



# Breastfeeding Report Card — United States, 2012

Improving the health of mothers and their children is a primary goal of the Centers for Disease Control and Prevention (CDC). Protecting, promoting, and supporting breastfeeding, with its many known benefits for infants, children, and mothers, is a key strategy toward this goal.

There are many ways that states support mothers and babies to breastfeed, and everyone plays a role. The CDC Breastfeeding Report Card brings together state-by-state information to help tell the story of breastfeeding practices in states. It compiles many types of data so states can monitor progress, celebrate state successes, and identify opportunities to work with health professionals, employers, business owners, community partners and family members to protect, promote, and support breastfeeding.

## Breastfeeding rates on the rise

Breastfeeding rates continue to rise, with increases of about 2 percentage points in breastfeeding initiation, and breastfeeding at 6 and 12 months. Breastfeeding initiation increased from 74.6% in 2008 to 76.9% in 2009 births. This improvement in initiation represents the largest annual increase over the previous decade. Breastfeeding at 6 months increased from 44.3% to 47.2%; breastfeeding at 12 months increased from 23.8% to 25.5%.

## Progress in improving hospital practices

CDC’s Maternity Practices in Infant Nutrition and Care (mPINC) survey assesses and scores how well maternity care practices at hospitals and birth centers support breastfeeding, on a scale of 0–100, with a higher score indicating better practices. From 2009 to 2011 the national average mPINC score increased from 65 to 70, and scores increased by 5 or more points in 26 states and DC. The last few years also have seen acceleration in the percent of babies that are born in hospitals designated as Baby-Friendly, an international recognition of best practices in maternity care. In 2008, less than 2% of births occurred in Baby Friendly facilities. In the last 4 years that number has more than tripled to 6%. While both of these indicators show national improvement in hospital maternity care practices, they also suggest that many mothers are not receiving the quality of care that will give them the best possible start to meeting their breastfeeding intentions.

Figure 1: Changes in State mPINC scores between 2009 and 2011

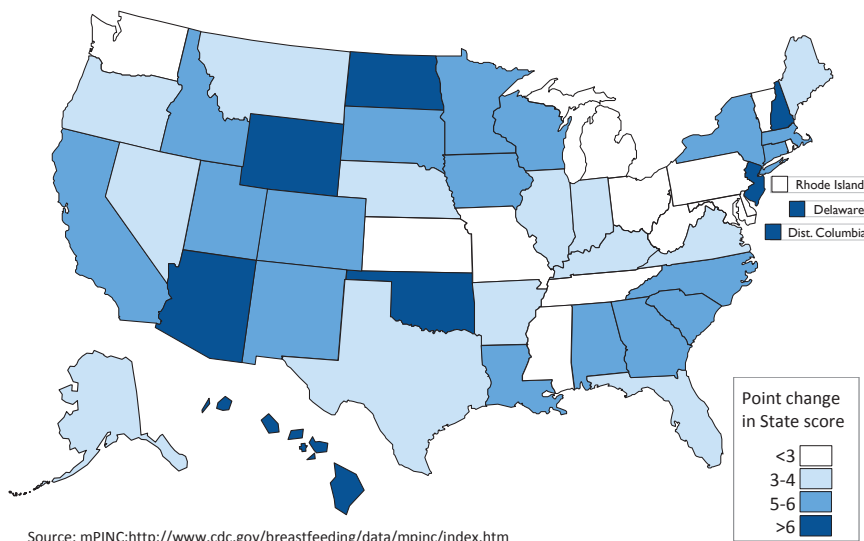
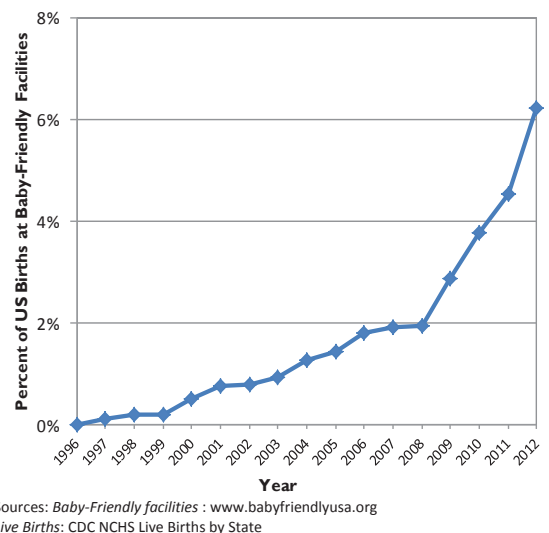


Figure 2: Percent of US Births at Baby-Friendly Hospitals, 1996-2012



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*“More and more mothers are breastfeeding every year... every mother in our nation deserves information, guidance, and support with this decision from her family and friends, the community where she lives, the health professionals on whom she relies, and her employer.”*

Kathleen Sebelius  
Secretary  
United States Department of  
Health and Human Services  
*Surgeon General’s Call to Action  
to Support Breastfeeding*

State	Ever Breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding at 3 months	Exclusive breastfeeding at 6 months
<b>U.S. National</b>	76.9	47.2	25.5	36.0	16.3
<b>Alabama</b>	57.2	29.7	14.4	24.8	9.1
<b>Alaska</b>	85.1	54.6	31.7	46.6	21.0
<b>Arizona</b>	76.8	43.4	27.5	35.3	19.6
<b>Arkansas</b>	62.4	29.2	13.3	23.8	10.6
<b>California</b>	87.6	56.1	31.1	41.4	21.7
<b>Colorado</b>	87.5	56.9	27.3	50.7	26.6
<b>Connecticut</b>	79.1	48.4	23.8	35.8	12.6
<b>Delaware</b>	71.8	42.8	22.3	32.2	13.1
<b>Dist of Columbia</b>	72.5	46.6	24.2	33.0	14.8
<b>Florida</b>	77.0	46.2	30.1	38.9	19.2
<b>Georgia</b>	70.9	40.8	17.6	27.8	12.9
<b>Hawaii</b>	85.1	51.1	32.4	42.6	20.7
<b>Idaho</b>	90.8	58.9	35.4	52.4	23.2
<b>Illinois</b>	76.8	49.8	25.3	35.7	13.6
<b>Indiana</b>	72.6	39.2	20.9	31.3	13.8
<b>Iowa</b>	79.3	48.7	27.4	43.0	15.6
<b>Kansas</b>	80.2	45.1	23.1	37.8	17.4
<b>Kentucky</b>	59.4	27.3	10.8	21.1	9.6
<b>Louisiana</b>	53.5	23.6	11.9	17.3	9.6
<b>Maine</b>	76.1	41.5	23.1	37.9	15.2
<b>Maryland</b>	72.6	48.5	22.0	31.5	15.0
<b>Massachusetts</b>	84.2	56.8	34.5	40.8	16.5
<b>Michigan</b>	79.1	48.5	24.0	37.2	17.9
<b>Minnesota</b>	78.0	53.8	29.2	35.5	16.1
<b>Mississippi</b>	47.2	26.2	13.0	20.0	7.6
<b>Missouri</b>	77.6	43.1	24.3	36.7	16.2
<b>Montana</b>	83.5	45.4	27.0	40.1	12.5
<b>Nebraska</b>	82.2	53.4	27.0	44.7	20.2
<b>Nevada</b>	79.5	37.4	20.6	37.2	11.7
<b>New Hampshire</b>	83.1	60.0	35.1	52.0	24.7
<b>New Jersey</b>	79.7	47.9	26.1	33.0	16.1
<b>New Mexico</b>	81.5	54.7	31.2	41.4	22.8
<b>New York</b>	80.8	53.7	29.5	33.0	15.3
<b>North Carolina</b>	68.2	38.3	20.8	37.6	15.3
<b>North Dakota</b>	72.9	45.0	21.2	34.8	15.4
<b>Ohio</b>	62.3	39.5	25.6	29.1	11.0
<b>Oklahoma</b>	71.4	33.2	14.6	30.3	10.4
<b>Oregon</b>	88.9	68.1	48.7	56.6	26.3
<b>Pennsylvania</b>	68.1	42.3	21.6	37.2	14.1
<b>Rhode Island</b>	73.7	46.8	26.7	34.0	16.9
<b>South Carolina</b>	63.7	35.3	16.4	27.0	13.3
<b>South Dakota</b>	79.1	57.1	28.2	39.9	22.1
<b>Tennessee</b>	64.3	30.8	13.0	33.2	13.9
<b>Texas</b>	80.3	50.7	25.6	36.1	13.7
<b>Utah</b>	85.7	64.4	37.6	51.4	24.8
<b>Vermont</b>	81.1	61.9	40.6	49.3	23.3
<b>Virginia</b>	75.9	48.2	24.6	34.0	15.8
<b>Washington</b>	89.2	54.5	34.1	44.4	19.9
<b>West Virginia</b>	55.1	28.1	15.4	23.3	9.1
<b>Wisconsin</b>	81.3	48.7	21.9	31.4	16.9
<b>Wyoming</b>	80.4	53.2	22.6	44.6	20.5

Source: Centers for Disease Control and Prevention National Immunization Survey, Provisional Data, 2009 births.

## Breastfeeding Report Card—United States, 2012

State	Average mPINC Score	Percent of live births occurring at Baby Friendly Facilities	Percent of breastfed infants receiving formula before 2 days of age	Number of La Leche League Leaders per 1,000 live births	Number of IBCLCs* per 1,000 live births	State's child care regulation supports onsite breastfeeding
<b>U.S. National</b>	70	6.22	24.6	0.95	3.24	6.00
<b>Alabama</b>	63	2.44	22.5	0.48	2.11	No
<b>Alaska</b>	78	21.71	14.5	1.31	7.15	No
<b>Arizona</b>	73	0	27.7	0.85	2.85	Yes
<b>Arkansas</b>	55	0	16.0	0.54	1.71	No
<b>California</b>	79	21.39	26.3	0.67	3.73	Yes
<b>Colorado</b>	77	7.72	19.5	1.46	3.81	No
<b>Connecticut</b>	76	19.38	23.8	2.23	4.97	No
<b>Delaware</b>	77	0	19.6	0.26	3.61	Yes
<b>Dist of Columbia</b>	79	11.40	28.8	0.55	1.42	No
<b>Florida</b>	69	2.93	25.6	0.87	2.36	No
<b>Georgia</b>	65	0	34.4	0.68	2.51	No
<b>Hawaii</b>	76	8.95	29.6	0.63	4.27	No
<b>Idaho</b>	73	7.01	13.4	1.16	3.15	No
<b>Illinois</b>	66	1.43	32.3	0.93	2.85	No
<b>Indiana</b>	68	12.16	15.7	1.02	4.31	No
<b>Iowa</b>	67	0	20.8	0.75	2.63	No
<b>Kansas</b>	64	0	22.1	1.92	3.40	No
<b>Kentucky</b>	60	5.84	19.7	0.34	2.63	No
<b>Louisiana</b>	65	0	26.2	0.58	2.18	No
<b>Maine</b>	83	27.67	16.0	2.16	6.40	No
<b>Maryland</b>	70	0	22.7	0.98	3.94	No
<b>Massachusetts</b>	84	5.58	21.1	1.68	5.31	No
<b>Michigan</b>	67	0.55	20.2	1.52	2.56	No
<b>Minnesota</b>	72	4.14	17.5	1.09	4.33	No
<b>Mississippi</b>	51	0	28.6	0.75	1.67	Yes
<b>Missouri</b>	66	0.88	18.1	1.49	3.34	No
<b>Montana</b>	69	0.26	10.1	2.32	3.73	No
<b>Nebraska</b>	64	7.54	18.7	1.39	3.43	No
<b>Nevada</b>	60	0	24.3	0.78	1.37	No
<b>New Hampshire</b>	88	27.29	10.0	2.41	7.62	No
<b>New Jersey</b>	71	2.59	35.5	1.43	3.04	No
<b>New Mexico</b>	69	0	19.1	0.79	3.17	No
<b>New York</b>	73	4.49	29.7	0.64	2.97	No
<b>North Carolina</b>	67	9.91	18.9	1.37	4.36	Yes
<b>North Dakota</b>	72	0	14.8	0.66	1.98	No
<b>Ohio</b>	71	4.18	17.8	1.08	3.57	No
<b>Oklahoma</b>	62	0	22.7	0.64	2.80	No
<b>Oregon</b>	80	8.32	17.7	1.49	6.65	No
<b>Pennsylvania</b>	66	0.08	14.1	1.19	2.75	No
<b>Rhode Island</b>	81	14.19	25.6	0.63	5.56	No
<b>South Carolina</b>	67	0	29.8	0.67	2.23	No
<b>South Dakota</b>	63	0	24.1	0.42	2.54	No
<b>Tennessee</b>	62	0.26	17.5	0.54	2.19	No
<b>Texas</b>	66	4.66	30.5	0.55	2.14	No
<b>Utah</b>	69	6.27	17.9	0.71	2.05	No
<b>Vermont</b>	76	3.89	12.6	3.37	13.34	Yes
<b>Virginia</b>	67	0.52	27.8	1.44	4.03	No
<b>Washington</b>	77	9.17	26.0	1.43	5.34	No
<b>West Virginia</b>	60	0	16.7	0.49	3.27	No
<b>Wisconsin</b>	76	16.85	19.9	1.28	4.00	No
<b>Wyoming</b>	70	3.14	17.6	1.72	2.78	No

\* IBCLC - International Board Certified Lactation Consultant.

\*\*FTE - Full-Time Equivalent.



## Breastfeeding Report Card Indicators – 2012

Healthy People 2020 Breastfeeding Objectives	
Objectives	Target
MICH-21: Increase the proportion of infants who are breastfed	
MICH-21.1 Ever	81.9%
MICH-21.2 At 6 months	60.6%
MICH-21.3 At 1 year	34.1%
MICH-21.4 Exclusively through 3 months	46.2%
MICH-21.5 Exclusively through 6 months	25.5%
MICH-22: Increase the proportion of employers that have worksite lactation support programs.	38%
MICH-23: Reduce the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life.	14.2%
MICH-24: Increase the proportion of live births that occur in facilities that provide recommended care for lactating mothers and their babies.	8.1%

### Breastfeeding rates for infants born in 2009 from the U.S. National Immunization Surveys, 2010-2011

- Ever Breastfed
- Breastfeeding at 6 months
- Breastfeeding at 12 months
- Exclusive breastfeeding at 3 months
- Exclusive breastfeeding at 6 months

This nationwide survey provides current national, state, and selected urban-area estimates of vaccination coverage rates for US children ages 19 to 35 months. Since July 2001, breastfeeding questions have been asked on the NIS to assess the population's breastfeeding practices.

### Birth Facility Support

- State Maternity Practices in Infant Nutrition and Care (mPINC) score
- Percent of live births occurring at facilities designated as Baby-Friendly
- Percentage of breastfed infants receiving formula before 2 days of age

Birth facility policies and practices significantly impact whether a woman chooses to start breastfeeding and how long she continues to breastfeed. Several specific policies and practices, in combination, determine how much overall support for breastfeeding a woman birthing in a given facility is likely to receive and how likely her baby is to receive formula in the first 2 days.

Two initiatives, one national and one global, provide informative measures of birth facility support. The mPINC Survey initiated by CDC, measures breastfeeding-related maternity care practices at intrapartum care facilities across the US and compares the extent to which these practices vary by state. Thus, the state mPINC score represents the extent to which each state's birth facilities provide maternity care that supports breastfeeding.

The Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for lactation based on the WHO/UNICEF Ten Steps to Successful Breastfeeding for Hospitals.

### Mother-to-Mother Support

- Number of La Leche League Leaders per 1,000 live births

La Leche League (LLL) is an organization of trained and accredited volunteer mothers who provide support and help to pregnant and breastfeeding mothers. This support is provided through group meetings, online, via telephone and partnership efforts throughout their communities. This kind of assistance is an important element of comprehensive breastfeeding support. The number of La Leche League Leaders per 1,000 live births provides a broad estimate of the availability of breastfeeding assistance in a given state.

### Professional Support

- Number of International Board Certified Lactation Consultants (IBCLCs) per 1,000 live births

IBCLCs are health professionals who specialize in the clinical management of breastfeeding. IBCLCs work in many health care settings, such as hospitals, birth centers, physicians' offices, public health clinics, and their own offices. A strong statewide group of professional breastfeeding experts (IBCLCs) is needed to assist the mother-infant pair, create and administer lactation programs, and educate other health professionals about breastfeeding. Availability is measured by the ratio of IBCLCs to the number of live births.

### Support in Child Care Settings

- State's child care regulation support onsite breastfeeding

In the US, many infants are routinely cared for by someone other than a parent. About half of these infants attend child care centers; the other half spend time in a variety of home-based settings including licensed family child care homes or the home of a family member, friend, or neighbor. Thus, child care facilities – both family child care homes and child care centers – play an important role in supporting breastfeeding among mothers whose infants are cared for in these facilities. State scores were obtained from appropriate fluids rating (1A1- support breastfeeding by making arrangements for mothers to feed their child on-site ) as determined by the National Resource Center for Health and Safety in Child Care and Early Education, which categorized state regulation as fully supportive of onsite breastfeeding with a score of 4.

The CDC Breastfeeding Report Card was first released in 2007 and is updated annually. Indicator data sources and National Immunization Survey statistical information available at: [www.cdc.gov/breastfeeding/data/](http://www.cdc.gov/breastfeeding/data/)

#### **For more information:**

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