

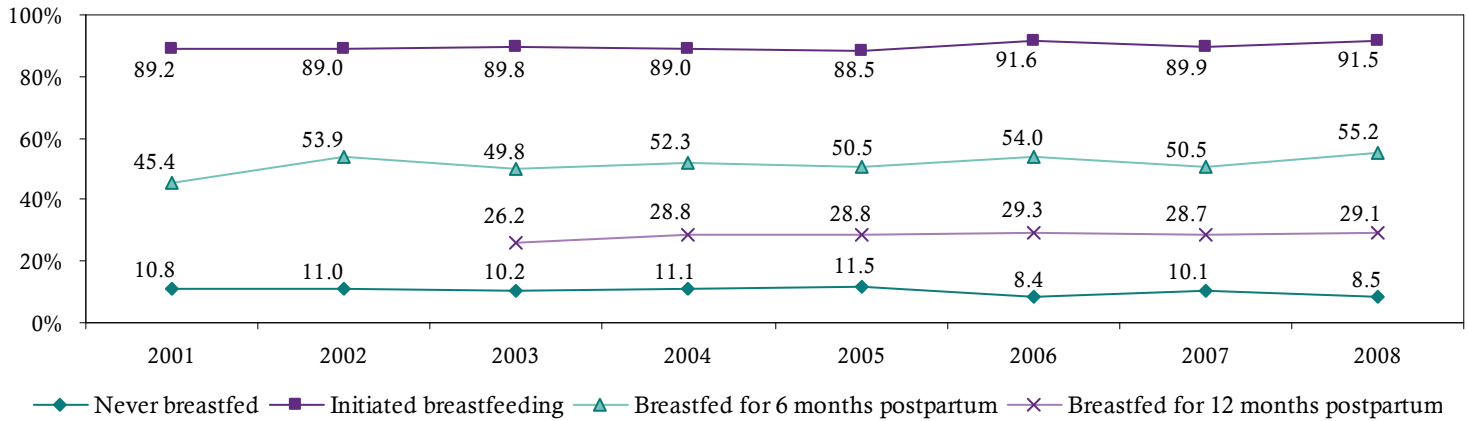
# Breastfeeding Initiation and Duration

## Pregnancy Risk Assessment Tracking System



A mother's breast milk provides a wide range of health benefits to infants. Children who are breastfed have been shown to have enhanced immune responses to many infant infections and early childhood illnesses.<sup>1</sup> Research also shows that breastfeeding aids in maternal postpartum recovery.<sup>2</sup> Breastfeeding provides physical contact, warmth, and closeness, which helps to create a special bond between a mother and her baby. The United States Department of Health and Human Services has developed Healthy People 2010 objectives to increase the proportion of mothers who breastfeed. Their goal is to increase breastfeeding in the early postpartum period to 75 percent, to increase the proportion who continue to breastfeed at six months to 50 percent, and to increase the proportion who continue to breastfeed at 12 months to 25 percent.<sup>2</sup> Idaho mothers met the Healthy People 2010 objectives consistently over the past seven years, from 2003 until the most recent data year of 2008 (see graph below).

**Idaho Breastfeeding Initiation and Duration Status by Year, PRATS 2001-2008**



Breaks in trend line represent data that were not available during 2001 and 2002 due to small sample size.

A majority of Idaho mothers initiated breastfeeding in 2008 (91.5 percent), over half of mothers breastfed for six months postpartum (55.2 percent), and 29.1 percent of mothers breastfed for 12 months postpartum. Only 8.5 percent of mothers did not initiate breastfeeding. The findings indicate that there are disparities between initiation and length of duration of breastfeeding among Idaho mothers:

- Compared with mothers aged 35 and over, younger mothers (aged 18 to 19) were significantly less likely to breastfeed for six months and 12 months postpartum.
- Non-Hispanic mothers were significantly more likely to have breastfed for six months postpartum than Hispanic mothers (56.9 percent and 41.8 percent, respectively).
- Married mothers were significantly more likely to have breastfed for six months (62.5 percent) as well as 12 months (32.4 percent) than non-married mothers (31.1 percent and 17.1 percent, respectively).
- Mothers with some college education (55.9 percent), or who graduated college (72.0 percent) were significantly more likely to breastfeed for six months postpartum than mothers who had less than a high school education (35.0 percent).
- As income levels increased, so did the prevalence of mothers who breastfed for at least six months postpartum. Mothers whose income was more than \$50,000, were significantly more likely to breastfeed for at least six months postpartum than mothers whose income was less than \$15,000 (66.3 percent and 37.2 percent, respectively).

### Breastfeeding Initiation and Length of Duration Status by Maternal Demographic Characteristics, PRATS 2008

	Never Breastfed*	Initiated†	Breastfed for 6 Months§	Breastfed for 12 Months¶
TOTAL	8.5	91.5	55.2	29.1
AGE				
18-19	14.6	85.4	22.4	5.9
20-24	8.2	91.8	44.9	26.6
25-29	7.9	92.1	58.2	26.8
30-34	9.1	90.9	65.0	34.0
35+	6.9	93.2	64.8	39.8
ETHNICITY				
Non-Hispanic	8.0	92.0	56.9	30.3
Hispanic	11.8	88.2	41.8	23.0
MARITAL STATUS				
Not Married	11.7	88.3	31.1	17.1
Married	7.6	92.4	62.5	32.4
EDUCATION				
K-11th Grade	18.1	81.9	35.0	19.2
High School or GED	10.3	89.7	40.1	23.1
Some College	7.4	92.7	55.9	27.6
College Graduate +	5.5	94.5	72.0	37.6
INCOME				
Less than \$15,000	11.7	88.3	37.2	23.1
\$15,000 - \$24,999	10.1	89.9	49.5	25.0
\$25,000 - \$34,999	7.6	92.5	54.4	30.9
\$35,000 - \$49,999	6.9	93.1	62.8	28.1
\$50,000 +	6.6	93.4	66.3	34.1

\* Mothers who did not initiate breastfeeding.

† Mothers who did initiate breastfeeding.

§ Breastfed for at least 6 months postpartum, of infants who were at least 6 months old.

¶ Breastfed for at least 12 months postpartum, of infants who were at least 12 months old.

# Idaho Breastfeeding Initiation and Duration, PRATS 2008

The prevalence of certain maternal characteristics varied by breastfeeding initiation and duration when compared with Idaho mothers as a whole. For example, mothers who:

- never breastfed were significantly less likely to have been given information about the benefits of breastfeeding from their prenatal care providers (79.8 percent compared with 87.8 percent).
- breastfed for six months postpartum were significantly less likely to report having moderate to severe postpartum depression (12.3 percent compared with 16.4 percent).
- never breastfed were significantly more likely to have smoked during the last three months of pregnancy (15.5 percent compared with 8.1 percent).
- breastfed for six months and 12 months were significantly more likely to have insurance prior to pregnancy, for prenatal care, or for delivery (66.9 and 67.0 percent compared with 58.1 percent, respectively).

## Maternal Health, Pregnancy, and Postpartum Characteristics by Breastfeeding Initiation and Duration Status, PRATS 2008

	Idaho TOTAL	Never Breastfed	Initiated	Breastfed for 6 Months	Breastfed for 12 Months
Provided information about breastfeeding*	87.8	<b>79.8 -</b>	88.5	87.0	84.9
Insured†	58.1	<b>46.7 -</b>	59.1	<b>66.9 +</b>	<b>67.0 +</b>
Medicaid§	38.0	<b>49.5 +</b>	37.0	<b>29.2 +</b>	30.0
Mother was overweight prior to pregnancy	40.6	44.7	40.2	<b>34.9 -</b>	33.1
Mother working¶	43.9	45.7	43.7	<b>37.1 -</b>	<b>28.4 -</b>
First-time mom**	36.9	28.7	37.6	34.0	<b>28.3 -</b>
Participated in WIC during pregnancy††	36.4	<b>50.9 +</b>	34.9	<b>26.3 -</b>	<b>24.8 -</b>
Unintended pregnancy	34.7	44.0	33.8	<b>27.4 -</b>	28.8
Regular multivitamin during pregnancy§§	81.5	<b>71.1 -</b>	82.6	84.6	86.4
Postpartum depression¶¶	16.4	23.7	15.7	<b>12.3 -</b>	12.8
Smoked during pregnancy***	8.1	<b>15.5 +</b>	7.4	<b>3.7 -</b>	<b>2.6 -</b>

Items in **bold** are significantly different than the Idaho total, a + or - indicates greater or lesser, respectively.  
 \* Mother was provided with information from her health care provider about the benefits of breastfeeding.  
 † Insurance coverage just before or at any point during pregnancy and/or delivery, excluding those with Medicaid coverage.  
 § Medicaid coverage just before or at any point during pregnancy and/or delivery.  
 ¶ Working or attending school outside of the home after delivery.  
 \*\* First live birth.  
 †† Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).  
 §§ Regular multivitamin use (4 or more times per week) during the last three months of pregnancy.  
 ¶¶ Self-reported moderate or severe postpartum depression three months after delivery.  
 \*\*\* Mother smoked cigarettes during the last three months of pregnancy.

When asked why they decided to stop breastfeeding 41.5 percent of mothers reported that “I didn’t have enough milk,” 33.4 percent reported that “Breast milk alone did not satisfy my baby,” and 27.4 percent of mothers reported that “I felt that it was the right time to stop.” Infant formula is often used as a supplement to breastfeeding and is used in place of breastfeeding for infant nutrition when a mother chooses not to, or cannot breastfeed.<sup>2</sup> In 2008, 14.2 percent of mothers reported feeding their infant formula when he/she was less than one week old, and 27.0 percent reported never feeding their infant formula.

### Reasons for Breastfeeding Cessation, PRATS 2008

Breastfeeding Cessation Reasons	Percent
I didn't have enough milk	41.5
Breast milk alone did not satisfy my baby	33.4
I felt it was the right time to stop	27.4
My baby lost interest in breastfeeding	22.3
I went back to work or school	20.0
My baby had difficulty nursing	16.2
I had nipple or breast problems	14.6
It was inconvenient to continue	12.5
I thought my baby was not gaining enough weight	10.0
My baby's teeth made it painful to continue	7.7
Other	15.3

### What is the Idaho PRATS?

The Idaho Pregnancy Risk Assessment Tracking System (PRATS) is an annual survey of Idaho mothers that asks questions about maternal experiences and health behaviors before, during and after pregnancy which may affect pregnancy outcomes and infant health.

The data presented in this fact sheet are representative of Idaho resident adult mothers (18 years old or older) who gave birth in Idaho in 2008. Mothers of infants who were adopted or who had died at the time of the survey were excluded from analysis.

#### References:

1. American College of Obstetricians and Gynecologists, Clinical Review. Breastfeeding: Maternal and Infant Aspects. Vol. 12. No. 1. Jan-Feb, 2007.
2. U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, December 2006.

Source: 2008 Pregnancy Risk Assessment Tracking System (PRATS), Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, October 2010.  
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