



Breastfeeding Duration and Fully Breastfeeding Rates Among Florida WIC Participants, 2009-2010

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The Florida Women, Infants, and Children Program (Florida WIC) is a national public health nutrition program that provides nutritious supplemental foods, nutrition education, and referrals for health care. Additionally, the program promotes breastfeeding by providing breastfeeding support to its participants.¹

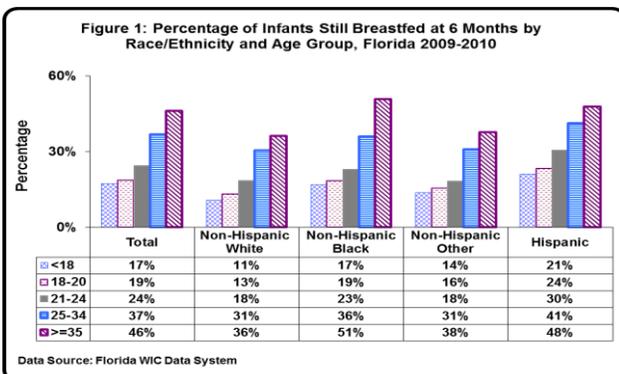
The American Academy of Pediatrics recommends exclusive breastfeeding without supplementation as the ideal nutrition for the first 6 months and continued breastfeeding for at least the first year of life.² Breastfed infants have fewer allergies, as well as lower risks of chronic illnesses and Sudden Infant Death Syndrome (SIDS). Research has shown the benefits of breastfeeding increase with providing breast milk only and breastfeeding for longer durations.³⁻⁶

This data brief provides information on breastfeeding duration and fully breastfeeding patterns among Florida WIC participants between calendar years 2009 and 2010.

Breastfeeding Duration

From 2009 to 2010, the prevalence of breastfeeding at 6 months decreased among Florida WIC participants from 34% to 29%. From 2009 to 2010, the National Pediatric Nutrition Surveillance System (PedNSS) data on breastfeeding at 6 months decreased slightly from 27% to 25%. In 2009 and 2010, the prevalence of breastfeeding at 6 months was higher among Florida WIC participants compared to PedNSS.^{7, 8}

Does breastfeeding duration among Florida WIC infants differ at 6 months by race/ethnicity and age group?



For the period 2009-2010, breastfeeding at 6 months differed by race/ethnicity and age group. Compared to other race/ethnicity age groups, Hispanic participants had the highest prevalence of breastfeeding at 6 months, with the exception of the 35 years and older age group. Comparably, Non-Hispanic White and Non-Hispanic Other race participants had the lowest prevalence of breastfeeding at 6 months during this period (Figure 1).

Do breastfeeding duration rates at 6 months among Florida WIC participants differ by race/ethnicity and education status?

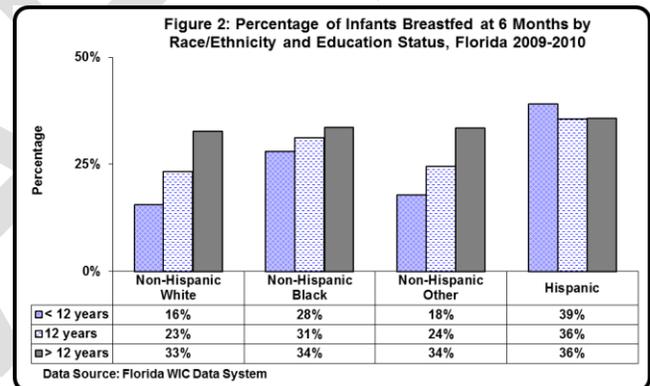


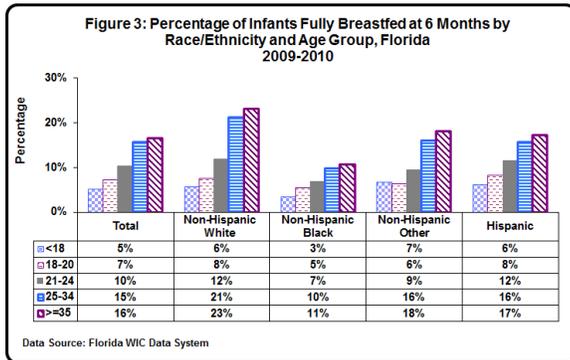
Figure 2 shows breastfeeding prevalence at 6 months by race/ethnicity and education status. For the period 2009-2010, the breastfeeding rates at 6 months were highest among Hispanic participants for each education level examined. In contrast, Non-Hispanic White participants and Non-Hispanic Other race participants had the lowest prevalence of breastfeeding at 6 months, with the exception of the more than 12 years education group.

Fully Breastfeeding

Fully breastfeeding is defined as a breastfed infant not receiving formula from WIC.⁹ From 2009 to 2010, the prevalence of fully breastfeeding at 6 months increased slightly from 12% in 2009 to 13% in 2010. From 2009 to 2010, the PedNSS data on fully breastfeeding at 6 months decreased slightly from 7% to 6%. In 2009 and 2010, the prevalence of fully breastfeeding at 6 months was higher among Florida WIC participants compared to PedNSS.^{7, 8}

Florida WIC Data Brief

Do fully breastfeeding rates at 6 months among Florida WIC participants differ by race/ethnicity and age group?



For the time period 2009-2010 among all race/ethnicity and age groups examined, the prevalence of fully breastfeeding at 6 months ranged from 3% to 23%. The lowest rates were among participants less than 18 years of age. The highest rates were among participants 35 years and older, as shown in Figure 3.

Do fully breastfeeding prevalence rates at 6 months among Florida WIC participants differ by race/ethnicity and education status?

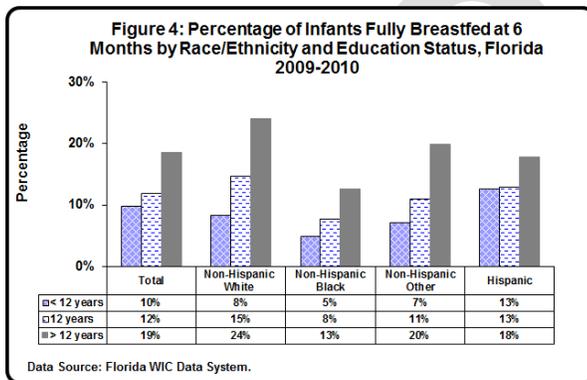


Figure 4 shows the prevalence of fully breastfeeding at 6 months. For all race/ethnicity and education levels examined, the prevalence of fully breastfeeding at 6 months ranged from 5% to 24%. The lowest rates were among participants with less than 12 years education. The highest rates were among participants with more than 12 years education.

WIC Program Initiatives

In 2009, the Florida WIC program updated its food packages to meet new USDA requirements. Food packages were designed to support and protect breastfeeding by providing different food packages for fully formula fed, partially breastfed, and fully breastfed infants and their mothers.^{10, 11}

Additionally, in 2010, the Florida WIC Program received federal funding to expand a breastfeeding peer counseling model called *Loving Support*® through Peer Counseling Program, to all local WIC agencies.¹²

For more information on the *Loving Support*® breastfeeding peer counseling program, please visit the following website: http://www.nal.usda.gov/wicworks/Learning_Center/support_peer.html.

Data Source:

The linked WIC Program data files prepared for the Centers for Disease Control and Prevention's Pregnancy Nutrition Surveillance System and Pediatric Nutrition Surveillance System, calendar years 2009-2010 and WIC administrative data.

Definitions:

Breastfeeding duration: the reported or calculated length of time the infant (age < two years) was breastfed among participants who reported initiating breastfeeding. If the participant reported still breastfeeding at the last WIC visit the length of time breastfed was calculated as follows: Calculated duration= date of last visit - infant date of birth.

Fully breastfeeding: breastfed infant is not receiving any formula from WIC.

Non-Hispanic Other race: included women who were non-Hispanic and not of Black or White race.

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