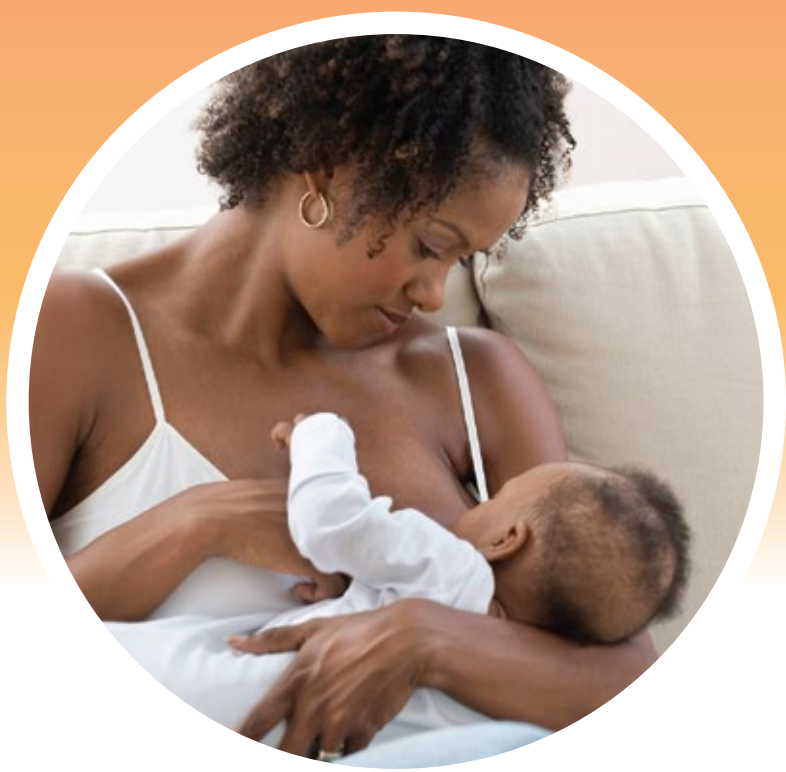
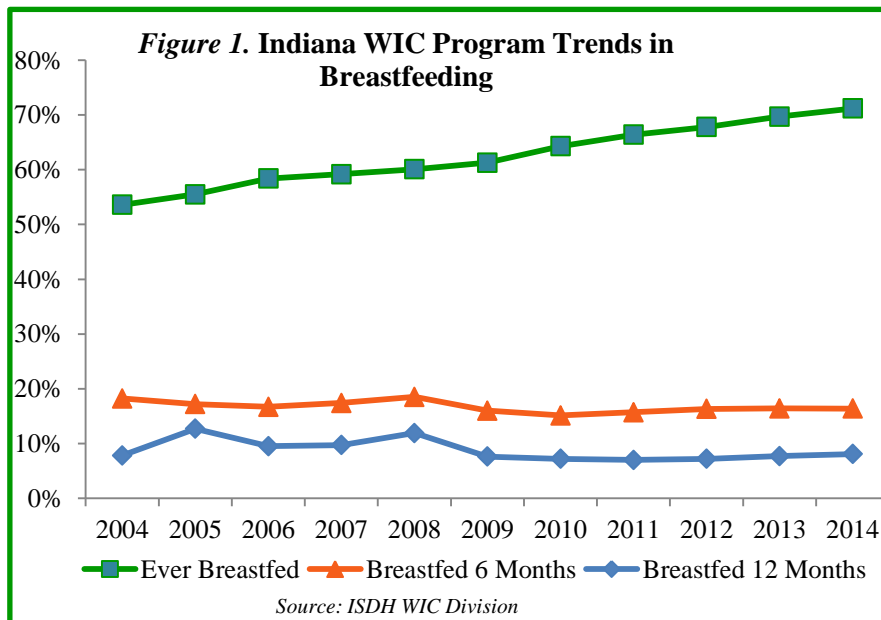


# Breastfeeding Data FY2014





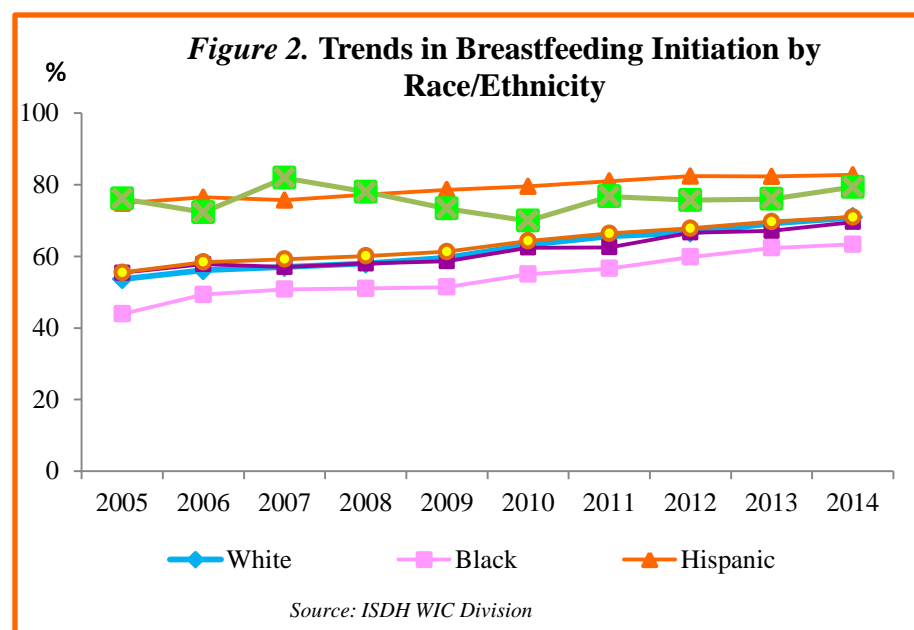
Breastfeeding promotion continues to be one of the main goals for the IndianaWIC Program. The benefits of breastfeeding extend far beyond basic nutritional value. Its health, immunologic and economic advantages are widely recognized.



The breastfeeding initiation rate among the Indiana WIC Program population has been improving steadily over the last decade, increasing from 53.6% in 2004 to 71.2% in 2014. This is a total increase of 17.6% over the decade including a 1.5% increase compared to 2013 (Figure 1).

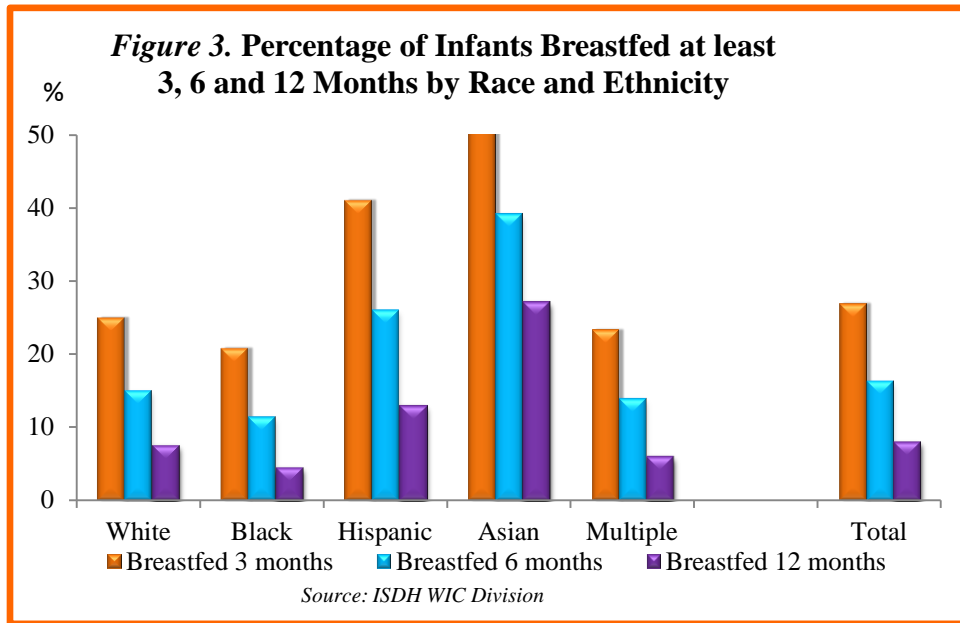
The breastfeeding initiation rate is increasing across all racial and ethnic groups (Figure 2).

Although the breastfeeding initiation rate remains the lowest among the black WIC population, this group experienced the highest increase compared to other racial and ethnic groups, rising by over 20% from 43.2% in 2004 to 63.4% in 2014.

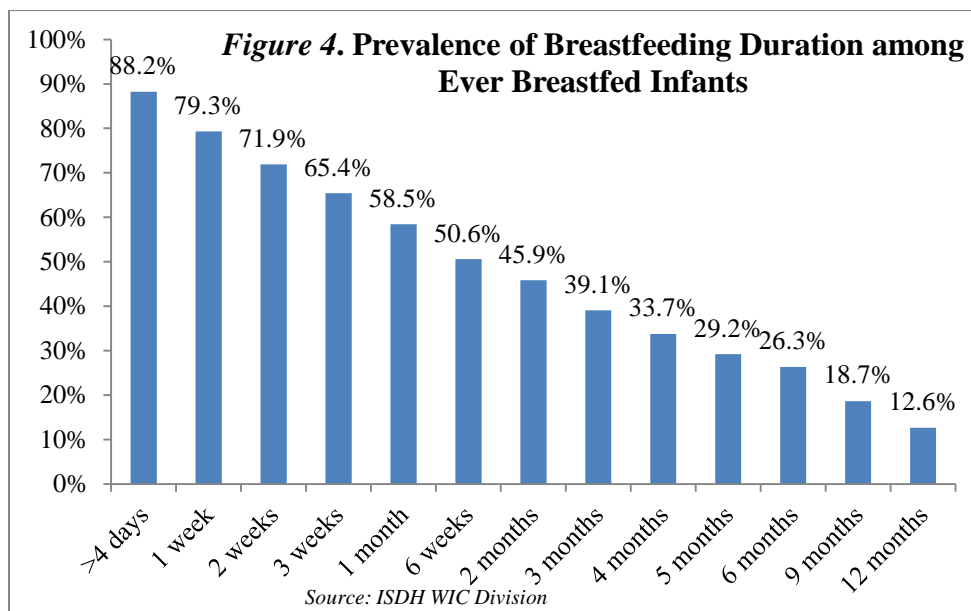




Compared to all other races/ethnicities, Asian WIC participants had the highest prevalence of breastfeeding at 3, 6 and 12 months (53.9%, 39.2% and 27.2% retrospectively) (Figure 3).



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 (32.7%) (Figure 5). Other commonly reported reasons include: “Baby too demanding, fussy, not satisfied” (10.0%), “Infant refused breast/prefers bottle” (7.8%) and “Met breastfeeding goal” (7.7%). The reasons that were combined under “All Other” category included “Anxiety, Lack of Confidence” (2.0%), Infant Teething/Biting (1.2%), “Mother Pregnant” (0.9%), and “Lack of Support or Encouragement (0.4%).

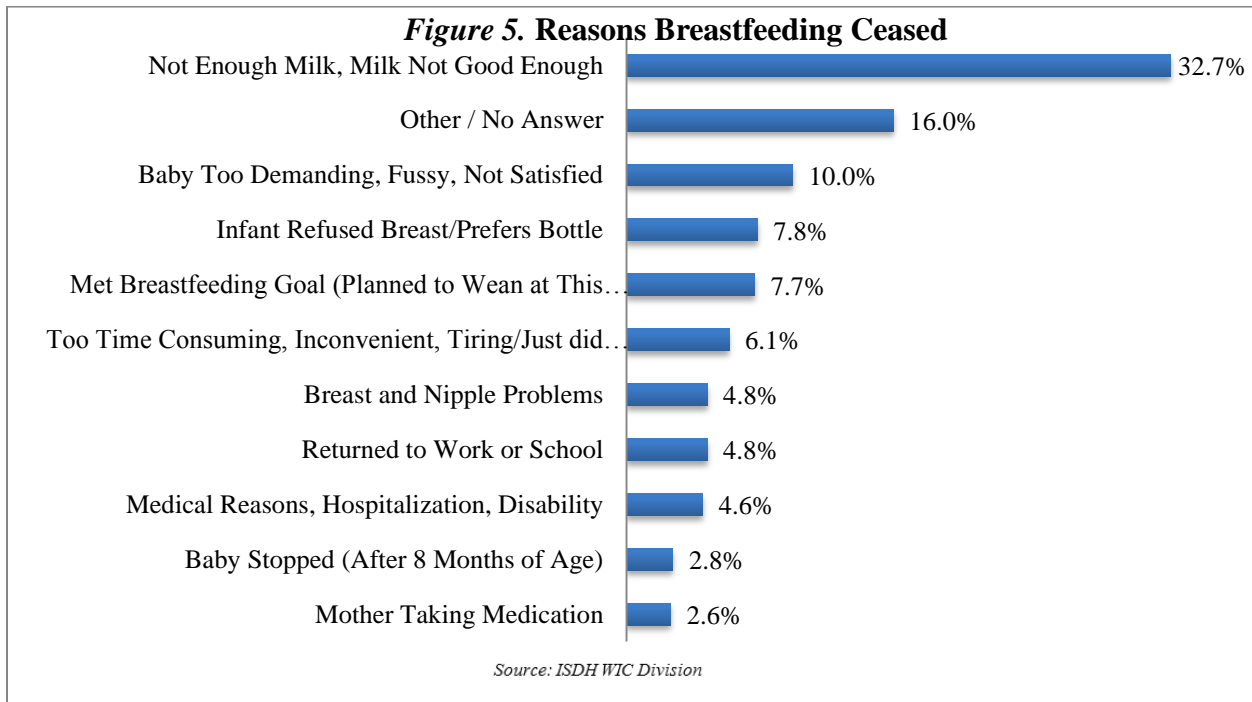




Table 1 outlines the prevalence of breastfeeding initiation and breastfeeding duration at 6 and 12 months among Indiana WIC infants by selected characteristics of their mother, such as maternal age, marital status, education, pre-pregnancy weight, smoking status during pregnancy, household smoking status, 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 73.8% breastfeeding initiation rate and breastfeeding durations rates of 42.7% at 3 months, 27.0% at 6 months and 16.8% at 12 months.
- Married mothers had higher prevalence rates of breastfeeding initiation (77.3% vs. 68.8%), breastfeeding duration at 3 months (39.4% vs. 21.7%), 6 months (26.5% vs. 12.1%) and 12 months (14.5% vs. 5.1%) 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 (70.0%), while those who were obese prior to pregnancy had the lowest 3 months (24.6%), 6 months (16.0%) and 12 months (7.0%) 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 (67.8% vs. 74.3%), 3 months (22.0% vs. 30.8%), 6 months (13.7% vs. 21.1%) and 12 months (5.9% vs. 9.6%) duration rates compared to those who did not have anemia.
- Women who were enrolled in WIC in either first or second trimester of pregnancy had higher breastfeeding initiation and duration rates compared to those who were enrolled in the third trimester of pregnancy.



**Table 1. Prevalence of Breastfeeding Initiation and Duration to 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
<b>Maternal Age</b>				
<15 years	58.3%	9.5%	4.8%	1.6%
15-19 years	71.0%	15.8%	8.2%	3.4%
20-29 years	71.8%	26.0%	15.4%	7.4%
30-39 years	72.9%	39.4%	26.5%	14.0%
39+ years	73.8%	42.7%	27.0%	16.8%
<b>Maternal Marital Status</b>				
Single	68.8%	21.7%	12.1%	5.1%
Married	77.3%	39.4%	26.5%	14.5%
<b>Maternal Education</b>				
<9 years	72.2%	38.4%	25.5%	14.7%
9-12 years	67.7%	22.0%	12.8%	5.9%
13-15 years	78.5%	33.6%	20.1%	10.0%
16-17 years	87.1%	53.0%	37.0%	20.2%
18+ years	88.1%	56.6%	42.6%	19.5%
<b>Maternal Pre-pregnancy BMI</b>				
Underweight	70.0%	27.6%	18.1%	7.4%
Normal Weight	73.6%	29.0%	19.8%	9.3%
Overweight	73.8%	29.3%	20.0%	9.7%
Obese	71.4%	24.6%	16.0%	7.0%
<b>Smoking During Pregnancy</b>				
No	75.7%	32.2%	22.2%	10.1%
Yes	60.0%	13.0%	7.1%	2.6%
<b>Household Smoking During Pregnancy</b>				
No	74.4%	31.8%	22.5%	10.2%
Yes	62.3%	17.5%	10.5%	4.5%
<b>Anemia During Pregnancy</b>				
No	74.3%	30.8%	21.1%	9.6%
Yes	67.8%	22.0%	13.7%	5.9%
<b>Trimester at Enrollment</b>				
1st Trimester	73.8%	27.9%	17.2%	4.5%
2nd Trimester	72.8%	28.0%	17.7%	4.2%
3rd Trimester	69.9%	25.0%	14.5%	3.1%

(1) Reporting period is Oct. 1, 2013 through Sep. 30, 2014. 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. One local agency, Whitley County WIC Program, has exceeded the *Healthy People 2020* objective to increase the proportion of ever breastfed infants to 81.9% by 3.0%.

**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
<b>Highest Prevalence of Breastfeeding Initiation</b>		
Whitley County WIC Program	53	84.9%
Steuben County WIC Program	50	81.6%
Elkhart County WIC Program	08	80.0%
LaGrange County WIC Program	49	79.9%
Tippecanoe County WIC Program	41	79.7%
<b>Highest Prevalence of Breastfeeding to 3 Months</b>		
Johnson County WIC Program	44	33.0%
Elkhart County WIC Program	8	32.2%
Whitley County WIC Program	53	31.8%
Monroe County WIC Program	25	30.9%
Tippecanoe County WIC Program	41	30.7%
<b>Highest Prevalence of Breastfeeding to 6 Months</b>		
Johnson County WIC Program	44	25.6%
Monroe County WIC Program	25	23.8%
Tippecanoe County WIC Program	41	22.6%
Whitley County WIC Program	53	21.9%
Kosciusko County WIC Program	59	21.2%
<b>Highest Prevalence of Breastfeeding to 12 Months</b>		
Monroe County WIC Program	25	13.5%
Whitley County WIC Program	53	12.1%
Tippecanoe County WIC Program	41	11.9%
Hendricks County WIC Program	32	11.1%
Kosciusko County WIC Program	59	10.7%

(1) Reporting period is Oct. 1, 2013 through Sep. 30, 2014. Analyses based one record per child.

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



Figure 6. Indiana WIC Breastfeeding Initiation by County

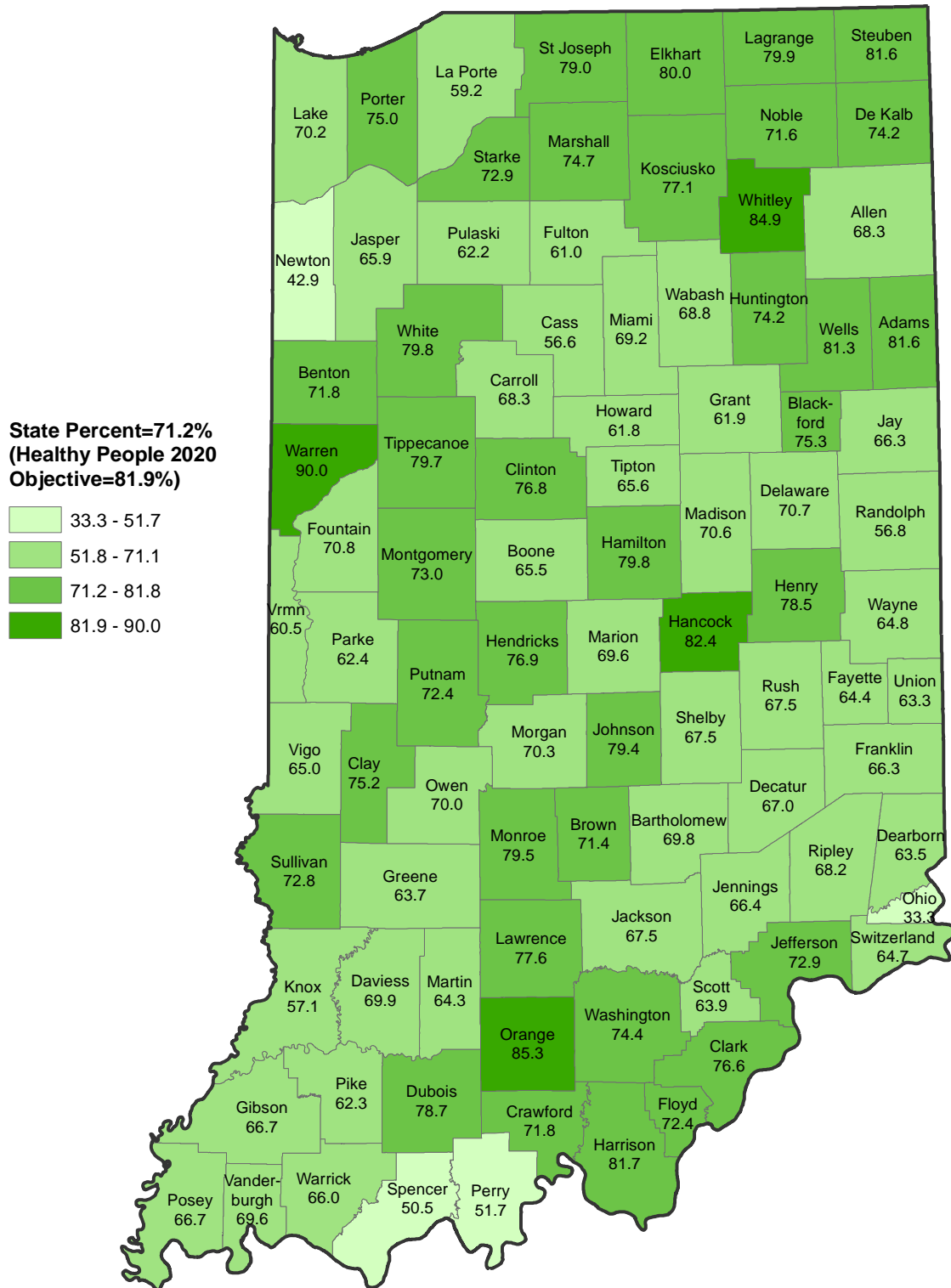








Figure 8. Indiana WIC Prevalence of Breastfeeding at 6 Months by County

