



# Clinical Perspectives In Lactation

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## Breastfeeding Report Card – United States, 2007



The Breastfeeding Report Card is a tool that can be used to improve breastfeeding rates in KS and nationwide. Released by the Center for Disease Control and Prevention (CDC) for World Breastfeeding Week, the report card provides Kansas information on indicators that measure a state’s ability to protect, promote and support breastfeeding.

The report card measures a state’s progress toward the five *Healthy People 2010* breastfeeding goals. The following are the most recent breastfeeding statistics in reference to the Health People 2010 Goals.

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Goal	KS	U.S.
<b>Increase breastfeeding to the early postpartum period to 75%</b>	<b>79.4</b>	<b>74.2%</b>
<b>Increase breastfeeding at age 6 months to 50%</b>	<b>43.4%</b>	<b>43.1%</b>
<b>Increase breastfeeding at age 12 months to 25%</b>	<b>21.2%</b>	<b>21.4%</b>
<b>Increase exclusive breastfeeding at 3 months to</b>	<b>32.6%</b>	<b>31.5%</b>
<b>Increase exclusive breastfeeding at age 6 months to 17%</b>	<b>13.6%</b>	<b>11.9%</b>

### Special Points of Interest:

\* See Page 4 for websites that provide information for health professionals and families about breastfeeding.

The report card also looks at state process indicators that promote and support breastfeeding. In looking at hospital support, Kansas has no facilities that are designated as Baby-Friendly, hence zero percent of live births occur in Baby-Friendly Hospitals. A Baby-Friendly Hospital promotes, protects and supports breastfeeding through meeting the Ten Steps to Successful Breastfeeding for Hospitals, as outlined by UNICEF/WHO. For more information see — <http://www.babyfriendlyusa.org/eng/01.html>

Baby Friendly Hospitals have been shown to be more supportive of breastfeeding and a significant factor in supporting breastfeeding dyads. Kansas can be compared to our neighboring state Nebraska which has 13.54% of all births occurring in Baby-Friendly designated hospitals. In the U.S. 3.31 % of births occurring in Baby-Friendly Hospitals.

Professional support has also been shown to be significant in increasing breastfeeding duration rates. Kansas has 89 International Board Certified Lactation Consultants (IBCLCs) or about 2.23 per 1,000 live births in 2007. Again compare to our neighbor, Nebraska, which has 1.61 IBCLCs per 1,000 live births. The U.S. national rate is 2.12 IBCLCs per 1,000 live births.

## Breastfeeding Report Card – United States, 2007 continued....

Mother-to-Mother support is evaluated looking at the number of La Leche League groups in a state. Kansas had 0.60 groups available per 1,000 live births and Nebraska had 0.76 available.

The Breastfeeding Report also looks at legislation that protects breastfeeding. Kansas does have state legislation about breastfeeding in public places. All states now have some form of legislation protecting breastfeeding in public. Few states, including Kansas, have legislation about lactation and support in the workplace.

The last, but not least process indicator, looks at infrastructure. The United States Breastfeeding Committee has been working hard to foster state breastfeeding coalitions. The Kansas Breastfeeding Coalition was initiated in April 2008 and is hoping to foster and support local breastfeeding coalitions across Kansas. Those people interested in supporting local breastfeeding efforts should consider participating in a local coalition.

Clearly, many factors are involved in the promotion and support of breastfeeding. Health care professionals, legislators, employers, business owners and community and family members must all work together to increase the number of women who breastfeed and continue to breastfeed. Working together can give infants in the U.S. the best start in life for the best health to last a lifetime.

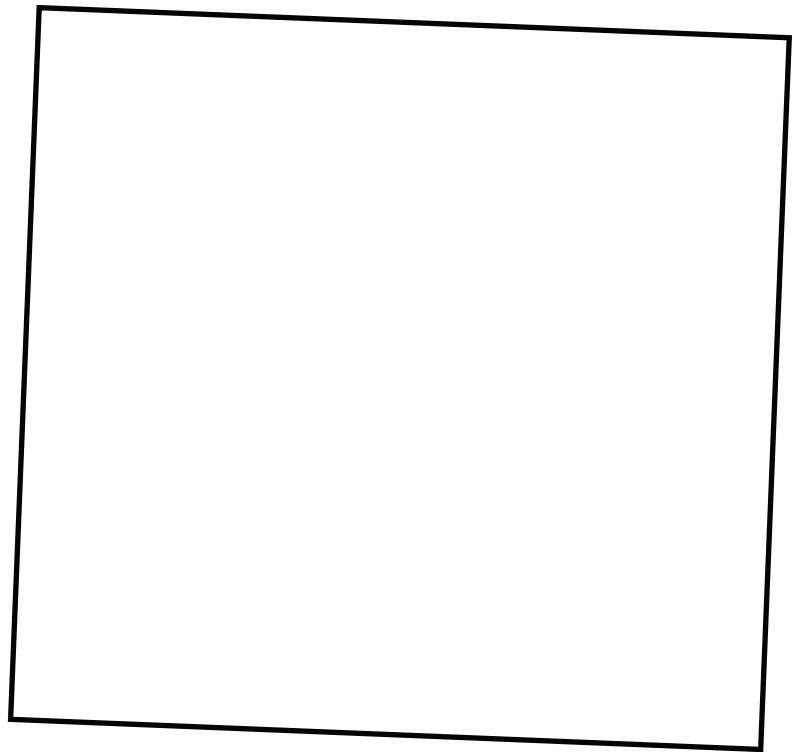
If you would like a copy of the Breastfeeding Report Card – United States, 2007 contact Martha Hagen, 785-291-3161 or [mhagen@kdhe.state.ks.us](mailto:mhagen@kdhe.state.ks.us) More information can be found at [http://www.cdc.gov/breastfeeding/data/report\\_card.htm](http://www.cdc.gov/breastfeeding/data/report_card.htm)

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## Providing Breastfeeding Support in Your Office

- Obtain education about breastfeeding—how to encourage and support the breastfeeding dyad. Certified Breastfeeding Educator training is offered yearly in Kansas. Contact Martha Hagen at [mhagen@kdhe.state.ks.us](mailto:mhagen@kdhe.state.ks.us) about upcoming programs. The American Academy of Pediatrics is developing an office-based breastfeeding training curriculum which when completed will provide an excellent education opportunity.
  - Make your office setting breastfeeding friendly.
    - 1) Do not supply free formula or display formula educational materials in waiting and examination rooms. Eliminate free subscription sign-ups supplied by formula companies. When mothers sign up for the free subscription, they do receive a “parents magazine” but also receive free formula in the mail, just at the time a growth spurt occurs.
    - 2) Encourage mothers to breastfeed in your office—advertise that you are breastfeeding friendly. Set up a designated breastfeeding room.
    - 3) Encourage office employees to breastfeed and provide a lactation room and breaks for use of a breastpump.
    - 4) Discuss with all mothers their goal for how long they want to breastfeed. Advertise and discuss the AAP policy for exclusive breast milk feedings for the first six months of life.
    - 5) Employ a lactation consultant and advocate that local hospitals also hire lactation consultants to provide breastfeeding support.
    - 6) Know the professional and mother-to-mother resources available in your community. Who are the lactation consultants that you can refer to and what is the contact information for the La Leche League?
    - 7) Support moms who are going back to school or work to continue breastfeeding. Keep updated information on electric breastpump rental and purchasing locations.
    - 8) Participate in your community’s breastfeeding coalition.
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## Breastfeeding Information at Your Fingertips

The following websites provide excellent information about breastfeeding and provide breastfeeding support.

La Leche League provides both online and written information—<http://www.llli.org/resources.html>

Local La Leche League groups in Kansas for local support can be found at—<http://www.llli.org/Web/Kansas.html>

For information about breastpumps and what to purchase—<http://www.fda.gov/cdrh/breastpumps/>

The US Department of Health and Human Services sponsors a website with information about women's health including breastfeeding—<http://www.4women.gov/>

To find an International Board Certified Lactation Consultant (IBCLC) in your area consult the International Lactation Consultants website -<http://www.ilca.org/falc.html>

The World Alliance for Breastfeeding Action's (WABA) website provides information about what is happening worldwide. <http://www.waba.org.my/>

For information about breastfeeding actions and resources try the United States Breastfeeding Committee website - <http://www.usbreastfeeding.org/>

The Baby Friendly USA website provides information for professionals and families -<http://www.babyfriendlyusa.org/eng/index.html>

Several states have breastfeeding coalition websites. Kansas will have one soon! In the meantime Massachusetts and Texas provide excellent resources. <http://massbfc.org/index.php> or <http://www.txbfcoalition.org/>

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