



Breastfeeding Report Card

Progressing Toward National Breastfeeding Goals

United States, 2016

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



Overview

Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to improve public health. The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least 1 year. To track our nation's progress, the CDC Breastfeeding Report Card provides a compilation of data on breastfeeding practices and supports in all U.S. states, the District of Columbia (D.C.), and Puerto Rico.

Healthy People 2020 Objectives

Target Current Rates*

MICH**	Objective	Target	Current Rates*
MICH**-21:	Increase the proportion of infants who are breastfed		
MICH-21.1:	Ever	81.9%	81.1%
MICH-21.2:	At 6 months	60.6%	51.8%
MICH-21.3:	At 1 year	34.1%	30.7%
MICH-21.4:	Exclusively through 3 months	46.2%	44.4%
MICH-21.5:	Exclusively through 6 months	25.5%	22.3%
MICH-22:	Increase the proportion of employers that have worksite lactation support programs.	38.0%	Not available
MICH-23:	Reduce the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life.	14.2%	17.1%
MICH-24:	Increase the proportion of live births that occur in facilities that provide recommended care for lactating mothers and their babies.	8.1%	18.3%

*MICH-21 and MICH-23 current rates represent babies born in 2013, National Immunization Survey 2014-2015; MICH-24 current rates represent babies born in Baby-Friendly Hospitals and Birth Centers designated as of June 2016.
**Maternal Infant and Child Health

National breastfeeding objectives are set by Healthy People, a national health promotion and disease prevention initiative designed to address major public health issues. In 2010, the Department of Health and Human Services released Healthy People 2020 (HP2020), the latest science-based, 10-year national objective plan for improving the nation's health. Data to measure several of the HP2020 breastfeeding objectives are presented in the Breastfeeding Report Card.

What do the numbers tell us?

Breastfeeding rates continue to rise in the U.S. Among infants born in 2013, 4 out of 5 (81.1%) started to breastfeed, over half (51.8%) were breastfeeding at 6 months, and almost one third (30.7%) were breastfeeding at 12 months.

More than half of states (29 states, including D.C. and Puerto Rico) have already met the HP2020 objective of 81.9% ever breastfeeding. Despite high breastfeeding initiation rates and continued improvement in breastfeeding initiation rates and continued improvement in breastfeeding duration, most states are not yet meeting HP2020 breastfeeding duration and exclusivity targets. For infants born in 2013, 12 states met the HP2020 breastfeeding objective for 6 months duration (60.6%).

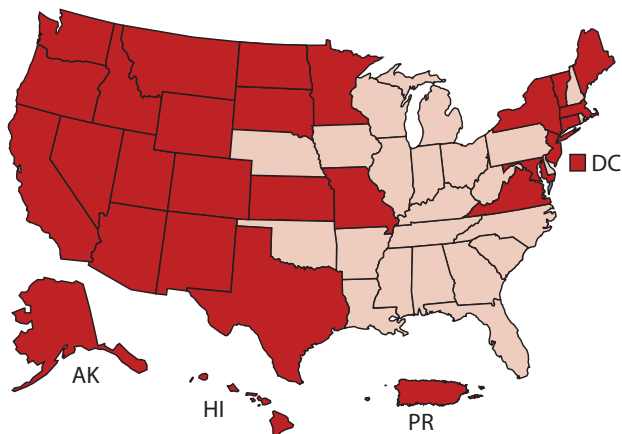
High breastfeeding initiation rates show that most mothers in the U.S. want to breastfeed and are trying to do so. However, low breastfeeding rates among infants who are 6 and 12 months of age indicate that many mothers do not continue breastfeeding as recommended. These rates suggest that mothers, in part, may not be getting the support they need, such as from healthcare providers, family members, and employers.

The early postpartum period is a critical time for establishing and supporting breastfeeding. The percent of live births occurring at hospitals that have been designated Baby-Friendly by the Baby-Friendly Hospital Initiative increased from 7.8% in 2014 to 18.3% in 2016, an encouraging trend in improved maternity care practices. Read our **Stories from the Field** to learn what other states are doing to improve breastfeeding support in their communities.

New this year: Data for Puerto Rico!

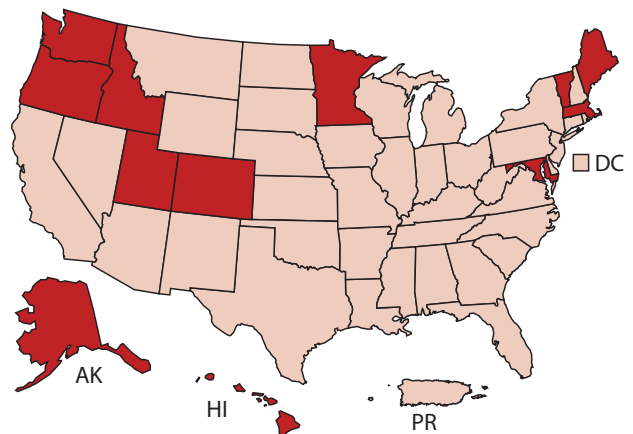
Initiation rates among infants born in 2013 in Puerto Rico were high at 82.7%, but dropped to 37.1% and 21.2% at 6 and 12 months, respectively.

States that met the HP2020 goal for initiation rate of 81.9%*



■ Met the HP2020 goal □ Did not yet meet the HP2020 goal

States that met the HP2020 goal for 6 months duration of 60.6%*



■ Met the HP2020 goal □ Did not yet meet the HP2020 goal

*Among infants born in 2013

Stories from the Field

Alabama Supports Breastfeeding Friendly Environments

The [Alabama Breastfeeding Committee](#) (ABC) works to ensure that community breastfeeding services are an essential component of healthcare for all Alabama families.

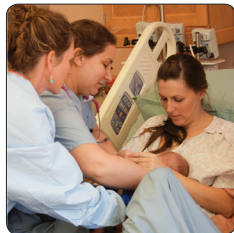
Through coordination and partnering, ABC implemented local lactation groups in each of the state's perinatal regions to address breastfeeding issues at a grassroots level and provide education to local health professionals. With this network in place, the Alabama Department of Public Health (ADPH) and ABC were well-situated to implement and support several initiatives to improve peer and professional support for breastfeeding across the state. Through funding from the CDC and the United States Breastfeeding Committee, ABC and ADPH established breastfeeding support groups in birthing facilities, increased the number of Baby Cafés® across the state, provided baby scales to support groups, facilitated provider education, and supported certification or licensing of lactation care providers. Today, ABC has coupled these efforts with improvements in maternity care practices, giving Alabama mothers more opportunities to start and keep breastfeeding.



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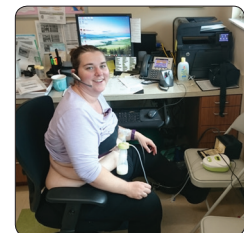
Improving Maternity Care Practices in Hawaii

In 2010, the [Hawaii State Department of Health](#) launched the evidence-based Baby-Friendly Hawaii Project (BFHP). This project aims to increase the number of hospitals in the state that provide maternity care consistent with the [Ten Steps to Successful Breastfeeding \(Ten Steps\)](#) to increase the rate of newborns who breastfeed exclusively throughout their hospital stay. To support implementing the evidenced-based strategies as outlined in the Ten Steps, the project includes ongoing technical assistance, staff training, capacity building, assessment of maternity practices, and monitoring of progress. In conjunction with BFHP implementation, Hawaii's Maternity Practices in Infant Nutrition and Care (mPINC) score has increased from 65 (out of 100) in 2009 to 76 in 2011 to 80 in 2013 and 2015. Newborn Screening Data has also shown an increase in statewide exclusive breastfeeding from 59.7% in 2009 to 77.0% in 2014. Since 2010, 3 Hawaii hospitals have received Baby-Friendly Hospital Designation for a total of 4 designated hospitals across the state.



Expanding Breastfeeding Support in Minnesota Worksites

To provide breastfeeding support at local public health agencies and tribal health boards, the Dakota County Health Department (Dakota County) launched the Breastfeeding-Friendly Health Departments (BFHD) program in Minnesota. The BFHD program adapted steps from other programs to provide a framework for health departments seeking to strengthen their ability to promote and support breastfeeding. The BFHD Ten Step process includes practices such as having a written breastfeeding policy in place and supporting mothers in initiating and maintaining breastfeeding for 12 months and beyond. Dakota County piloted the program in 10 local health departments representing rural, suburban and urban Minnesota. Across all departments, self-assessment data showed progress in implementing all of the BFHD Ten Steps. Dakota County has since developed a [toolkit](#) to guide local health departments to become breastfeeding-friendly through the BFHD Ten Steps. In 2015, the Minnesota Department of Health launched a [state-wide BFHD recognition program](#) using Dakota County's BFHD Ten Steps and toolkit.



North Carolina Promotes Breastfeeding Supportive Child Care Environments

The [Carolina Global Breastfeeding Institute's Breastfeeding-Friendly Child Care Initiative](#) (BFCC) encourages widespread implementation of breastfeeding support in early child care and education (ECE) settings that serve low-income and minority populations. The BFCC initiative began in Wake County, North Carolina to create a curriculum based on the Carolina Ten Steps to Breastfeeding-Friendly Child Care (BFCC Ten Steps). The curriculum included materials and a training that addressed gaps in breastfeeding knowledge and areas of concern found in an initial survey of ECE providers. Pre- and post-training intervention scores from 172 ECE providers showed improvement in knowledge and attitudes toward breastfeeding and improvement in the BFCC Ten Steps practices. BFCC partnered with state-level agencies and organizations to implement the BFCC Ten Steps statewide using a train the trainer model, which has been administered in 7 additional states. BFCC's Ten Steps were also adopted as a key component of the statewide North Carolina Breastfeeding-Friendly Child Care Designation Program.



Breastfeeding Rates^{1,2}

State	Ever Breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding at 3 months	Exclusive breastfeeding at 6 months
U.S. National*	81.1	51.8	30.7	44.4	22.3
Alabama	67.6	35.8	20.7	32.6	10.9
Alaska	90.8	62.1	38.4	55.3	27.8
Arizona	85.0	54.8	30.0	46.3	23.8
Arkansas	68.4	39.5	20.2	32.2	14.1
California	90.2	58.5	34.3	51.5	24.8
Colorado	88.6	66.2	40.6	57.3	26.4
Connecticut	85.2	55.3	34.9	44.0	21.4
Delaware	74.6	40.6	24.5	36.8	18.9
Dist of Columbia	82.8	57.4	33.1	43.5	23.2
Florida	81.1	47.3	24.6	44.9	18.4
Georgia	69.2	48.9	29.8	38.7	25.4
Hawaii	90.6	65.3	42.9	54.8	30.0
Idaho	92.9	65.4	39.6	56.7	28.1
Illinois	81.1	52.5	29.2	43.2	25.5
Indiana	76.1	37.7	20.7	39.3	16.5
Iowa	80.5	52.9	33.8	43.0	24.9
Kansas	83.8	50.5	32.4	50.2	23.4
Kentucky	66.9	35.3	21.6	35.0	19.0
Louisiana	60.9	31.2	13.3	26.8	11.8
Maine	86.6	61.1	42.2	53.7	32.0
Maryland	84.8	66.5	40.6	45.8	23.2
Massachusetts	87.4	67.9	38.7	49.2	19.9
Michigan	80.8	51.6	31.8	42.3	26.6
Minnesota	90.1	65.9	41.0	53.9	31.4
Mississippi	52.0	23.9	11.3	21.4	9.3
Missouri	85.4	56.6	36.5	49.7	24.7
Montana	86.4	59.3	31.5	60.7	33.8
Nebraska	80.8	50.0	30.1	41.5	22.6
Nevada	82.6	49.5	31.0	45.9	24.9
New Hampshire	79.6	54.8	34.0	51.1	26.8
New Jersey	82.0	52.6	30.2	41.4	23.1
New Mexico	85.5	51.1	29.5	52.0	26.6
New York	82.2	55.8	33.6	40.8	19.7
North Carolina	75.3	47.5	30.0	45.4	20.8
North Dakota	82.3	51.5	27.9	49.0	23.6
Ohio	77.7	43.8	25.6	39.6	22.3
Oklahoma	74.7	37.9	22.3	35.1	15.7
Oregon	92.5	68.2	44.9	52.9	30.6
Pennsylvania	73.3	47.6	31.9	41.2	20.5
Rhode Island	81.8	56.0	36.7	45.4	27.4
South Carolina	71.4	44.0	27.2	40.8	22.8
South Dakota	83.6	53.4	31.8	45.1	23.4
Tennessee	71.1	42.5	24.7	38.7	16.1
Texas	81.9	46.5	26.8	41.4	21.0
Utah	94.4	70.4	42.6	50.7	27.0
Vermont	84.5	64.6	42.2	58.0	31.3
Virginia	82.0	55.2	35.5	49.5	22.0
Washington	87.4	63.7	39.4	51.7	28.0
West Virginia	64.6	35.8	18.3	32.6	14.1
Wisconsin	80.3	58.9	34.1	50.4	26.6
Wyoming	89.7	59.5	37.1	57.0	27.0
Puerto Rico	82.7	37.1	21.2	35.2	20.1

Source: CDC National Immunization Survey (NIS) 2014-2015, among 2013 births.

1. The 2013 rates are based on the landline and cellular telephone samples in NIS 2014-2015, referred to as the dual-frame sample.

2. All of the BF rate indicators are the percent of infants breastfeeding at the specified time points, calculated among all infants.

*Data from Puerto Rico are not included in the national average for any breastfeeding rates.

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	Child care regulation supports onsite breastfeeding
U.S. National*	79	18.3	17.1	0.85	4.57	3.79	8 States
Alabama	72	13.6	18.7	0.60	2.62	2.75	No
Alaska	82	29.3	13.0	1.15	4.35	8.08	No
Arizona	79	2.2	18.0	0.82	2.19	3.75	Yes
Arkansas	67	6.9	20.1	0.44	2.37	2.19	No
California	85	38.9	14.4	0.62	2.12	4.59	Yes
Colorado	85	13.0	11.4	1.34	9.57	4.69	No
Connecticut	83	47.0	19.1	1.79	10.01	5.62	No
Delaware	90	85.8	17.7	0.36	1.07	4.93	Yes
Dist of Columbia	82	32.2	25.1	0.42	0.94	1.98	No
Florida	80	10.4	16.5	0.76	5.26	2.55	No
Georgia	75	12.4	22.4	0.59	5.97	2.77	No
Hawaii	80	19.5	14.6	0.60	8.21	4.57	No
Idaho	78	6.6	10.6	0.92	2.54	3.90	No
Illinois	81	7.8	19.5	0.78	7.68	3.34	No
Indiana	80	23.1	18.0	0.77	2.95	4.73	No
Iowa	75	3.1	14.1	0.76	4.33	3.24	No
Kansas	76	15.7	15.9	1.92	1.84	4.29	No
Kentucky	73	20.3	13.3	0.29	5.86	2.88	No
Louisiana	76	12.7	14.3	0.62	5.17	2.29	No
Maine	84	19.4	9.4	1.75	28.64	7.14	No
Maryland	82	13.8	20.5	0.84	1.33	5.04	Yes
Massachusetts	87	13.2	16.7	1.34	10.34	5.80	No
Michigan	78	26.2	17.8	1.00	2.71	2.97	No
Minnesota	82	20.1	11.1	0.93	9.56	4.93	No
Mississippi	60	6.1	26.9	0.96	2.21	1.93	Yes
Missouri	75	6.0	10.9	1.28	3.10	3.88	No
Montana	82	9.1	6.3	1.91	28.37	4.45	No
Nebraska	71	10.9	15.0	1.28	12.79	4.39	No
Nevada	75	14.1	22.1	0.47	7.00	1.82	No
New Hampshire	90	50.0	6.6	1.53	11.84	6.76	No
New Jersey	83	13.6	18.9	1.52	3.64	3.73	No
New Mexico	81	33.8	10.4	0.77	1.77	4.27	No
New York	82	12.9	26.1	0.81	11.40	3.74	No
North Carolina	78	28.7	15.8	1.21	1.19	5.16	Yes
North Dakota	73	1.7	16.2	0.44	13.62	2.21	No
Ohio	80	18.1	14.7	0.89	5.52	4.03	No
Oklahoma	78	10.9	19.2	0.51	3.07	3.34	No
Oregon	86	32.4	14.0	1.18	0.70	8.27	No
Pennsylvania	78	12.4	16.3	1.08	2.92	3.42	No
Rhode Island	96	98.2	16.4	0.64	10.12	5.02	No
South Carolina	78	33.4	14.9	0.74	3.87	3.23	No
South Dakota	74	6.0	15.1	0.32	5.60	2.84	No
Tennessee	72	11.2	12.4	0.58	7.44	2.32	No
Texas	77	14.8	22.4	0.43	0.98	2.50	Yes
Utah	75	7.9	22.3	0.65	1.18	2.30	No
Vermont	88	10.8	8.1	3.22	22.87	13.72	Yes
Virginia	80	12.9	11.3	1.32	1.22	4.71	No
Washington	83	11.5	13.7	1.32	1.21	5.78	No
West Virginia	73	0.0	13.9	0.45	5.35	3.08	No
Wisconsin	82	15.7	13.6	1.04	8.68	4.40	No
Wyoming	77	2.0	7.4	1.42	22.94	2.71	No
Puerto Rico*	69	0.0	30.2	0.48	0.00	0.48	No data

*National averages for all Breastfeeding Support Indicators include 50 states and D.C., except for average mPINC Score, which also includes U.S. Territories

**Maternity Practices in Infant Nutrition and Care

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

Call to Action

States can use their data on indicators in the breastfeeding report card in many ways, including to:

- help tell the story of breastfeeding practices and support in your state
- monitor progress and celebrate state successes
- begin building more comprehensive state profiles that capture the landscape of breastfeeding support
- identify opportunities for growth and improvement in maternity care practices and peer and professional breastfeeding support

Breastfeeding Report Card Indicators — 2016

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.

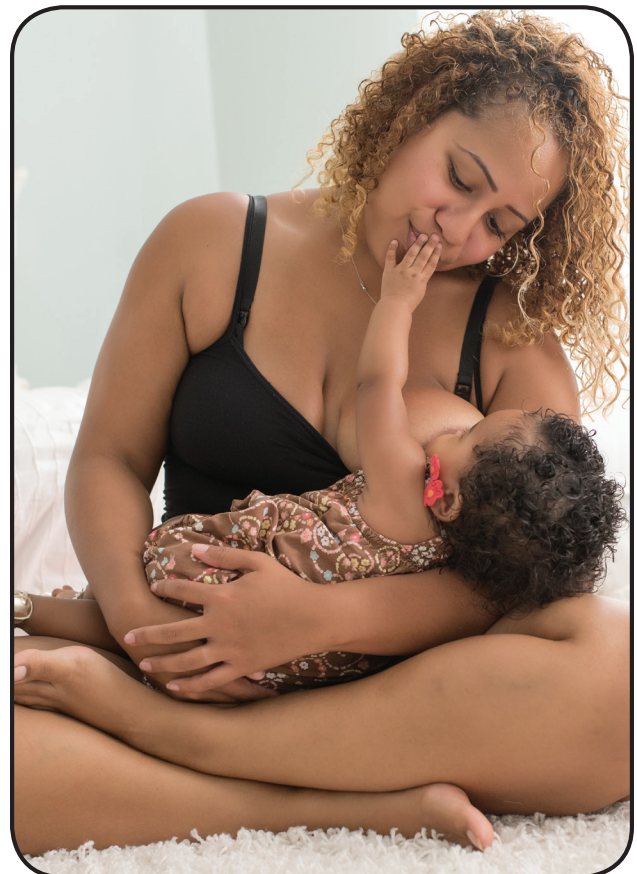
Breastfeeding rates for infants born in 2013 come from the U.S. National Immunization Surveys (NIS) 2014 and 2015. The NIS provides current national, state, and selected urban-area estimates of vaccination coverage rates for U.S.

children. Since breastfeeding data are obtained by maternal recall when children are between 19 to 35 months of age, breastfeeding rates are analyzed by birth cohort rather than survey year. For more details about NIS survey methods visit http://www.cdc.gov/breastfeeding/data/nis_data/survey_methods.htm.

Data source: CDC National Immunization Surveys 2014 and 2015, among children born in 2013. http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm



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Breastfeeding Support Indicators

Elements of breastfeeding-friendly communities are measured using indicators that assess support from birth facilities, peer and professional lactation providers, and child care settings.

Maternity Practices in Infant Nutrition and Care (mPINC) score

The mPINC survey, administered by CDC, measures breastfeeding-related maternity care practices at all intrapartum care facilities across the U.S. and territories, and compares the extent to which these practices vary by state. The state mPINC score (Range 0-100 with 100 as the highest score) represents the level at which birth facilities in each state provide maternity care supportive of breastfeeding.

Data source: 2015 CDC Maternity Practices in Infant Nutrition and Care (mPINC) Survey. <http://www.cdc.gov/breastfeeding/data/mpinc/results.htm>

Percent of live births occurring at hospitals or birth centers designated as Baby-Friendly

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.

Data source: Baby Friendly USA. Baby-Friendly Hospitals and Birth Centers designated as of June 2016. Available at <http://www.babyfriendlyusa.org>*

Percent of breastfed infants receiving formula before 2 days of age

Percent of breastfed infants receiving formula before 2 days of age is calculated among infants breastfeeding at 2 days.

Data source: CDC National Immunization Surveys 2014 and 2015, among children born in 2013. http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm

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

La Leche League Leaders are volunteers with personal breastfeeding experience who, under the direction of a mentor, have completed a study program to develop skills to provide support and help to pregnant women and breastfeeding mothers.

Data source: La Leche League (LLL) International database of accredited LLL Leaders as of June 2016, obtained from LLL.

Number of Certified Lactation Counselors per 1,000 live births

CLCs are lactation care providers who have completed a 45-hour training course and passed a certification exam administered by the Academy of Lactation Policy and Practice. Once certified, all CLCs must recertify by 18 continuing education hours every 3 years. The CLC certification is accredited by the American National Standards Institute.

Data source: Healthy Children Project, Inc. database of Certified Lactation Counselors as of July 22, 2016, obtained from the Healthy Children Project, Inc.

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

IBCLCs are clinical lactation professionals who have completed 90 hours of lactation-specific education, college level health science courses, 300-1000 clinical practice hours, and passed a certification exam administered by the International Board of Lactation Consultant Examiners. Once certified, all IBCLCs must recertify by 75 continuing education hours or exam every 5 years and by exam every 10 years. IBCLC certification is accredited by the National Commission on Certifying Agencies.

Data source: International Board of Lactation Consultant Examiners. IBCLCs by State as of January 5, 2016. <http://iblce.org/wp-content/uploads/2016/01/IBCLCs-by-State-1.5.20162.pdf>*

Child care regulation supports onsite breastfeeding

State scores were determined by the National Resource Center for Health and Safety in Child Care and Early Education. State child care regulation is categorized as fully supportive of onsite breastfeeding ("yes") if all child care entities licensed by the state have a score of 4 (fully supportive) on the item: 1A1- support breastfeeding by making arrangements for mothers to feed their child on-site.

Data source: National Resource Center for Health and Safety in Child Care and Early Education. 2016. *Achieving a state of healthy weight: 2016 update*. Aurora, CO: University of Colorado Denver.

Number of Live Births by state

Data source: Total live birth information: Hamilton BE, Martin JA, Osterman MJK. Births: Preliminary Data for 2015. National Vital Statistics Reports; Vol 65 No 2. Hyattsville, MD: National Center for Health Statistics. 2016. Available at http://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_03.pdf Accessed 7/14/2016.

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