

Prevalence of Breastfeeding among Florida Women, 2011



Introduction

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing surveillance system designed to collect data on maternal behaviors and experiences before, during, and shortly after pregnancy. Every year, approximately 2,500 new mothers in Florida are randomly selected to participate. In 2011, Florida PRAMS had a total of 1,392 respondents who completed the survey.

* Data presented in this fact sheet are weighted to be representative of new mothers and infants in Florida.

Background

Breastfeeding is an important source of infant nutrition and immunologic protection, providing health benefits to mothers as well. Breast milk is easy to digest and contains antibodies that protect infants from bacterial and viral infections. Research suggests that breastfeeding offers additional protective factors that reduce the risk of osteoporosis, postpartum depression, and certain breast, ovarian, and cervical cancers.¹

Overall, breastfeeding offers many benefits, including psychosocial, economical, and environmental benefits. This fact sheet examines the overall prevalence of breastfeeding among new mothers in Florida.

Results

- In 2011, 83.4% of new mothers in Florida breastfed their babies; 67.6% of new mothers breastfed their babies for one month or more; and 46.7% of new mothers breastfed their babies for three months or more (Figure 1).
- Trends show the percentage of breastfeeding among new mothers has increased from 76.7% in 2000 to 83.4% in 2011, which is a slight decline from 2010 (Figure 2).
- The U.S. Healthy People 2020 target goal (MICH 21.1) is to increase the proportion of infants who are ever breastfed to 81.9%. Florida has achieved this goal.

Figure 1: Prevalence of Breastfeeding among Florida Women, 2011

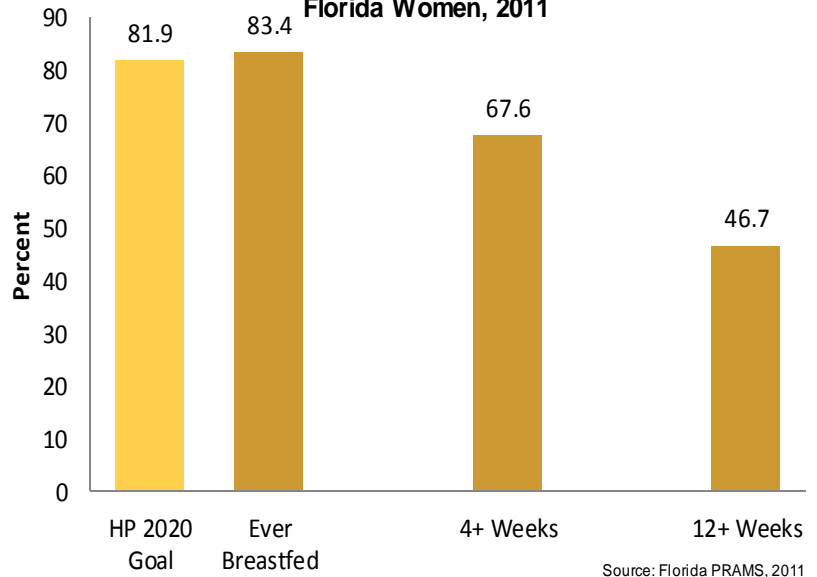
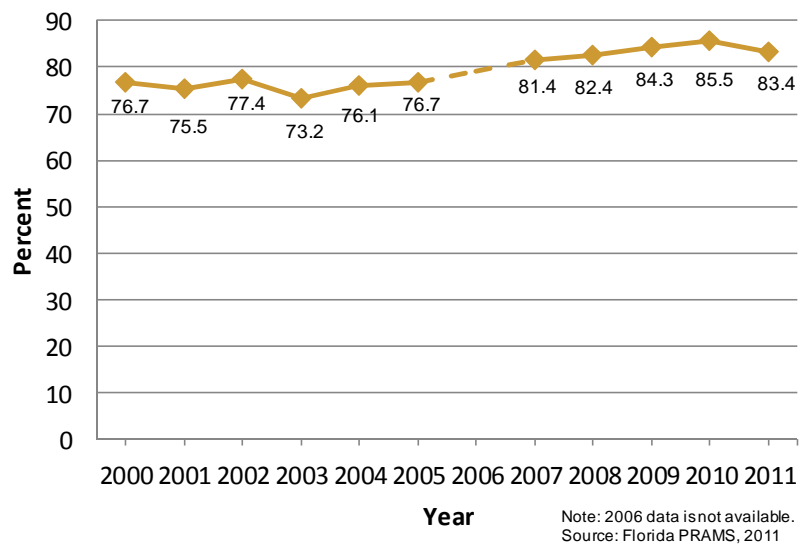


Figure 2: Trend of Prevalence of Ever Breastfeeding among Florida Women, 2000 - 2011



- During prenatal care visits, 86.1% of new mothers reported having a discussion about breastfeeding with either a doctor, nurse, or health care worker.

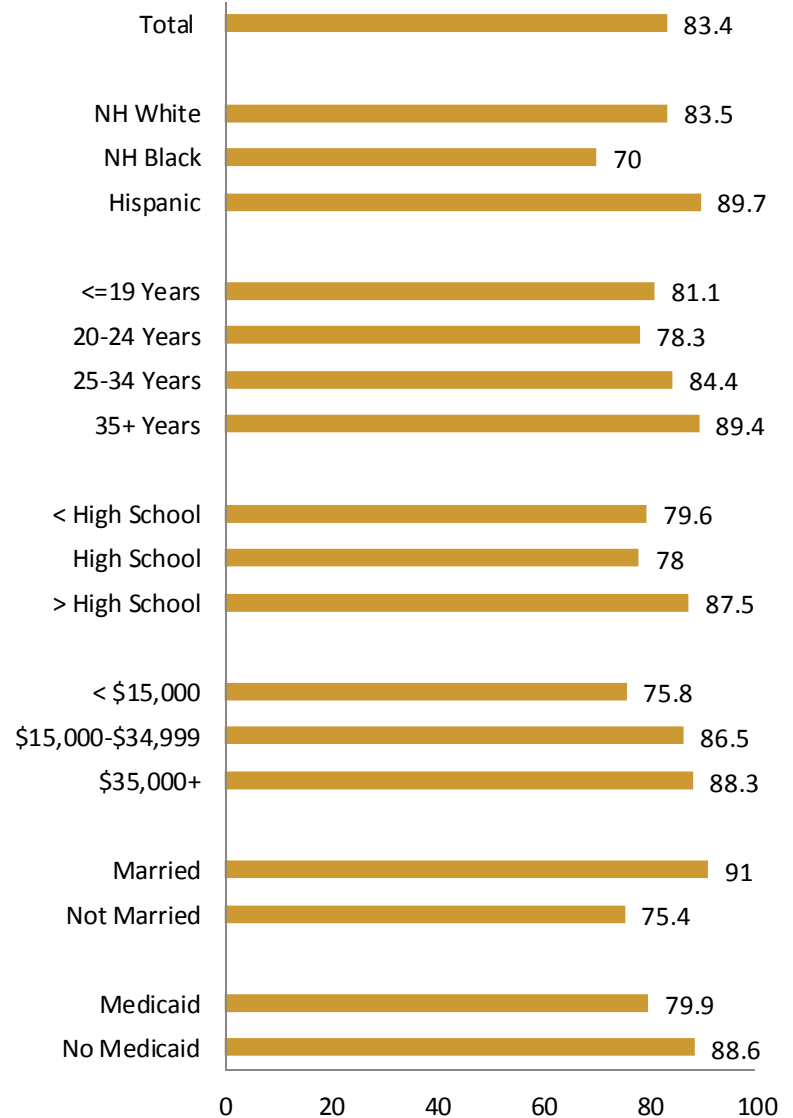
The prevalence of ever breastfeeding among Florida PRAMS participants are:

- Significantly higher among non-Hispanic whites and Hispanics when compared to non-Hispanic blacks.
- Significantly higher among mothers 35 years old and older when compared to mothers 20 to 24 years old.
- Significantly higher among mothers with more than a high school education when compared to mothers with a high school education.
- Significantly higher among mothers with an annual family income of \$15,000 or more per year compared to mothers with a family income of less than \$15,000 per year.
- Significantly higher among married mothers compared to unmarried mothers.
- Significantly higher among mothers who were not Medicaid recipients compared to mothers who were Medicaid recipients (Figure 3).

Summary

- In 2011, 83.4% of Florida mothers reported that they breastfed or pumped breast milk to feed their new babies after delivery. Currently, Florida has reached and surpassed the Healthy People 2020 goal of 81.9%.
- From 2000 to 2011, the prevalence of mothers ever breastfeeding increased by 8.7%.
- The proportion of ever breastfeeding was significantly higher among non-Hispanic whites and Hispanics, mothers with more than a high school education, mothers with an annual family income of \$15,000 or more, married mothers, and mothers without Medicaid.

Figure 3: Prevalence of Ever Breastfeeding among Florida Women, By Demographic Characteristics, 2011



Source: Florida PRAMS, 2011



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