BREASTFEEDING IN THE UNITED STATES

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LCDR, US Public Health Service
WHY IS BREASTFEEDING IMPORTANT?

- Optimal nutrition for most infants
- Protects against illness and infection:
  - Asthma
  - Ear infections
  - Respiratory infections
  - Gastrointestinal infections (diarrhea and vomiting)
  - Obesity
  - Sudden infant death syndrome
  - Necrotizing enterocolitis for preterm infants
MATERNAL BREASTFEEDING BENEFITS

• Reduced risk of:
  • Ovarian cancer
  • Breast cancer
  • High blood pressure
  • Type II diabetes
BREASTFEEDING RECOMMENDATIONS

• The American Academy of Pediatrics recommends:
  • Exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced
  • Continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant
DIVISION OF NUTRITION, PHYSICAL ACTIVITY,
AND OBESITY (DNPAO) STRATEGIC PRIORITIES

- Breastfeeding
- Maternal, infant, & toddler nutrition
- Vitamins & minerals

- Good nutrition & healthy food environments
- Physical activity & access to environments designed for physical activity
- Healthy weight management & obesity prevention

Reaching All Americans across the Lifespan by Supporting

A healthy start for infants

Children & youth growing up strong & healthy

Adults & older adults maintaining a healthy lifestyle
CDC IS INCREASING BREASTFEEDING SUPPORT FOR MOTHERS ACROSS THE NATION

We collect data to learn how to improve breastfeeding rates in the United States

We promote best practices in health care settings

We support mothers at work and in their communities
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<th>Target</th>
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U.S. BREASTFEEDING RATES AMONG CHILDREN BORN 2009–2016

https://www.cdc.gov/breastfeeding/data/nis_data/results.html
U.S. EXCLUSIVE BREASTFEEDING RATES AMONG CHILDREN BORN 2009–2016

https://www.cdc.gov/breastfeeding/data/nis_data/results.html
U.S. BREASTFED INFANTS WHO WERE SUPPLEMENTED WITH INFANT FORMULA

https://www.cdc.gov/breastfeeding/data/nis_data/results.html
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**Current**

- **MICH**-21.1: 81.9% ✓
- **MICH**-21.2: 57.3% ✓
- **MICH**-21.3: 34.1% ✓
- **MICH**-21.4: 46.2% ✓
- **MICH**-21.5: 25.5% ✓
- **MICH**-22: 38.0% ✓
- **MICH**-23: 14.2% ✓
- **MICH**-24: 8.1% ✓

*MICH: Maternal, Infant, and Child Health*

†Source: https://www.cdc.gov/breastfeeding/data/nis_data/results.html
Breastfeeding rates are rising overall, but disparities remain:

**Breastfeeding Initiation Rates by Race and Ethnicity in the U.S. – 2016**

- NH Black Infants: 74.0%
- Hispanic Infants: 82.9%
- NH White Infants: 86.6%

DISPARITIES EXIST IN BREASTFEEDING RATES BY RACE AND ETHNICITY

[https://www.cdc.gov/breastfeeding/data/nis_data/results.html](https://www.cdc.gov/breastfeeding/data/nis_data/results.html)
Breastfeeding rates are rising overall, but disparities remain:

DISPARITIES EXIST IN BREASTFEEDING RATES BY RACE AND ETHNICITY

Exclusive Breastfeeding through 6 mo., by Race and Ethnicity in the U.S. – 2016

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Percentage-point difference in breastfeeding rates between non-Hispanic white and non-Hispanic black infants, United States, 2011–2015†

Not available: data were suppressed when the group’s sample size was <50 for that state.
Source: Anstey E, et al. (https://www.cdc.gov/mmwr/volumes/66/wr/mm6627a3.htm#F1_down)
DNPAO provides interactive state-by-state and national data via clickable maps, charts, and tables.

Provides the most recent health and behavior data, including breastfeeding,

- Rates
- mPINC

Exports data & saves visualizations

Creates custom maps and charts

Select a topic to see nationwide maps, charts, and tables

https://www.cdc.gov/nccdphp/dnpao/data-trends-maps
Breastfeeding and Special Circumstances

Visit the following pages to learn more about breastfeeding and special circumstances. This information is for healthcare providers and public health practitioners. If you are a patient, we strongly advise that you consult with your physician to interpret the information provided as it may not apply to you.

- Contraindications to Breastfeeding
- Environmental Exposures/Toxicants
- Diet and Micronutrients
- Vaccinations, Medications, & Drugs
- Maternal or Infant Illnesses or Conditions
- Travel Recommendations

https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances
Data trends and maps

State Community Health Media Center
Collection of free and low-cost, audience-tested advertising and support materials
https://nccd.cdc.gov/schmc/apps/overview.aspx

DNPAO Facebook page
Facebook.com/CDCEatWellBeActive

DNPAO Twitter
@CDCObesity
@CDCMakeHealthEZ
THANK YOU

For more information, contact: zcn6@cdc.gov

Help us keep America healthy and strong. See how at: cdc.gov/nccdphp/dnпao