



Breastfeeding

Iowa — PRAMS, 2013-2014

Background

Breastfeeding provides mothers and their infants with many health benefits. Compared to infants fed formula, infants fed human milk have a lower risk of asthma, ear infections, and sudden infant death syndrome. For mothers who breastfed, the risk of ovarian and breast cancers is lower compared to mothers who never breastfed. The American Academy of Pediatrics recommends that infants be exclusively breastfed for the first 6 months of life, and continue to be breastfed as solid foods are introduced, through at least 12 months of age.¹

Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects state-specific, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. PRAMS sites that met the 60% response rate threshold for data analysis are included in overall estimates. Results presented in this report include both “Core” questions, which are asked by all participating PRAMS sites, and “Standard” questions, which sites had the option to include on their PRAMS survey.

National Breastfeeding Goals

| Breastfeeding | Healthy People 2020 Objectives ² | Title V National Performance Measures ³ |
|---------------------|---|---|
| Initiation | Increase the proportion of infants who are ever breastfed | Percent of infants who are ever breastfed |
| Duration | Increase the proportion of infants who are breastfed at 6 months and 1 year | No related performance measure |
| Exclusivity* | Increase the proportion of infants who are breastfed exclusively through 3 and 6 months | Percent of infants breastfed exclusively through 6 months |

* Infants only receive human milk except for medicine, vitamins, and minerals when necessary

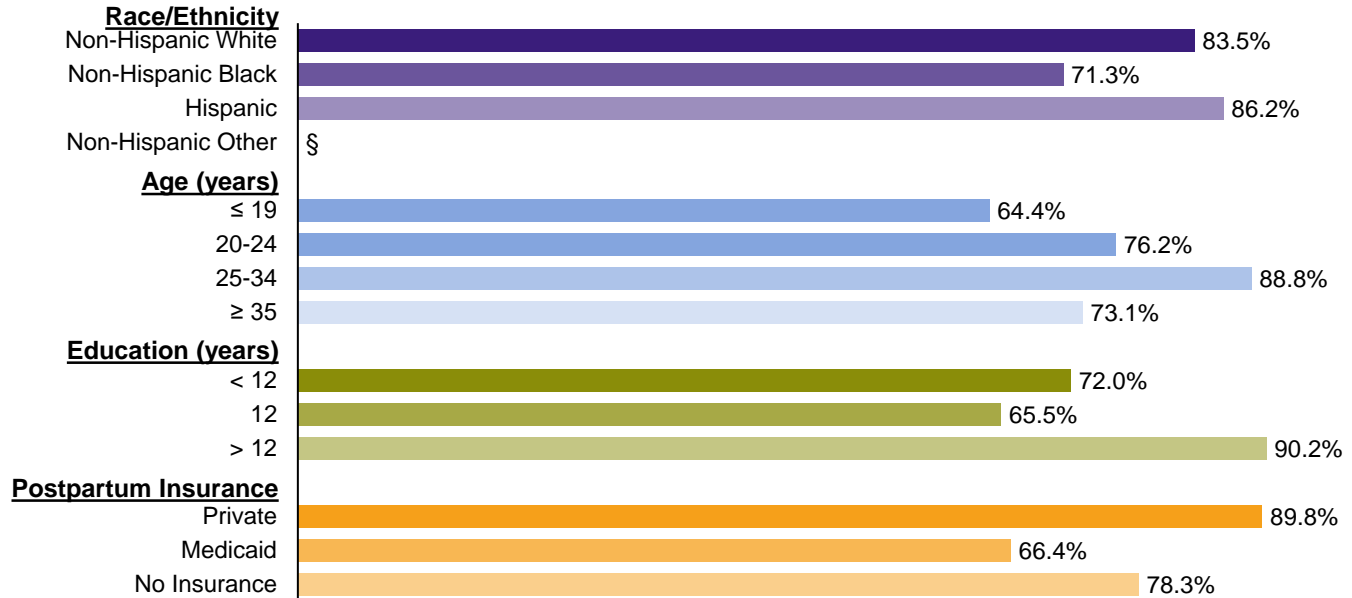
Breastfeeding Rates

Healthy People 2020 breastfeeding targets and Title V Performance Measures are tracked using data from the National Immunization Survey, which collects data on breastfeeding practices from caregivers when the child is 19 to 35 months old. PRAMS data are collected from mothers when their infant is 2 to 9 months old. PRAMS data can be used to assess influences on breastfeeding practices and to identify populations at risk of not following breastfeeding recommendations. The Iowa PRAMS survey does not currently ask mothers about exclusive breastfeeding. For this reason, the indicator is not included in the chart below.

| PRAMS Indicators | Iowa % | | Combined PRAMS Sites % |
|------------------------------|--------|------|------------------------|
| | 2013 | 2014 | 2014 |
| Ever breastfed | 80.8 | 83.5 | 86.3 |
| Any breastfeeding at 8 weeks | 59.0 | 61.4 | 64.8 |

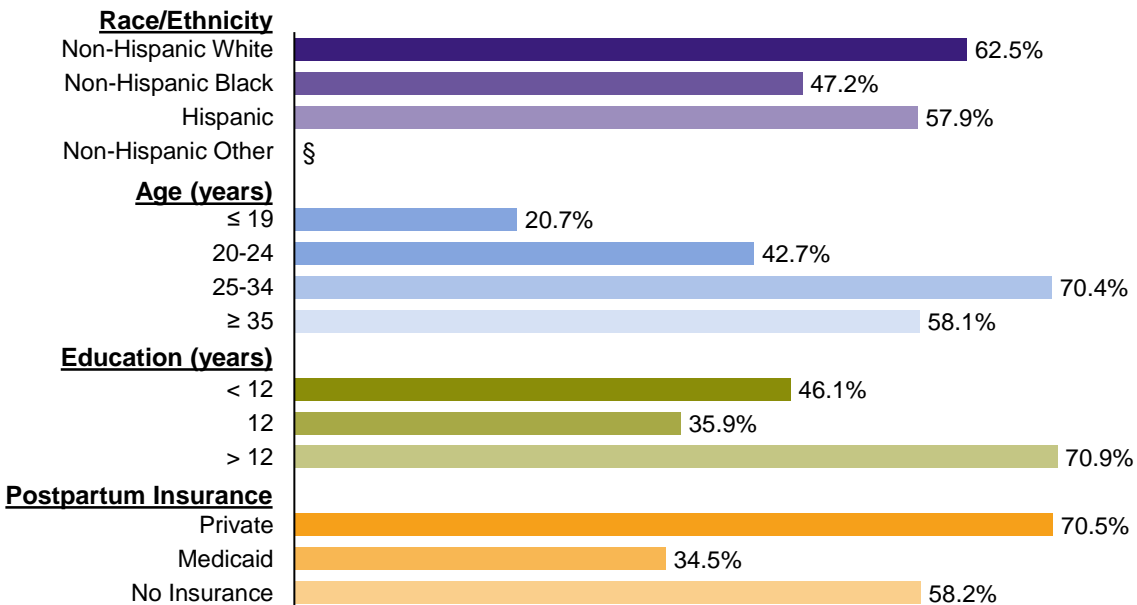
Who Initiates Breastfeeding?

Mothers who reported ever breastfeeding, by selected characteristics — Iowa, 2014



Who Breastfeeds at 8 Weeks?

Mothers who reported any breastfeeding at 8 weeks, by selected characteristics — Iowa, 2014



§ < 30 respondents; not reported.

Iowa PRAMS: Breastfeeding

Reasons Women Did Not Breastfeed

| Standard PRAMS indicator completed by mothers who reported never breastfeeding | Iowa % | | Combined PRAMS Sites % 2014 |
|--|--------|------|-----------------------------|
| | 2013 | 2014 | |
| I didn't want to | 56.8 | 48.5 | 37.7 |
| I didn't like breastfeeding | 26.6 | 26.4 | 28.1 |
| I had other children to take care of | 17.5 | 17.6 | 20.6 |
| I went back to work or school | 20.0 | 15.7 | 19.1 |
| I was sick or on medicine | 9.5 | 17.8 | 13.6 |
| I tried but it was too hard | 11.5 | 17.0 | 13.1 |
| I had too many household duties | 7.2 | 8.4 | 12.5 |

Reasons Women Stopped Breastfeeding

| Standard PRAMS indicator completed by mothers who reported ever breastfeeding | Iowa % | | Combined PRAMS Sites % 2014 |
|---|--------|------|-----------------------------|
| | 2013 | 2014 | |
| I thought I was not producing enough milk, or my milk dried up | 51.1 | 56.9 | 50.2 |
| Breast milk alone did not satisfy my baby | 37.4 | 30.5 | 33.2 |
| My baby had difficulty latching or nursing | 33.0 | 25.8 | 30.6 |
| It was too hard, painful, or too time consuming | 26.2 | 22.0 | 22.0 |
| I went back to work or school | 19.0 | 30.0 | 19.1 |
| My nipples were sore, cracked or bleeding | 18.8 | 15.8 | 16.4 |
| I thought my baby was not gaining enough weight | 14.9 | 8.7 | 11.7 |
| I had too many other household duties | 12.4 | 12.0 | 11.4 |
| I felt it was the right time to stop breastfeeding | 11.6 | 13.1 | 8.3 |
| I got sick or I had to stop for medical reasons | 7.2 | 8.0 | 7.3 |
| My baby was jaundiced | 6.0 | 6.2 | 6.6 |

Public Health Action

- The majority of PRAMS respondents reported ever breastfeeding (86.3%) and over half (64.8%) reported they were breastfeeding at 8 weeks.
- Among mothers who stopped breastfeeding, half (50.2%) reported they stopped because they thought they were not producing enough milk or their milk had dried up.
- Public health efforts can focus on providing mothers with the support they need to reach their breastfeeding goals.
- Health care providers, birthing hospitals, public health agencies, and community organizations can collaborate to enhance services for families who face the greatest barriers to breastfeeding success.
- Among Iowa PRAMS respondents who were also Medicaid recipients, 66.4% reported ever breastfeeding, and only 34.5% reported they were still breastfeeding at 8 weeks. Iowa's Managed Care Organizations can increase efforts to provide coverage for breastfeeding support services, or take steps to enhance the services that are already in place.

Resources

CDC Website on Breastfeeding: <https://www.cdc.gov/breastfeeding/>

Office on Women's Health Website on Breastfeeding: <https://www.womenshealth.gov/breastfeeding/>

Iowa WIC Program Website on Breastfeeding Promotion and Support: <https://idph.iowa.gov/wic/breastfeeding>

References:

1. Breastfeeding and the Use of Human Milk: <http://pediatrics.aappublications.org/content/129/3/e827>
2. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
3. Title V National Performance Measures: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>
4. CDC Guide to Strategies to Support Breastfeeding Mothers and Babies: <https://www.cdc.gov/breastfeeding/resources/guide.htm>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

To learn more about PRAMS methods and to see “Data Availability by State and Year” visit:

<https://www.cdc.gov/prams>

For more information on Iowa PRAMS, visit:

<http://idph.iowa.gov/prams>