

## Chapter 5. Mothers' Health and Dietary Practices

**Table 5.1. Percent of mothers who had any health conditions which made it hard or impossible for them to take care of their babies in the past 2 weeks by infant age and selected demographics<sup>1</sup>**

Infant Feeding Practices Study II

	Month 3		Month 6		Month 9		Month 12	
	N	%(Yes)	N	%(Yes)	N	%(Yes)	N	%(Yes)
ALL	2,370	6.4	2,092	4.8	1,936	5.9	1,796	5.6
<b>Age</b>								
18-24	485	6.6	392	4.1	336	7.7	294	7.1
25-29	796	7.0	701	3.6	647	5.4	602	5.6
30-34	679	5.7	630	6.2	594	4.5	547	4.9
35+	408	5.9	368	5.4	357	7.6	352	5.4
<b>Parity</b>								
Primiparous	671	6.7	592	4.4	541	7.9	508	8.3
Multiparous	1,649	6.4	1,463	5.1	1,363	5.2	1,257	4.5
<b>Education</b>								
HS or less	427	8.4	384	4.2	334	6.3	299	8.0
Some college	855	5.6	733	4.0	676	5.9	607	5.6
College graduate	937	6.1	861	5.8	830	5.5	794	4.5
<b>Income (% of poverty)</b>								
< 185%	952	8.0	822	4.5	732	7.2	655	7.2
185- < 350%	842	6.3	752	5.5	704	4.5	668	5.1
>=350%	576	4.0	518	4.2	500	6.0	473	4.2
<b>WIC Participant</b>								
No	1,474	6.3	1,326	4.8	1,252	5.2	1,185	4.5
Yes	896	6.6	766	4.7	684	7.3	611	7.9
<b>Race</b>								
White	1,977	6.2	1,762	4.8	1,638	6.0	1,519	5.2
Black	99	10.1	67	6.0	64	1.6	60	5.0
Hispanic	130	6.2	113	3.5	105	5.7	97	4.1
<b>Region</b>								
Northeast	419	6.0	400	4.3	369	5.4	348	3.4
Midwest	727	6.5	639	4.4	591	4.4	565	4.6
South	749	6.0	637	5.3	588	6.1	533	6.6
West	475	7.4	416	5.0	388	8.5	350	8.0

<sup>1</sup> Table is based on variables: M3J1, M6J1, M9J1, MWJ1

<http://www.cdc.gov/ifps>



**Table 5.2. Median number of cigarettes mothers smoked on average per day by infant age<sup>1</sup>, among mothers who smoked**

Infant Feeding Practices Study II

<b>Infant age in months</b>	<b>N</b>	<b>Median</b>
3	327	8.0
6	287	9.0
9	255	10.0
12	241	10.0

<sup>1</sup> Table is based on variables: M3J2, M6J2, M9J2, MWJ2

**Table 5.3. Percent of babies' parents who were using the following birth controls at month 3 survey<sup>1</sup>**

Infant Feeding Practices Study II	
	%
Not using any kind of birth control	12.4
Not having sex (abstinence)	11.4
Tubes tied or closed (female sterilization)	9.6
Vasectomy (male sterilization)	3.4
Mini-pill	10.3
Pill	17.1
Condoms	28.6
Withdrawal (pulling out)	11.3
Shot once a month (Lunelle®)	0.0
Shot once every 3 months (Depo-Provera®)	3.8
Contraceptive patch (OrthoEvra®)	1.5
Diaphragm, cervical cap, or sponge	0.9
Cervical ring (NuvaRing® or others)	1.5
IUD (including Mirena®)	5.0
Rhythm method or natural family planning	4.4
<b>N</b>	<b>2,365</b>

<sup>1</sup> Table is based on variables: M3J4A-O

<sup>2</sup> Column percentages do not add up to 100% because mothers could choose all that apply

**Table 5.4. Median of mothers' current weight by infant age<sup>1, 2</sup>**

Infant Feeding Practices Study II

Infant age in months	Weight in pounds	
	N	Median
3	2,329	160.0
6	2,031	158.0
9	1,885	157.0
12	1,749	157.0

<sup>1</sup> Table is based on variables: M3J5, M6J4, M9J4, MWJ4

**Table 5.5. Percent of mothers who changed their diet in each way while they were breastfeeding by infant age<sup>1</sup>, among mothers who breastfed during these periods**

Infant Feeding Practices Study II

		N	Eat more	Eat less	Eat about the same	Did not eat before or now	Total(%)
Milk or other dairy foods	Month 0-2	1,548	28.8	13.3	57.1	0.8	100
	Month 3-5	1,125	26.4	9.5	63.5	0.6	100
	Month 6-7	861	23.9	7.5	67.9	0.6	100
Eggs	Month 0-2	1,550	13.9	9.2	73.0	4.0	100
	Month 3-5	1,142	14.3	6.7	75.3	3.8	100
	Month 6-7	856	10.2	4.7	81.8	3.4	100
Canned tuna	Month 0-2	1,544	7.6	13.4	54.7	24.3	100
	Month 3-5	1,129	7.3	14.6	53.8	24.4	100
	Month 6-7	859	5.8	14.6	56.9	22.7	100
Swordfish, shark, tile fish, or king mackerel	Month 0-2	1,545	0.7	6.9	10.6	81.7	100
	Month 3-5	1,135	0.9	7.1	11.0	81.0	100
	Month 6-7	852	0.2	8.0	11.6	80.2	100
Any other type of fish	Month 0-2	1,545	4.9	8.3	52.9	33.9	100
	Month 3-5	1,120	5.2	8.2	53.1	33.5	100
	Month 6-7	857	4.6	8.8	57.4	29.3	100
Shellfish	Month 0-2	1,538	1.2	9.1	42.3	47.3	100
	Month 3-5	1,128	1.8	8.7	44.9	44.6	100
	Month 6-7	850	0.8	8.2	46.5	44.5	100
Luncheon meats	Month 0-2	1,545	7.1	14.2	68.5	10.2	100
	Month 3-5	1,125	5.9	12.7	70.7	10.8	100
	Month 6-7	860	3.6	12.4	71.6	12.3	100
Nuts, peanuts, or peanut butter	Month 0-2	1,540	17.1	9.7	69.5	3.7	100
	Month 3-5	1,134	15.3	9.7	71.3	3.6	100
	Month 6-7	853	15.1	8.7	74.1	2.1	100
Alcoholic drinks	Month 0-2	1,547	1.7	31.1	11.5	55.7	100
	Month 3-5	1,126	1.4	32.6	13.6	52.4	100
	Month 6-7	858	1.0	32.5	15.7	50.7	100
Vitamin or mineral supplements	Month 0-2	1,549	26.1	4.2	62.2	7.6	100
	Month 3-5	1,139	27.0	4.6	59.0	9.5	100
	Month 6-7	860	27.1	3.5	60.3	9.1	100
Any herbal or botanical supplement	Month 0-2	1,541	5.1	6.6	11.7	76.7	100
	Month 3-5	1,127	5.2	5.9	14.3	74.5	100
	Month 6-7	857	4.7	6.9	13.7	74.8	100

<sup>1</sup> Table is based on variables: M2D7A-K, M5D6A-K, M7D6A-K

**Table 5.6. Percent of mothers giving each reason for eating less of each food by infant age<sup>1, 2</sup>, among mothers who ate less of these foods during each age while they were breastfeeding**

Infant Feeding Practices Study II

		N	Food is not healthy for my baby	To prevent food allergy in my baby	Recommended by a health professional	Recommended by a friend or relative	Other reasons
Milk or other dairy foods	Month 0-2	204	4.9	36.8	29.4	4.4	40.2
	Month 3-5	107	6.5	47.7	29.0	4.7	36.4
	Month 6-7	65	7.7	50.8	26.2	3.1	35.4
Eggs	Month 0-2	141	2.1	13.5	5.0	2.8	78.0
	Month 3-5	75	4.0	24.0	5.3	0.0	64.0
	Month 6-7	40	0.0	27.5	7.5	2.5	67.5
Canned tuna	Month 0-2	205	37.6	8.8	18.0	2.9	38.5
	Month 3-5	164	40.9	7.3	18.9	1.8	38.4
	Month 6-7	125	42.4	8.8	17.6	1.6	37.6
Swordfish, shark, tile fish, or king mackerel	Month 0-2	106	61.3	6.6	22.6	3.8	17.9
	Month 3-5	80	61.3	7.5	27.5	1.3	16.3
	Month 6-7	68	64.7	7.4	22.1	0.0	16.2
Any other type of fish	Month 0-2	126	33.3	10.3	16.7	2.4	40.5
	Month 3-5	91	39.6	8.8	16.5	1.1	33.0
	Month 6-7	75	46.7	13.3	13.3	1.3	26.7
Shellfish	Month 0-2	139	31.7	20.1	10.8	4.3	41.0
	Month 3-5	96	37.5	19.8	18.8	2.1	26.0
	Month 6-7	70	34.3	24.3	14.3	2.9	32.9
Luncheon meats	Month 0-2	218	39.9	2.3	9.2	2.3	48.6
	Month 3-5	142	42.3	4.2	11.3	1.4	43.7
	Month 6-7	107	37.4	3.7	15.0	8.4	47.7
Nuts, peanuts, or peanut butter	Month 0-2	148	6.1	61.5	8.1	2.7	31.1
	Month 3-5	106	11.3	56.6	10.4	1.9	30.2
	Month 6-7	74	5.4	67.6	9.5	2.7	21.6
Alcoholic drinks	Month 0-2	478	94.4	1.0	15.3	4.6	4.2
	Month 3-5	365	93.7	0.3	11.5	3.8	4.4
	Month 6-7	279	93.5	0.7	9.7	2.2	5.0
Vitamin or mineral supplements	Month 0-2	65	9.2	0.0	7.7	0.0	75.4
	Month 3-5	50	10.0	2.0	4.0	0.0	78.0
	Month 6-7	30	30.0	0.0	10.0	0.0	63.3
Any herbal or botanical supplement	Month 0-2	101	53.5	4.0	17.8	1.0	30.7
	Month 3-5	65	55.4	3.1	12.3	4.6	23.1
	Month 6-7	59	69.5	0.0	18.6	3.4	18.6

<sup>1</sup> Table is based on variables: M2D8A1-K5, M5D7A1-K5, M7D7A1-K5

<sup>2</sup> Row percentages do not add up to 100% because mothers could choose all that apply

**Table 5.7. Percent of mothers giving each reason for eating more of each food by infant age<sup>1, 2</sup>, among those who ate more of these foods during each age while they were breastfeeding**

Infant Feeding Practices Study II

		N	Food is healthy for me	Improves amount or quality of my milk	Craved the food more	Recommended by a health professional	Recommended by a friend or relative	Other reasons
Milk or other dairy foods	Month 0-2	443	76.5	29.1	30.2	22.3	5.9	3.8
	Month 3-5	340	64.4	26.8	24.4	15.0	3.5	4.7
	Month 6-7	203	78.3	32.0	28.6	20.2	6.4	7.4
Eggs	Month 0-2	213	65.7	18.3	18.3	13.1	1.9	12.7
	Month 3-5	173	58.4	14.5	15.6	11.6	3.5	12.1
	Month 6-7	85	72.9	23.5	18.8	10.6	2.4	15.3
Canned tuna	Month 0-2	123	57.7	15.4	22.0	24.4	1.6	13.0
	Month 3-5	126	36.5	9.5	14.3	12.7	1.6	9.5
	Month 6-7	48	60.4	14.6	22.9	25.0	2.1	10.4
Swordfish, shark, tile fish, or king mackerel	Month 0-2	17	23.5	0.0	17.6	0.0	0.0	17.6
	Month 3-5	38	10.5	0.0	0.0	2.6	0.0	0.0
	Month 6-7	6	16.7	0.0	0.0	0.0	0.0	0.0
Any other type of fish	Month 0-2	78	71.8	7.7	25.6	7.7	6.4	10.3
	Month 3-5	105	41.0	3.8	11.4	6.7	1.9	9.5
	Month 6-7	41	82.9	9.8	9.8	4.9	4.9	14.6
Shellfish	Month 0-2	29	20.7	0.0	24.1	3.4	0.0	13.8
	Month 3-5	48	14.6	0.0	12.5	2.1	0.0	6.3
	Month 6-7	10	30.0	10.0	30.0	10.0	10.0	10.0
Luncheon meats	Month 0-2	114	26.3	4.4	40.4	2.6	0.9	28.9
	Month 3-5	113	13.3	4.4	23.0	0.9	0.9	19.5
	Month 6-7	31	19.4	0.0	19.4	0.0	0.0	51.6
Nuts, peanuts, or peanut butter	Month 0-2	268	51.1	13.8	45.1	11.2	2.6	13.4
	Month 3-5	197	53.8	9.6	39.1	9.6	3.6	8.6
	Month 6-7	131	59.5	14.5	47.3	6.9	3.1	9.9
Alcoholic drinks	Month 0-2	31	0.0	6.5	6.5	0.0	6.5	74.2
	Month 3-5	63	4.8	0.0	3.2	0.0	0.0	14.3
	Month 6-7	9	11.1	0.0	0.0	0.0	0.0	77.8
Vitamin or mineral supplements	Month 0-2	400	69.0	35.8	0.3	56.5	8.0	1.3
	Month 3-5	315	65.1	36.8	0.6	55.6	8.3	2.5
	Month 6-7	227	67.4	27.3	0.0	55.1	6.6	1.3
Any herbal or botanical supplement	Month 0-2	86	30.2	62.8	1.2	24.4	17.4	3.5
	Month 3-5	105	24.8	34.3	0.0	9.5	8.6	1.0
	Month 6-7	37	32.4	54.1	0.0	18.9	13.5	2.7

<sup>1</sup> Table is based on variables: M2D9A1-K6, M5D8A1-K6, M7D8A1-K6

<sup>2</sup> Row percentages do not add up to 100% because mothers could choose all that apply