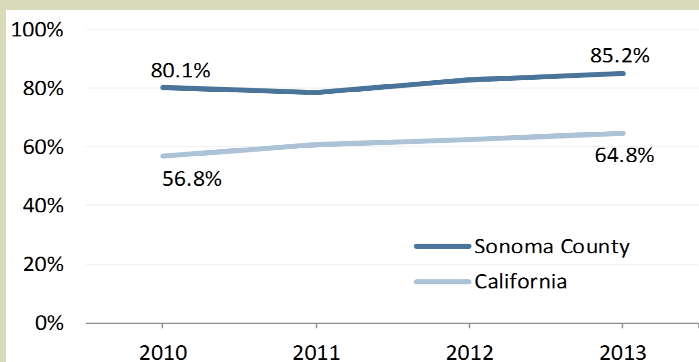




Overview

According to the U.S. Surgeon General, breastfeeding is one of the most effective measures to protect the health of infants. Breastfeeding protects babies from infections and illnesses, including diarrhea, ear infections and pneumonia. In addition, breastfed babies are less likely to develop asthma and those who are breastfed for six months are less likely to become obese. Research shows that mothers also benefit from breastfeeding. Women who breastfeed have a decreased risk of breast and ovarian cancers.¹

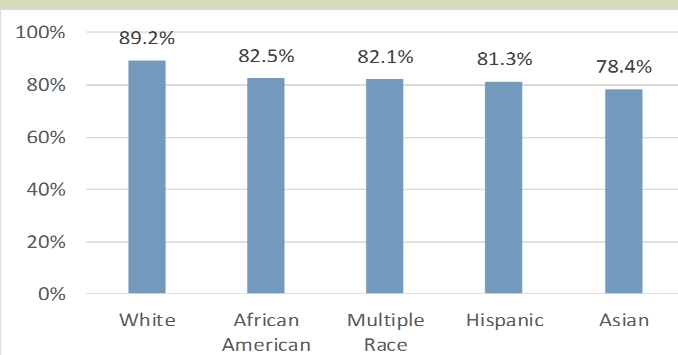
Figure 1. Percent of infants exclusively breastfed at hospital discharge —Sonoma County and California 2010-2013



Trend

- Sonoma County continues to have a higher rate of exclusively breastfed infants at hospital discharge than California (Figure 1).
- From 2010-2013 there was not a significant increasing trend in the percent of infants exclusively breastfed in Sonoma County but an increase was seen for California as a whole.

Figure 3. Percent of infants exclusively breastfed at hospital discharge by race/ethnicity—Sonoma County 2013



Race/Ethnicity

- The percent of infants exclusively breastfed at hospital discharge varied significantly by race/ethnicity. The exclusively breastfeeding rate for white infants was 9-12% higher than rates for Hispanic and Asian infants (Figure 3).

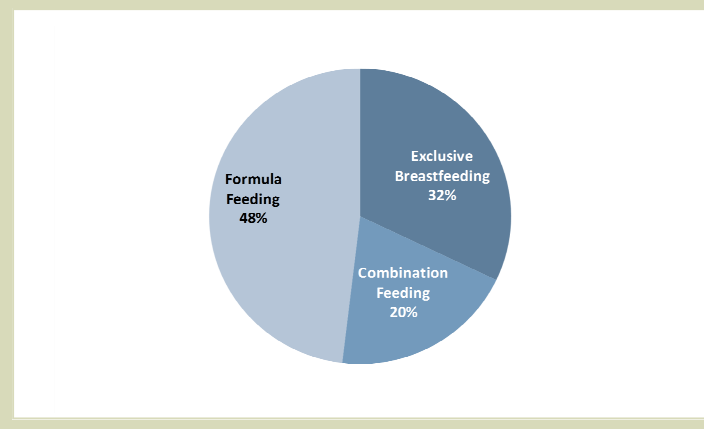
Figure 2. Percent of infants exclusively breastfed one and three months after delivery—Sonoma County 2011 and 2012



Duration

- The percent of infants who are breastfed exclusively decreases significantly after hospital discharge. At one month after birth 71% of Sonoma County infants were exclusively breastfed and at three months just over half (52.5%) were exclusively breastfed (Figure 2). This falls short of the American Academy of Pediatrics² recommendation that *all* babies exclusively breastfeed until six months of age.
- While only two years of data are available and a trend can not yet be established, the percent of infants exclusively breastfed at one and three months of age was significantly higher in 2012 than 2011.
- Among mothers enrolled in WIC, the percent of infants exclusively breastfed at 6 months increased slightly from 2010-2012 to 2011-2013 from 29% to 32%. Still, less than one in three infants is breastfed exclusively at 6 months as recommended by the American Academy of Pediatrics (Figure 4).

Figure 4. Feeding method by infants of mothers enrolled in WIC six months after delivery—Sonoma County 2011-2013



Data Source: Fig1 and Fig3: CA Dept of Public Health, Center for Family Health, Genetic Disease Screening Program, Newborn Screening Data, 2011-2013 Fig2: CDPH, MIHA 2011- 2012 and Fig4: Sonoma County WIC program, 2011-2013

1 Association of Maternal & Child Health Programs: Fact Sheet Health Reform: What is in it to promote breastfeeding? July 2012
 2 American Academy of Pediatrics: Policy Statement: Breastfeeding and the Use of Human Milk. Pediatrics 2012; 129: 3 e827-e841