

# Using Evidence-Based Practices to INCREASE BREASTFEEDING

## in Nebraska

### Breastfeeding

Breastfeeding is the optimal source of nutrition for infants. Breastfeeding has health benefits for both mothers and infants.

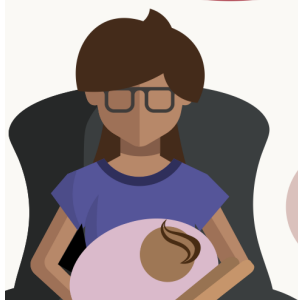
The American Academy of Pediatrics recommends that infants exclusively breastfeed for the first 6 months of life.

Breastfeeding exclusively is feeding a child only breast milk without additional food or drink (not even water).



Source: Nebraska PRAMS data (2012-2014)

### Breastfeeding Reports After Birth



88.9% of mothers initiated breastfeeding

4 Weeks

77.6% are still breastfeeding

51.9% are breastfeeding exclusively

8 Weeks

67.4% are still breastfeeding

42.5% are breastfeeding exclusively

13 Weeks

59% are still breastfeeding

34.5% are breastfeeding exclusively

Whether a mother starts breastfeeding and how long she continues to breastfeed depend on things like...<sup>1,2</sup>

Prenatal class attendance

Mother's health

Gestational age at delivery

In-hospital formula supplementation

Type of delivery

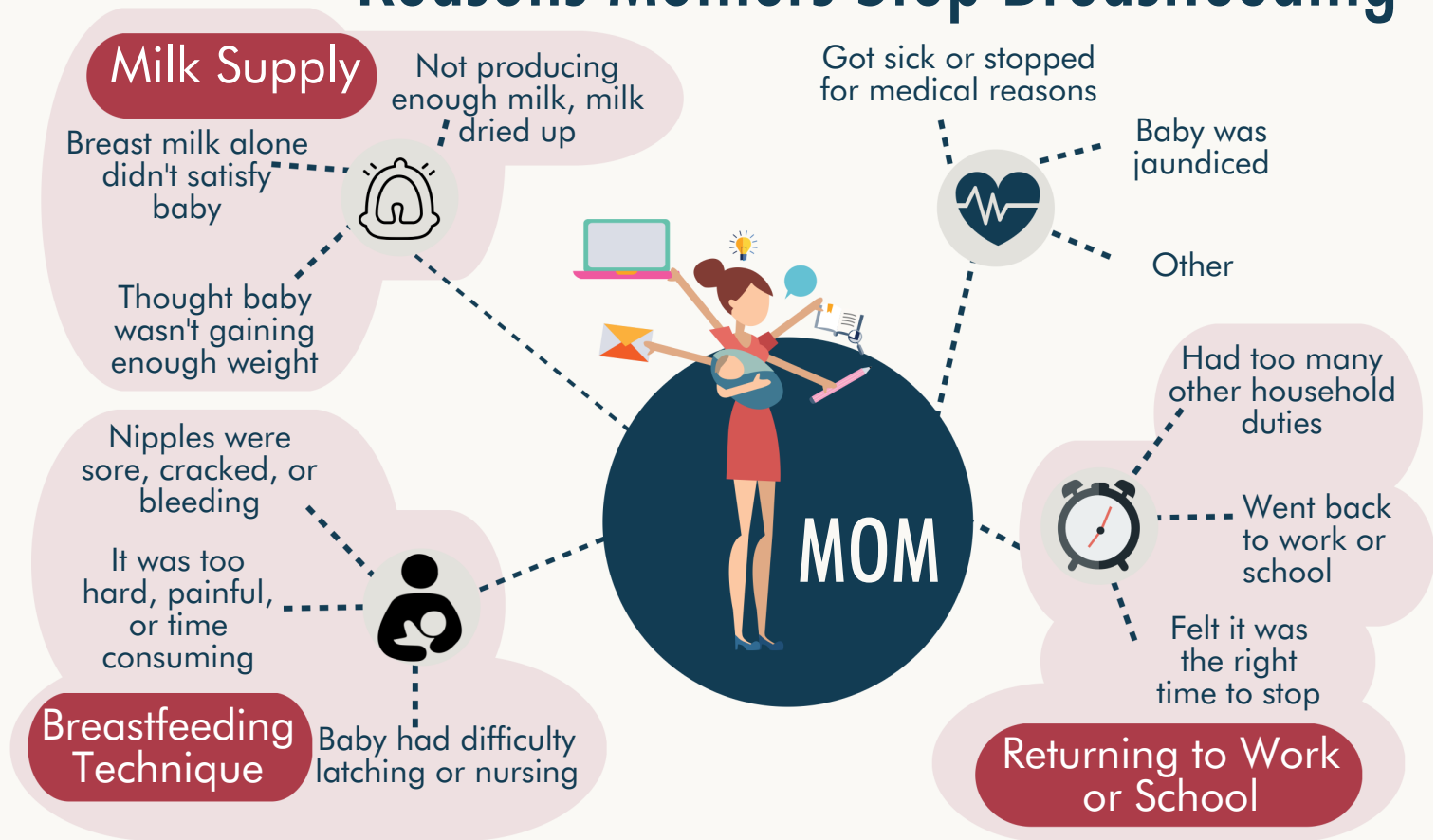
Mother's education level

Breastfeeding self-efficacy

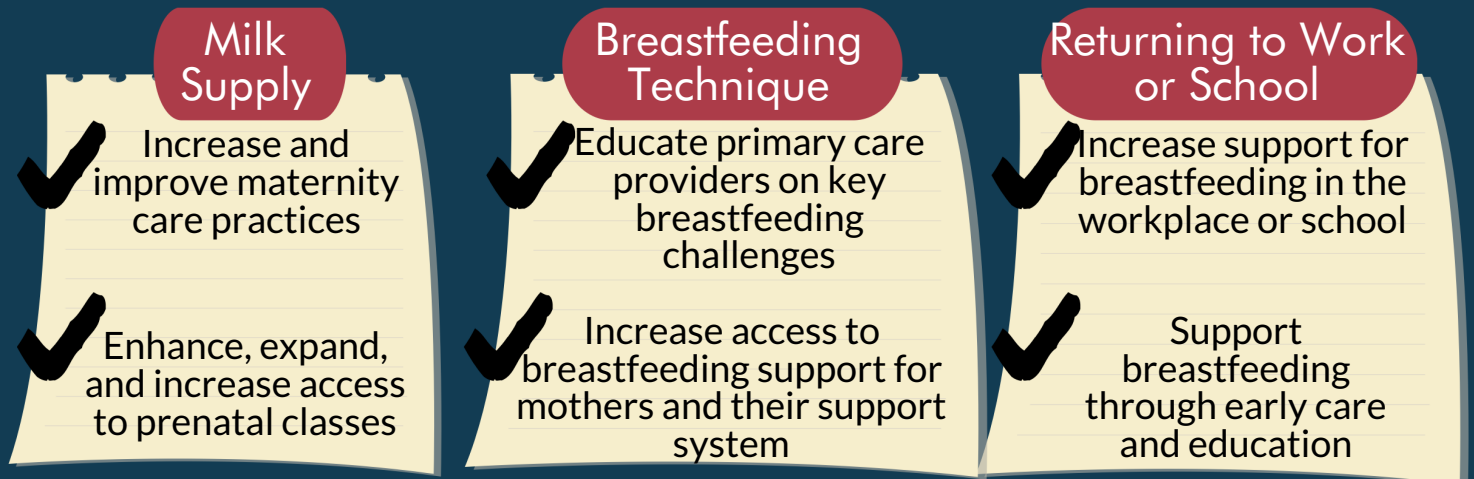
Family or peer support

Sources :  
1 Semenic, Loisel, and Gottlieb 2008  
2 Henninger, Irving, et al. 2017

# Reasons Mothers Stop Breastfeeding



## Strategies to Address Reasons Mothers Stop Breastfeeding



### For more information about...

- PRAMS breastfeeding data
  - Disparities in breastfeeding
  - In-hospital practices and breastfeeding
- Best practices in grant writing
  - Tips for successful grant writing
  - Grant funding resources
- Activities and resources for each strategy to encourage breastfeeding

Explore the full resource at

<https://tinyurl.com/ycjuwkr3>

Created in September 2017

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For more resources using PRAMS data visit [www.dhhs.ne.gov/prams](http://www.dhhs.ne.gov/prams)