



Breastfeeding Data

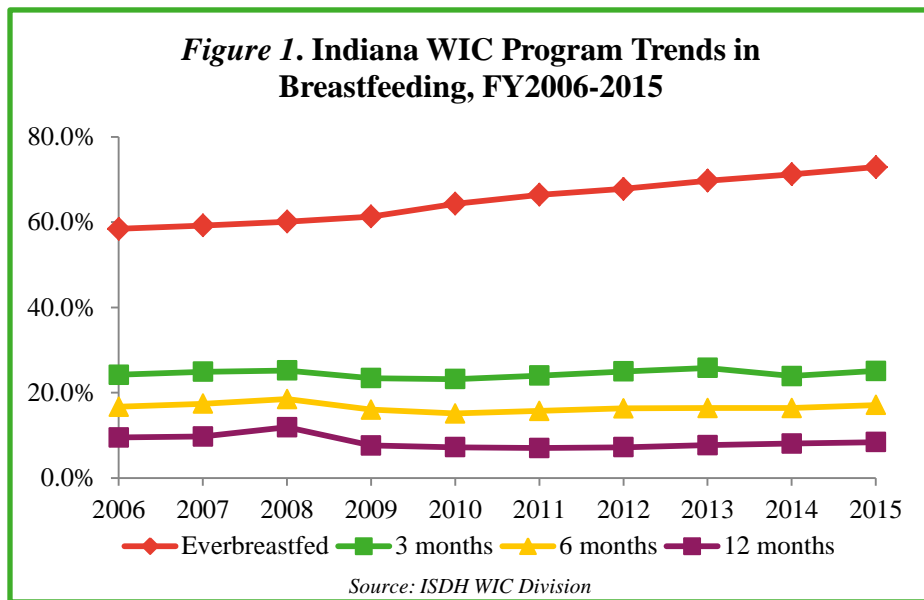
FY2015





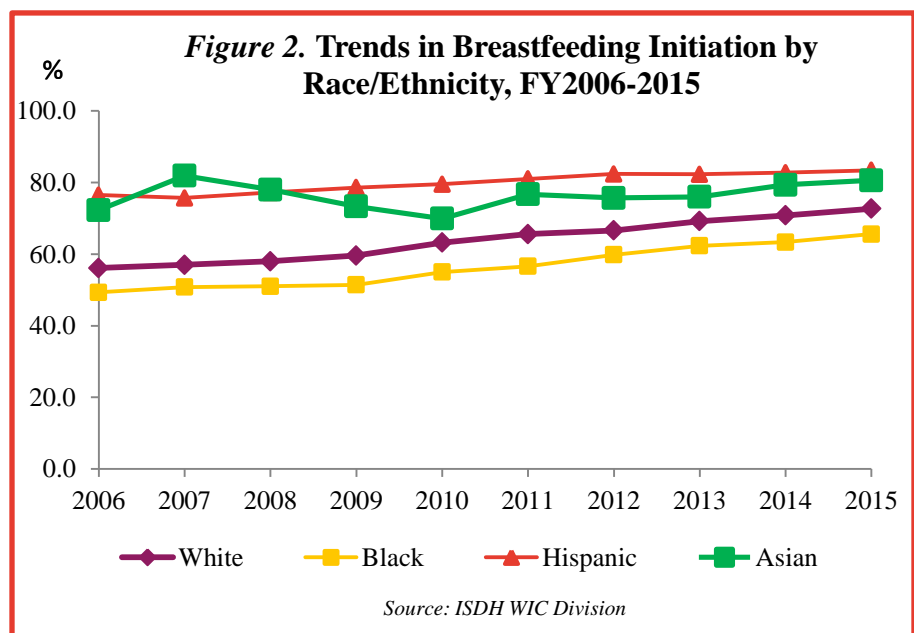
Breastfeeding promotion continues to be one of the main goals for the Indiana State Department of Health Women, Infants and Children (WIC) Program. The benefits of breastfeeding extend far beyond basic nutritional value. Its health, immunologic and economic advantages are widely recognized.

The breastfeeding initiation rate among the Indiana WIC Program population has been



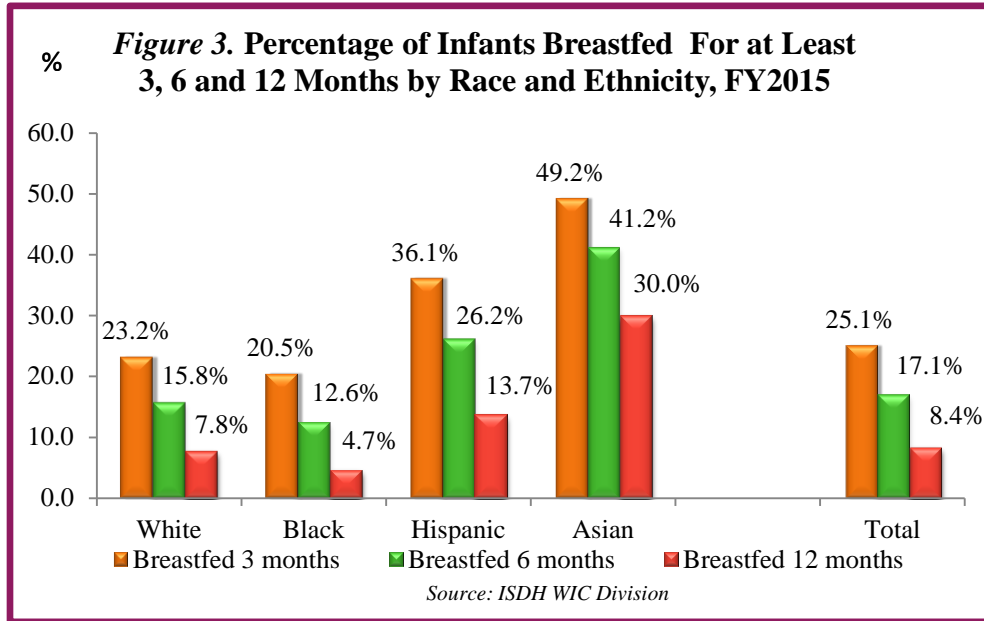
improving steadily over the last decade, increasing from 58.4% in 2006 to 72.9% in 2015. This is a total increase of 14.5% over the decade including a 1.7% increase compared to 2014 (Figure 1).

The breastfeeding initiation rate is increasing across all racial and ethnic groups (Figure 2). Although the breastfeeding initiation rate remains the lowest among the black WIC population, this group experienced consistent increase over the decade, rising by over 16% from 49.3% in 2006 to 65.6% in 2015.

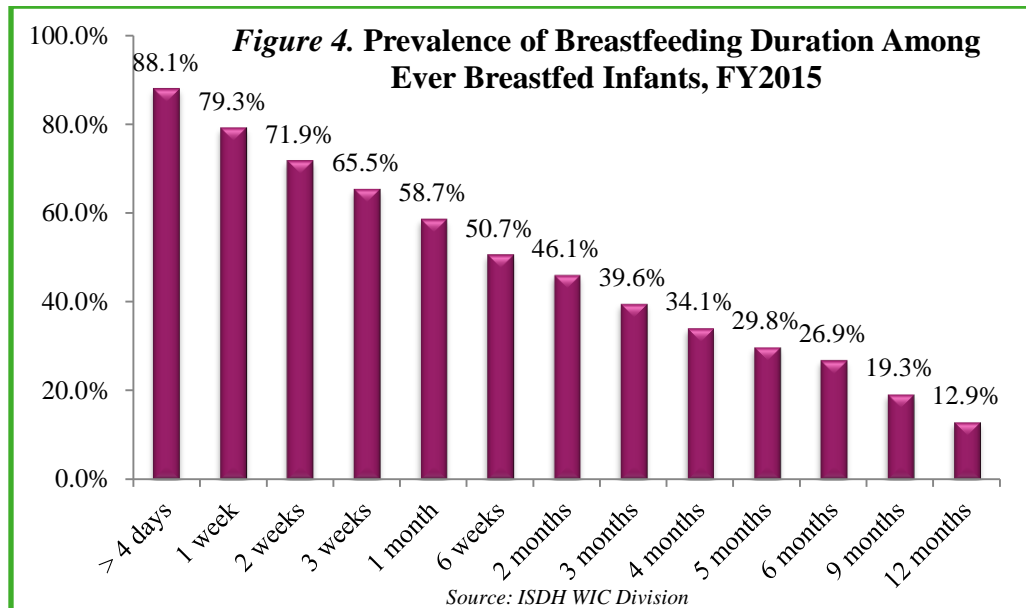




Compared to all other races/ethnicities, Asian WIC participants had the highest prevalence of breastfeeding at 3, 6 and 12 months (49.2%, 41.2% and 30.0% retrospectively) (Figure 3).



Over 20% of breastfeeding women in the Indiana WIC Program discontinue breastfeeding only 1 week after initiation and about half of those discontinue breastfeeding after 6 weeks (Figure 4).





The most frequent reason for discontinuing breastfeeding reported by Indiana WIC mothers was a concern that baby was not getting enough milk (34.5%) (Figure 5). Other commonly reported reasons include: “Baby too demanding, fussy, not satisfied” (10.0%), “Infant refused breast/prefers bottle” (8.3%) and “Met breastfeeding goal” (7.2%). The reasons that were combined under “All Other” category included “Anxiety, Lack of Confidence” (1.9%), Infant Teething/Biting (1.1%), “Mother Pregnant” (0.8%) and “Lack of Support or Encouragement (0.4%).

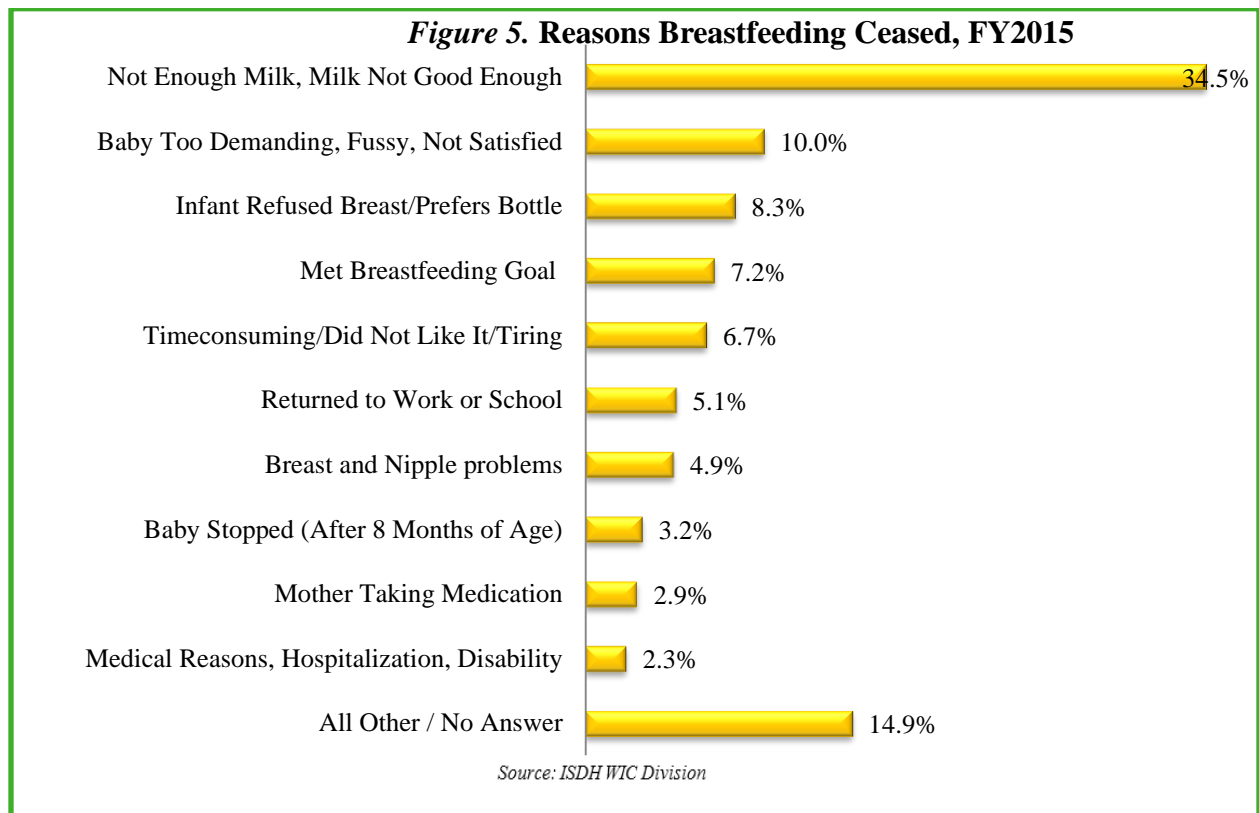




Table 1 outlines the prevalence of breastfeeding initiation and breastfeeding duration at 3, 6 and 12 months among Indiana WIC infants by selected characteristics of their mother, such as maternal age, marital status, education, pre-pregnancy weight, smoking status during pregnancy, household smoking status, anemia during pregnancy and time of the WIC Program enrollment.

- The prevalence of breastfeeding initiation and duration at 3, 6 and 12 months increased with maternal age, with higher prevalence rates among women 39 years and older. This group of women had a 74.5% breastfeeding initiation rate and breastfeeding durations rates of 40.1% at 3 months, 29.0% at 6 months and 18.0% at 12 months.
- Married mothers had higher prevalence rates of breastfeeding initiation (78.5% vs. 70.7%), breastfeeding duration at 3 months (36.5% vs. 20.5%), 6 months (27.6% vs. 12.7%) and 12 months (15.0% vs. 5.5%) compared to single mothers.
- Mothers with a higher level of education had higher breastfeeding rates, with the greatest numbers among those with 16 or more years of education.
- Mothers who were underweight prior to their pregnancy had the lowest breastfeeding initiation rate (71.4%), 6 months (16.2%) and 12 months (7.0%) breastfeeding duration rates, while those who were obese prior to pregnancy had the lowest 3 months (26.5%) breastfeeding duration rates.
- Non-smoking mothers and those who came from non-smoking households had higher breastfeeding initiation and duration rates compared to those who did smoke and came from smoking households.
- Women who were diagnosed with anemia during pregnancy had lower breastfeeding initiation (70.7% vs. 76.0%), 3 months (22.9% vs. 31.4%), 6 months (13.3% vs. 20.1%) and 12 months (5.9% vs. 10.2%) duration rates compared to those who did not have anemia.
- Women who were enrolled in WIC in either 1st or 2nd trimester of pregnancy had higher breastfeeding initiation and duration rates compared to those who were enrolled in the 3rd trimester of pregnancy.



Table 1. Prevalence of Breastfeeding Initiation and Duration to 3, 6 and 12 Months Among Indiana WIC Infants by Selected Maternal Characteristics (1, 2)

	EVER BREASTFED	BREASTFED 3 MONTHS	BREASTFED 6 MONTHS	BREASTFED 12 MONTHS
Maternal Age				
<15 years	62.0%	12.1%	5.6%	0.0%
15-19 years	72.5%	14.7%	8.9%	4.0%
20-29 years	73.9%	24.2%	16.2%	7.5%
30-39 years	74.9%	34.8%	25.8%	14.3%
39+ years	74.5%	40.1%	29.0%	18.0%
Maternal Marital Status				
Single	70.7%	20.5%	12.7%	5.5%
Married	78.5%	36.5%	27.6%	15.0%
Maternal Education				
<9 years	75.1%	35.0%	26.8%	15.9%
9-12 years	69.6%	20.2%	13.0%	6.1%
13-15 years	79.6%	31.6%	21.6%	9.7%
16-17 years	87.6%	48.9%	39.5%	22.9%
18+ years	85.2%	48.4%	42.6%	23.9%
Maternal Pre-pregnancy BMI				
Underweight	71.4%	27.0%	16.2%	7.0%
Normal Weight	77.9%	29.7%	19.1%	10.1%
Overweight	77.0%	30.4%	19.0%	10.3%
Obese	74.3%	26.5%	16.4%	7.7%
Smoking During Pregnancy				
No	77.9%	32.4%	20.7%	10.5%
Yes	61.2%	14.5%	7.1%	2.6%
Household Smoking During Pregnancy				
No	76.4%	31.5%	19.9%	10.0%
Yes	65.7%	17.5%	9.8%	4.6%
Anemia During Pregnancy				
No	76.0%	31.4%	20.1%	10.2%
Yes	70.7%	22.9%	13.3%	5.9%
Trimester at Enrollment				
1st Trimester	76.4%	29.4%	18.9%	4.9%
2nd Trimester	73.1%	28.8%	18.1%	4.5%
3rd Trimester	72.2%	26.2%	15.6%	3.8%

(1) Reporting period is October 1, 2014 through September 30, 2015. Analyses based one record per child.

(2) Infants born during the reported period included in the Ever Breastfed analysis.



Table 2 identifies the top five Indiana WIC local agencies with the highest prevalence of breastfeeding initiation and breastfeeding duration at 3, 6 and 12 months. Three local agencies, Marshall County WIC Program, Whitley County WIC Program and Elkhart County WIC Program have exceeded the *Healthy People 2020* objective to increase the proportion of ever breastfed infants to 81.9%.

Table 2. Prevalence of Breastfeeding Initiation and Breastfeeding Duration to 3, 6 and 12 Months in Top Five Indiana WIC Local Agencies (1, 2)

LOCAL WIC AGENCY	AGENCY ID	PERCENT
Highest Prevalence of Breastfeeding Initiation		
Marshall County WIC Program	47	84.5%
Whitley County WIC Program	53	83.5%
Elkhart County WIC Program	08	82.7%
Steuben County WIC Program	50	80.9%
Henry County WIC Program	11	80.7%
Highest Prevalence of Breastfeeding to 3 Months		
Kosciusko County WIC Program	59	33.3%
Monroe County WIC Program	25	32.6%
Elkhart County WIC Program	08	32.6%
Henry County WIC Program	11	31.1%
Tippecanoe County WIC Program	41	30.3%
Highest Prevalence of Breastfeeding to 6 Months		
Monroe County WIC Program	25	24.8%
Kosciusko County WIC Program	59	24.4%
Elkhart County WIC Program	08	22.7%
Whitley County WIC Program	53	22.6%
Marshall County WIC Program	47	22.3%
Highest Prevalence of Breastfeeding to 12 Months		
Monroe County WIC Program	25	15.2%
Tippecanoe County WIC Program	41	12.0%
Elkhart County WIC Program	08	11.8%
Johnson County WIC Program	44	10.7%
Henry County WIC Program	11	10.5%

(1) Reporting period is October 1, 2014 through September 30, 2015. Analyses based one record per child.

(2) Infants born during the reported period included in the Ever Breastfed analysis.



Figure 9. Indiana WIC Prevalence of Breastfeeding at 12 Months by County, FY2015

