

Breastfeeding



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 2010, Florida PRAMS had a total of 1,400 respondents.

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

Background

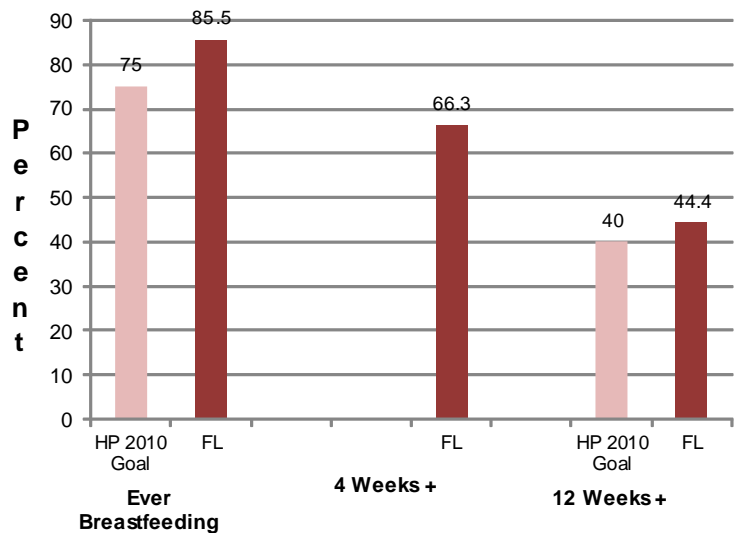
Breastfeeding is an important source of infant nutrition and immunologic protection, providing health benefits to mothers as well. Breast milk is easy to digest and contains antibodies that protect infants from bacterial and viral infections. Research suggests that breastfeeding offers additional protective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

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

Results

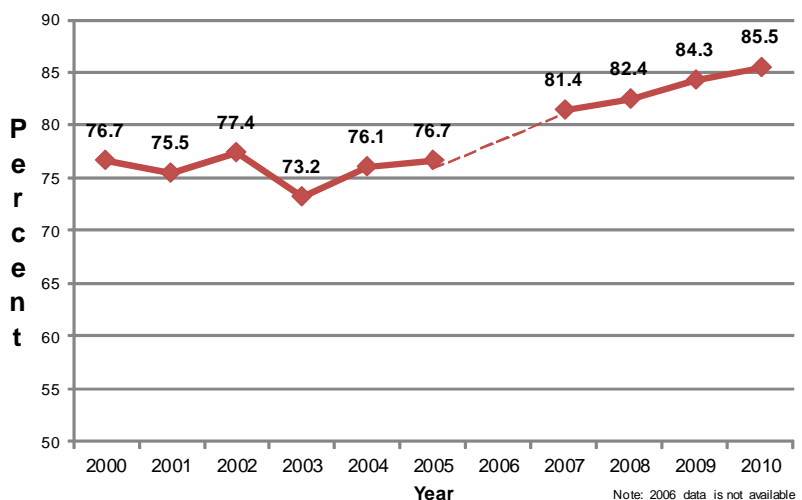
- In 2010, 85.5% of new mothers in Florida breastfed their babies; 66.3% of new mothers breastfed their babies for one month or more; and 44.4% of new mothers breastfed their babies for three months or more (Figure 1).
- Trends show the percentage of breastfeeding among new mothers has increased from 76.7% in 2000 to 85.5% in 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. Percent of Breastfeeding, Florida, 2010



Source: Florida PRAMS, 2010

Figure 2. Trend of Ever Breastfeeding, Florida, 2000-2010



Note: 2006 data is not available
Source: Florida PRAMS, 2010

- During prenatal care visits, 84.5% of new mothers reported having a discussion about breastfeeding with either a doctor, nurse, or health care worker.

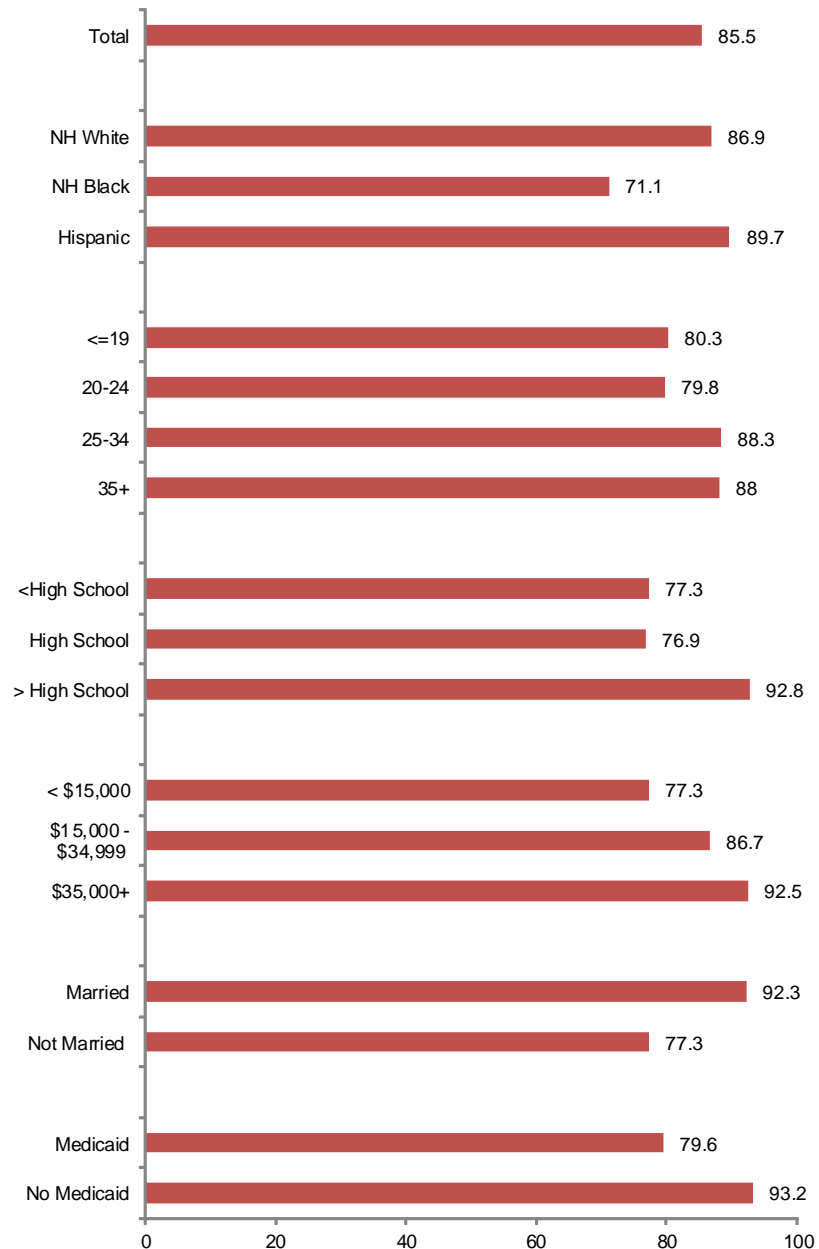
The prevalence of ever breastfeeding among Florida PRAMS participants are:

- Significantly lower among non-Hispanic blacks when compared to Hispanics and non-Hispanic whites.
- Higher among women 25 years of age and older compared to women 24 years of age and younger.
- Significantly higher among women with more than a high school education compared to women with a high school education or less.
- Significantly higher among women with an annual family income of \$35,000 or more per year compared to women with a family income of less than \$15,000.
- Significantly higher among married women compared to their unmarried counterparts.
- Significantly higher among women without Medicaid compared to women with Medicaid (Figure 3).

Summary

- The proportion of ever breastfeeding increased from 2000 to 2010. In 2010, 85.5% 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%.
- The proportion of ever breastfeeding was higher among Hispanics and non-Hispanic whites, women 25 years of age and older, women with more than a high school education, women with an annual family income of \$35,000 or more, married women, and women without Medicaid.

Figure 3. Prevalence of Ever Breastfeeding By Demographic Characteristics, Florida, 2010



Source: Florida PRAMS, 2010

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