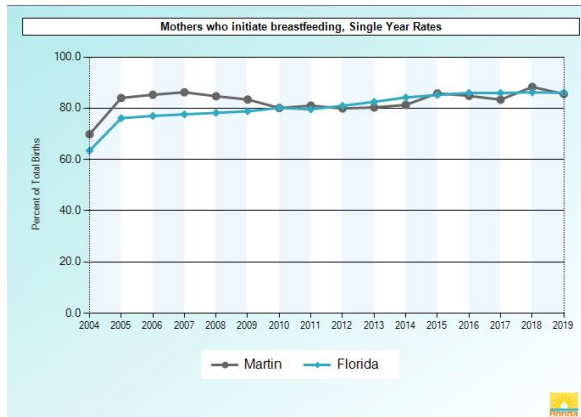


## Mothers who Initiate Breastfeeding

Breastfed babies have lower risk of Sudden Infant Death Syndrome (SIDS), asthma, diarrhea, vomiting, respiratory infection, Type 2 diabetes, leukemia & obesity (during childhood) and necrotizing enterocolitis (associated with preterm birth)+.

### Mothers who Initiate Breastfeeding



**BENCHMARK:** *Healthy People 2020* set a target of 81.9% of infants ever breastfed, against the (national) 76.1% 2009 baseline.

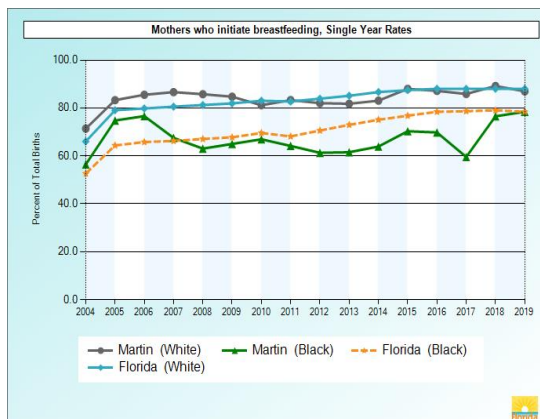
During 2018, Martin County had its highest rate (88.3%) since 2004 of mothers initiating breastfeeding (all race/ethnicity).

During the 5-year period of 2015-2019, the rate of breastfeeding initiation associated with Martin County exceeded the *Healthy People* target of 81.9%.

Initiation of Breastfeeding: Single Year Rates ALL Race/Ethnicity, Martin County vs. FL

Mothers who Initiate Breastfeeding (Single Year Percentages) ALL Race/Ethnicity, Martin County vs. FL																
	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Martin%	69.8*	84*	85.3*	86.3*	84.7*	83.4*	80.1	81	79.9	80.3	81.3*	85.8	84.8	83.3*	88.3*	85.6
Florida%	63.5	76.1	77	77.6	78.2	78.8	80.1	79.6	81.0	82.5	84.2	85.2	86.0	86.0	86.2	86.0

\* Martin County rate is statistically significantly different (+or-) than the statewide (FL) rate.



The *American Academy of Pediatrics* recommends exclusive breastfeeding the first 6 months. Per the CDC, national breastfeeding initiation rates from 2011-2015 were significantly lower among Black vs. White infants in 23 states, with a difference of at least 15 percentage points in 14. (*Racial & Geographic Differences in Breastfeeding-U.S., 2011-15*)

(LEFT CHART) In Martin County, from 2011-15, breastfeeding initiation rates between Black and White infants yielded a percentage point difference of 17.7-20.7 percentage points. However, in 2019, the discrepancy for breastfeeding initiation between Black and White infants reduced to an 8.6 percentage point difference (78.4% vs. 87.0%).

Breastfeeding Initiation: Single Year Rates Black & White, Martin County

### MARTIN COUNTY DATA - Breastfeeding Initiation – Area WIC Office

\*For mothers served during 2019-20, an average of 87.8% of Martin County infants were “ever breastfed”, the last Quarter (April-June, 2020) placing Martin County 4<sup>th</sup> highest ranked county statewide.

\*For the mothers served during the same timeframe, an average of 83% of Non-Hispanic Black infants were “ever breastfed”, the last Quarter (April-June, 2020) placing Martin County 6<sup>th</sup> highest ranked county statewide.

### MARTIN COUNTY DATA - Continuance of Breastfeeding at Infant Age of 6 Months

**BENCHMARK:** The *Healthy People 2020* target to increase the proportion of infants breastfed at 6 months of age is 60.8%, against the 46.6% 2011-12 baseline.

\*Martin Health Systems set a 2019-20 goal of 45% of mothers who breastfed in the hospital will be breastfeeding six (6) months post-delivery, via a telephone survey. **Result:** 80% 6-month breastfeeding rate among survey participants.

\*For mothers served by WIC during 2019-20, an average of 48% were breastfeeding (partial or full) 6 months post-delivery, the last Quarter (April-June, 2020) placing Martin County 5<sup>th</sup> highest ranked county statewide, though less than the *Healthy People 2020* benchmark.