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).



Breastfeeding Reports After Birth

Weeks

77.6% are still breastfeeding

51.9% are breastfeeding exclusively

88.9% of mothers

initiated breastfeeding

Source: Nebraska PRAMS data (2012-2014)

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... 1,2

Prenatal class attendance

Gestational age at delivery Type of delivery Breastfeeding self-efficacy

Mother's health

In-hospital formula supplementation

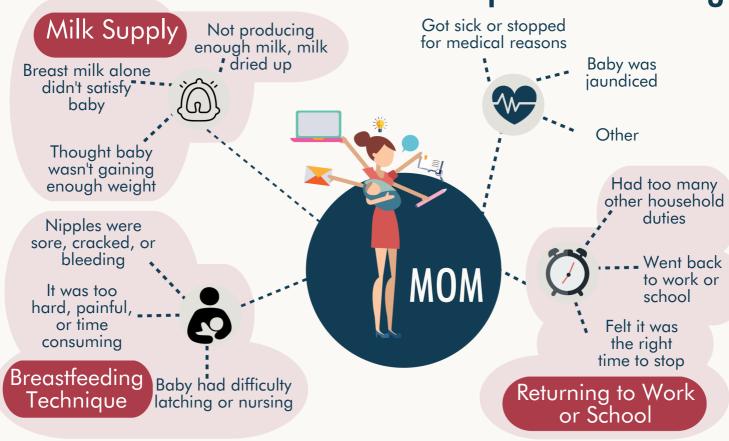
Mother's education level

Family or peer support

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

Created in September 2017

Reasons Mothers Stop Breastfeeding



Strategies to Address Reasons Mothers Stop Breastfeeding

Milk Supply

- Increase and improve maternity care practices
- Enhance, expand, and increase access to prenatal classes

Breastfeeding Technique

- Educate primary care providers on key breastfeeding challenges
- Increase access to breastfeeding support for mothers and their support system

Returning to Work or School

- Increase support for breastfeeding in the workplace or school
 - Support breastfeeding through early care and education

For more information about...

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

Explore the full resource at

https://tinyurl.com/ycjuwkr3

Created in September 2017



Good Life. Great Mission.

For more resources using PRAMS data visit www.dhhs.ne.gov/prams

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