



CHRONIC DISEASE BURDEN UPDATE

■ August is National Breastfeeding Month.

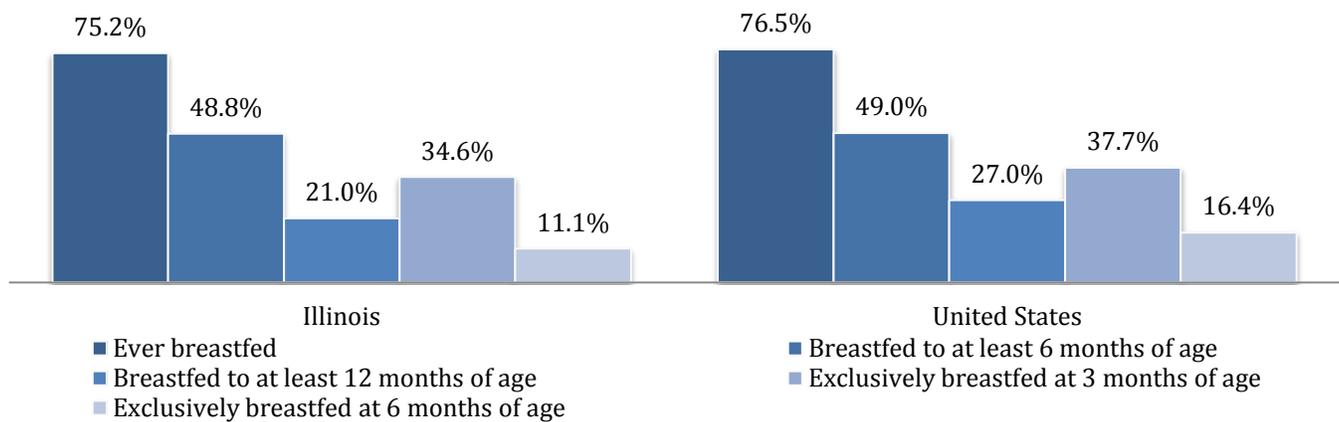
The short and long-term benefits of breastfeeding to baby and to mother are numerous. The beneficial effects of breastfeeding children are well documented and include a lower risk for ear and respiratory infections, atopic dermatitis, gastroenteritis, necrotizing enterocolitis, type 2 diabetes, sudden infant death syndrome (SIDS) and pediatric overweight. For mothers, benefits of breastfeeding include decreased risk of breast and ovarian cancer, and type 2 diabetes. Increasing breastfeeding initiation, duration and exclusivity is a strategy to decrease the rate of childhood obesity. The World Health Organization recommends exclusive breastfeeding up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to 2 years of age or beyond.

BREASTFEEDING

About three quarters of babies are breastfed at least once, about half are still breastfed at 6 months of age, and a quarter are still breastfed at 1 year of age in Illinois and nationally.

About a third of babies are exclusively breastfed at 3 months of age and only one in 10 is exclusively breastfed at 6 months of age in Illinois.

Percent of Babies Breastfed, Illinois and the United States, 2013



Source: U.S. Centers for Disease Control and Prevention (CDC). Division of Nutrition, Physical Activity, and Obesity Breastfeeding Report Card 2013. CDC National Immunization Survey, Provisional Data, 2010 births.

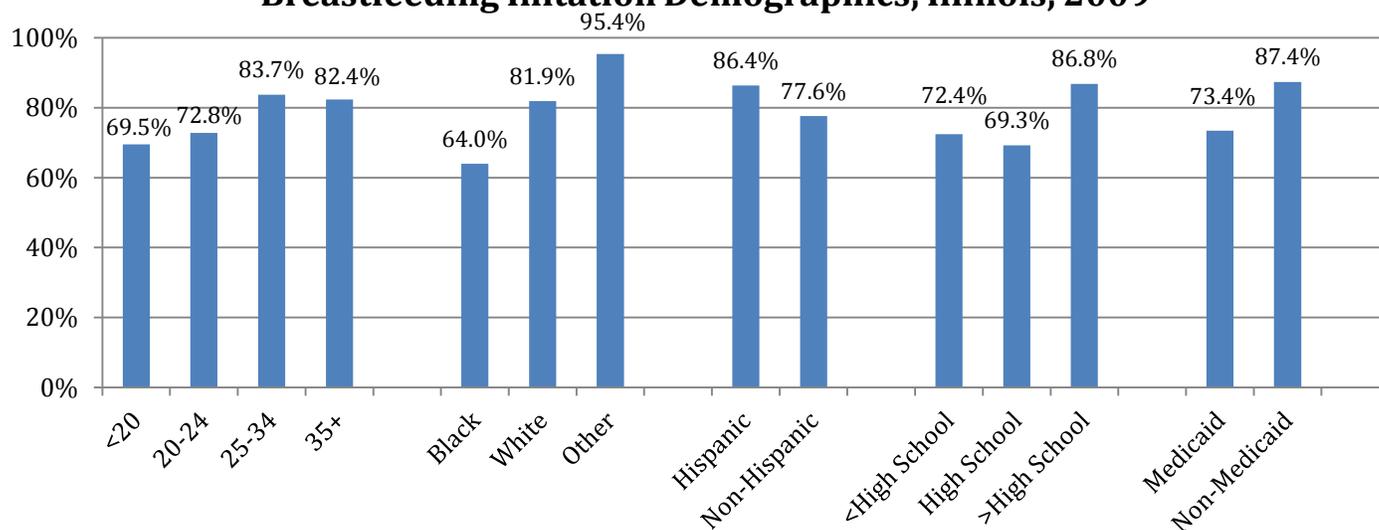
TRENDS IN THE UNITED STATES

The percent of U.S. infants who begin breastfeeding is 77 percent. While there is concern infants are not breastfed for as long as recommended, the national immunization survey data show continued progress has been made over the last 10 years. Of infants born in 2010, 49 percent were breastfeeding at 6 months of age, up from 35 percent in 2000. The breastfeeding rate at 1 year of age increased from 16 percent to 27 percent during that same time period. (Data not displayed).

BREASTFEEDING INITIATION

When examining subpopulations of women, many differences existed in breastfeeding initiation. Older women and those with more than a high school education had higher initiation rates than younger, less educated women. Non-black or Hispanic women were significantly more likely to breastfeed than black or non-Hispanic women. Women who were married or whose deliveries were not paid for by Medicaid had significantly higher rates of initiation when compared with unmarried women or those whose deliveries were paid for by Medicaid.

Breastfeeding Initiation Demographics, Illinois, 2009



Source: Illinois Pregnancy Risk Assessment Monitoring System (PRAMS) Report, 2009

Note: Confidence intervals and measures of significance included in the Illinois PRAMS Report, 2009

PUBLIC HEALTH

The U.S. Surgeon General has released a call to action to mothers and their families, communities, health care, employers and public health to create environments supportive of breastfeeding. Advocating for the adoption of recommendations for initiation, duration and exclusive breastfeeding, along with environmental changes to support mothers, are included in the call to action.

A baby-friendly facility does not accept free or low-cost breast milk substitutes, feeding bottles or teats, and has implemented 10 specific steps to support successful breastfeeding. Less than 3 percent of births in Illinois occur in a baby-friendly facility. Additionally, less than half of hospitals and birth centers practice skin-to-skin contact within 30 minutes of delivery and less than 30 percent encourage rooming-in where mom and baby may be together for 24 hours a day.

	Percent of live births occurring at Baby-Friendly Facilities	Percent of hospitals and birth centers where ≥90% of infants are: Skin-to-Skin	Percent of hospitals and birth centers where ≥90% of infants are: Rooming-In	Percent of breastfed infants receiving formula before 2 days of age
United States	7.15	54.4	37.0	24.2
Illinois	2.50	41.1	28.7	27.9

Through the Illinois Department of Public Health Baby-Friendly Hospital initiative, 15 hospitals are in the process of becoming a designated baby-friendly hospital affecting 14,000 infants born each year. Visit http://www.idph.state.il.us/wechoosehealth/ai_presentations/Baby_Friendly_Hospitals.pdf to learn more about the initiative.