* per 1,000 live births	State's child care regulation supports onsite breastfeeding
U.S. National	75	7.79	19.4	0.90	3.84	3.48	7
Alabama	67	2.50	27.0	0.62	1.49	2.38	No
Alaska	82	21.79	11.9	1.23	4.90	6.83	No
Arizona	75	1.65	26.6	1.01	1.11	3.33	Yes
Arkansas	62	0	16.5	0.44	0.70	2.11	No
California	83	26.97	12.7	0.66	1.18	4.06	Yes
Colorado	79	8.60	10.6	1.38	8.00	4.19	No
Connecticut	82	28.56	25.6	2.30	9.20	5.24	No
Delaware	86	8.41	18.2	0.36	0.55	4.36	Yes
Dist of Columbia	80	11.81	24.4	0.75	1.50	1.50	No
Florida	78	2.57	23.0	0.87	6.03	2.45	No
Georgia	69	0	27.1	0.64	6.69	2.50	No
Hawaii	80	8.94	19.6	0.53	6.26	4.58	No
Idaho	76	7.26	14.1	0.94	3.84	3.48	No
Illinois	77	2.55	24.7	0.80	6.76	3.03	No
Indiana	76	12.01	17.2	0.95	2.77	4.71	No
Iowa	69	0.14	23.6	0.69	3.74	2.74	No
Kansas	70	0	17.7	1.91	0.51	3.76	No
Kentucky	70	5.85	10.3	0.36	6.38	2.80	No
Louisiana	71	0	12.4	0.54	1.08	2.31	No
Maine	82	27.56	16.7	1.79	22.14	6.08	No
Maryland	76	6.77	23.3	0.92	1.07	4.55	No
Massachusetts	84	7.12	20.1	1.43	9.30	5.42	No
Michigan	73	0.50	15.5	1.35	2.07	2.79	No
Minnesota	77	8.23	15.9	0.87	7.88	4.58	No
Mississippi	59	0	15.1	1.14	0.57	1.81	Yes
Missouri	71	0.82	22.7	1.35	2.02	3.61	No
Montana	80	0.25	9.4	1.95	25.54	4.13	No
Nebraska	68	7.49	13.9	1.42	11.80	3.91	No
Nevada	71	5.20	22.5	0.74	4.14	1.66	No
New Hampshire	91	35.98	10.5	2.01	12.17	7.33	No
New Jersey	78	5.96	28.4	1.46	2.49	3.42	No
New Mexico	77	3.77	15.5	0.87	1.75	3.30	No
New York	80	5.72	28.8	0.74	10.65	3.32	No
North Carolina	75	9.75	14.3	1.29	0.96	4.91	Yes
North Dakota	75	2.01	8.2	0.66	9.05	2.26	No
Ohio	76	10.31	19.9	0.98	5.16	3.67	No
Oklahoma	71	0.40	15.3	0.39	1.33	3.24	No
Oregon	85	9.21	13.5	1.33	0.42	7.58	No
Pennsylvania	74	0.08	22.2	1.15	2.40	2.97	No
Rhode Island	86	10.53	20.2	0.56	14.53	5.64	No
South Carolina	78	9.25	22.6	0.59	2.76	2.73	No
South Dakota	70	3.91	8.8	0.16	2.52	2.52	No
Tennessee	67	0.13	14.6	0.58	4.13	2.21	No
Texas	73	3.35	22.3	0.48	0.99	2.32	Yes
Utah	72	6.43	19.2	0.67	0.31	2.08	No
Vermont	88	3.21	8.5	3.01	18.74	13.55	Yes
Virginia	76	0.52	18.3	1.40	0.83	4.33	No
Washington	82	11.18	18.9	1.19	0.31	5.65	No
West Virginia	69	0	12.9	0.53	3.21	3.01	No
Wisconsin	79	12.43	15.5	1.19	7.64	4.07	No
Wyoming	71	2.85	14.8	2.23	21.15	2.76	No

\* CLC – Certified Lactation Counselor; IBCLC – International Board Certified Lactation Consultant.

## Breastfeeding Report Card Indicators — 2014

Each indicator is measured in every state, allowing state-by-state comparisons.

### Breastfeeding Rates

Five indicators profile the extent to which infants are breastfed: (1) Ever breastfed, (2) Breastfeeding at 6 months, (3) Breastfeeding at 12 months, (4) Exclusive breastfeeding at 3 months and (5) Exclusive breastfeeding at 6 months. These indicators are the breastfeeding goals outlined in *Healthy People 2020*, the nation's health priorities.

#### Healthy People 2020 Objectives

	Target
<b>MICH*-21:</b> Increase the proportion of infants who are breastfed	
MICH-21.1: Ever	81.9%
MICH-21.2: At 6 months	60.6%
MICH-21.3: At 1 year	34.1%
MICH-21.4: Exclusively through 3 months	46.2%
MICH-21.5: Exclusively through 6 months	25.5%
<b>MICH-22:</b> Increase the proportion of employers that have worksite lactation support programs.	38%
<b>MICH-23:</b> Reduce the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life.	14.2%
<b>MICH-24:</b> Increase the proportion of live births that occur in facilities that provide recommended care for lactating mothers and their babies.	8.1%

\*Maternal Infant and Child Health

Breastfeeding rates for infants born in 2011 come from the U.S. National Immunization Surveys (NIS), 2012 and 2013. This nationwide survey provides current national, state, and selected urban-area estimates of vaccination coverage rates for U.S. children ages 19 to 35 months. Since July 2001, breastfeeding questions have been asked on the NIS to assess the population's breastfeeding practices. The NIS sampling frame was expanded in 2011 to include a cellular telephone sample of respondents, called a dual-frame sample. This is the first year CDC is releasing breastfeeding rates based on the dual-frame sample. For a description of the impact on breastfeeding rates when NIS added a cellular telephone sample of respondents, see [http://www.cdc.gov/breastfeeding/data/nis\\_data/survey\\_methods.htm](http://www.cdc.gov/breastfeeding/data/nis_data/survey_methods.htm)

### Breastfeeding Support Indicators

Elements of breastfeeding-friendly communities are measured using indicators that assess support from birth facilities, health professionals, and child care settings.

### Birth Facility Support

- State Maternity Practices in Infant Nutrition and Care (mPINC) score
- Percent of live births occurring at hospitals or birth centers designated as Baby-Friendly
- Percent of breastfed infants receiving formula before 2 days of age

Birth facility policies and practices significantly impact whether a woman chooses to start breastfeeding and how long she continues to breastfeed. Several specific policies and practices, in combination, determine how much overall support for breastfeeding a woman giving birth in a given facility is likely to receive and how likely her baby is to receive formula in the first 2 days.

Two initiatives, one national and one global, provide informative measures of birth facility support. The mPINC survey, administered by CDC, measures breastfeeding-related maternity care practices at intrapartum care facilities across the U.S. and compares the extent to which these practices vary by state. Thus, the state mPINC score represents the level at which birth facilities in each state provide maternity care supportive of breastfeeding.

The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birth centers that offer an optimal level of care for lactation based on the WHO/UNICEF Ten Steps to Successful Breastfeeding for Hospitals.

### Mother-to-Mother Support

- Number of La Leche League Leaders per 1,000 live births

La Leche League is an organization of trained and accredited volunteer mothers who provide support and help to pregnant and breastfeeding mothers. This support is provided through group meetings, online, and via telephone and partnership efforts throughout their communities. This kind of assistance is an important element of comprehensive breastfeeding support. The number of La Leche League Leaders per 1,000 live births provides a broad estimate of the availability of breastfeeding assistance in a given state.

### Professional Support

- Number of International Board Certified Lactation Consultants per 1,000 live births
- Number of Certified Lactation Counselors per 1,000 live births

Health professionals who provide lactation support do so in hospitals, birth centers, physicians' offices, public health clinics, their own offices, and a wide variety of community settings. They are members of the

health care team who support the work of physicians and other primary health care providers. Professional breastfeeding experts support breastfeeding when they assist mothers and infants, create and administer lactation programs, and educate other health professionals about breastfeeding. Availability of this kind of support is measured in the Report Card in two ways – by the number of International Board Certified Lactation Consultants (IBCLCs) to the number of live births, and by the number of Certified Lactation Counselors (CLCs) to the number of live births.

IBCLCs specialize in the clinical management of human lactation and breastfeeding. The IBCLC certification, accredited by the National Commission on Certifying Agencies, requires that a person complete the requirements for eligibility for the certification exam administered by the International Board of Lactation Consultant Examiners and pass that exam. The eligibility requirements for IBCLC certification vary by professional background. Once certified, all IBCLCs must recertify every 5 years.

CLCs provide education and counseling about breastfeeding. The CLC certification, accredited by the American National Standards Institute, requires that a person complete the CLC training course and pass the certification exam administered by the Academy of Lactation Policy and Practice. Once certified, all CLCs must recertify every 3 years.

## Support in Child Care Settings

- **States child care regulation support onsite breastfeeding**

In the U.S., about half of infants are routinely cared for by someone other than a parent. About half of these infants attend child care centers; the other half spend time in a variety of home-based settings including licensed family child care homes or the home of a family member, friend, or neighbor. Thus, child care facilities – both family child care homes and child care centers – play an important role in supporting breastfeeding among mothers whose infants are cared for in these facilities. State scores were determined by the National Resource Center for Health and Safety in Child Care and Early Education (1A1- support breastfeeding by making arrangements for mothers to feed their child on-site). State child care regulation is categorized as fully supportive of on-site breastfeeding if all child care entities licensed by the state have a score of 4 (fully supportive) on this item.

## Data Sources

1. Breastfeeding Rates – Ever Breastfed, Breastfeeding at 6 months, Breastfeeding at 12 months, Exclusive breastfeeding at 3 months, Exclusive breastfeeding at 6 months
  - a. CDC National Immunization Surveys 2012 and 2013, Data, 2011 births. [http://www.cdc.gov/breastfeeding/data/NIS\\_data/index.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm)
2. Breastfeeding support indicators
  - a. Average mPINC score  
*Source: 2013 CDC Maternity Practices in Infant Nutrition and Care (mPINC) Survey.* <http://www.cdc.gov/breastfeeding/data/mpinc/results.htm>
  - b. Percent of live births at facilities designated as Baby Friendly (BFHI)  
*Source: Baby Friendly USA. Baby-Friendly Hospitals and Birth Centers as of June 2014.* Available at <http://www.babyfriendlyusa.org>\*
  - c. Percent of breastfed infants receiving formula before 2 days of age  
*Source: CDC National Immunization Surveys 2012 and 2013, Data, 2011 births.* [http://www.cdc.gov/breastfeeding/data/NIS\\_data/index.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm)
  - d. Number of La Leche League Leaders per 1,000 live births.  
*Source: La Leche League International database of accredited LLL Leaders as of June 2014, obtained through correspondence with Brenda Bandy, La Leche League Representative to USBC.*
  - e. Number of CLC's per 1,000 live births  
*Source: The Academy of Lactation Policy and Practice. Find a CLC/ANLC/ALC in your area, <http://talpp.org/findlc.cfm>\* Accessed 6/30/2014 (annual CLC data for 2011 through 2013 obtained through correspondence with Kajsia Cadwell Brimdyr, Director of Operations at Healthy Children Project, Inc.).*
  - f. Number of IBCLCs per 1,000 live births.  
*Source: International Board of Lactation Consultant Examiners. IBCLC Facts and Figures as of Nov. 8, 2013, <http://uslca.org/wp-content/uploads/2013/02/IBLCE-Stats-on-IBCLCs.pdf>\* Accessed 3/11/2014.*
  - g. States child care regulation fully supports onsite breastfeeding;  
*Source: National Resource Center for Health and Safety in Child Care and Early Education. 2014. Achieving a state of healthy weight: 2013 update. Aurora, CO: University of Colorado Denver.*
  - h. Number of Live Births by state  
*Source: Total live birth information: Hamilton BE, Martin JA, Osterman MJK, Curtin SC. Births: Preliminary Data for 2013. National Vital Statistics Reports; vol 63 no 2. Hyattsville, MD: National Center for Health Statistics. 2014. Available at [http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf) Accessed 6/4/2014.*

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