

A close-up photograph of a woman with dark, curly hair breastfeeding a baby. The woman is looking down at the baby with a gentle expression. The baby is wearing a light-colored onesie and is looking towards the camera. The background is a soft, out-of-focus light blue.

Breastfeeding Report Card United States, 2018

Overview

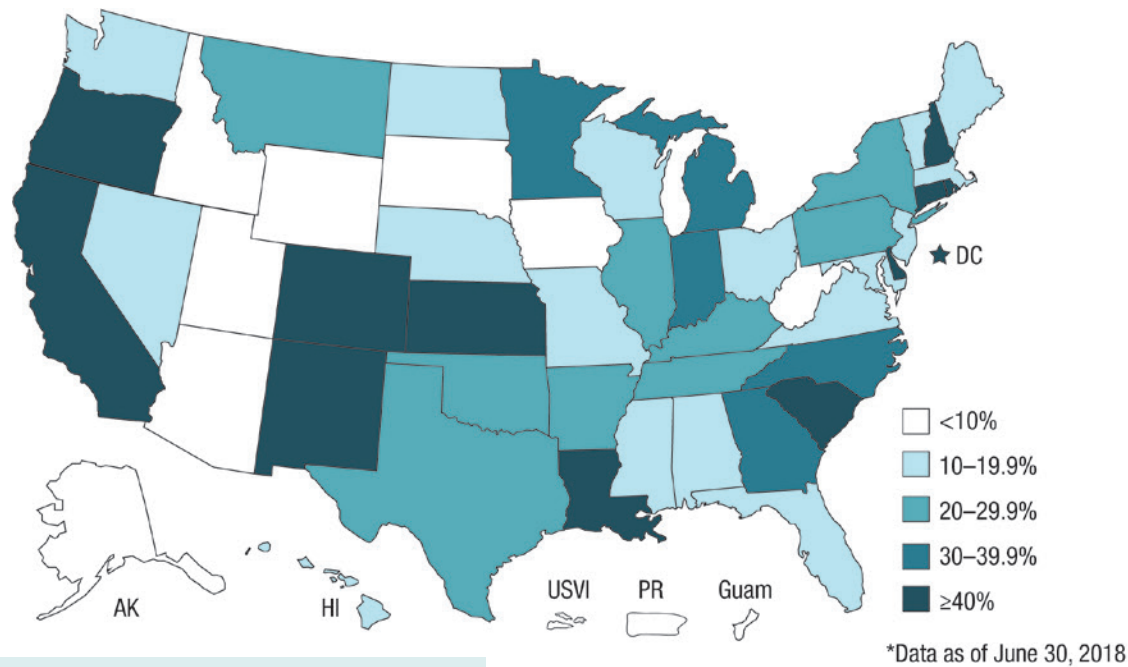
Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to improve public health. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least 1 year. To track our nation's progress on achieving the Healthy People 2020 goals, CDC's 2018 Breastfeeding Report Card provides a compilation of data on breastfeeding practices and supports in all states, the District of Columbia (DC), Puerto Rico, Guam, and the US Virgin Islands.



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/breastfeeding

Percentage of Live Births at Baby-Friendly Facilities, 2018*



What do the numbers tell us?

Among infants born in 2015 in the United States, 4 out of 5 (83.2%) started to breastfeed, over half (57.6%) were breastfeeding at 6 months, and over one-third (35.9%) were breastfeeding at 12 months. Compared to rates for infants born in 2014, rates for infants born in 2015 increased for breastfeeding at 6 and 12 months.

High breastfeeding initiation rates show that most mothers in the United States want to breastfeed and start out doing so. However, despite the recommendation to breastfeed exclusively for about the first 6 months, less than 50% of infants were exclusively breastfed through 3 months and about 25% were exclusively breastfed through 6 months. These rates suggest that mothers may not be getting the support they need from health care providers, family members, and employers to meet their breastfeeding goals. The rates of exclusive breastfeeding through 3 and 6 months have generally been increasing each year; however, they stayed virtually the same among infants born in 2015, compared with infants born in 2014. Approximately 1 in 6 (17.2%) breastfed infants born in 2015 received formula supplementation within the first 2 days of life.

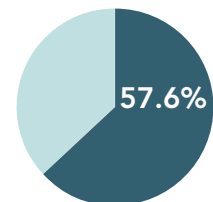
The early postpartum period is a critical time for establishing and supporting breastfeeding. Recognizing this, one of the Healthy People 2020 objectives is to increase the proportion of live births that occur in facilities that provide the recommended care for lactating mothers and their babies. This indicator is measured as the percentage of births in facilities that are designated through the World Health Organization/UNICEF Baby-Friendly Hospital Initiative (“Baby-Friendly”). In 12 states, over 40% of all births occur in Baby-Friendly facilities. Over 1 million babies are now born in Baby-Friendly facilities each year and the Healthy People 2020 objective has been met.

Breastfeeding support from worksites is also critical as women return to work. Healthy People 2020 includes a goal to increase the proportion of employers that have worksite lactation support programs. In 2018, almost half (49%) of employers provide a separate onsite lactation room/mother’s room.[†] Overall, 5 of 8 Healthy People 2020 objectives for breastfeeding have been met nationally.

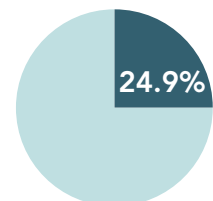
All sectors of society (family and friends, hospitals, health care offices/clinics, childcare facilities, community-based organizations, and workplaces) can play a role in improving the health of families by supporting breastfeeding. To reach their breastfeeding goals, mothers need continuity of care, which is achieved by consistent, collaborative, and high-quality breastfeeding services and support..

[†]Data for this Healthy People 2020 indicator are not available at the state level.

Percentage of infants breastfed through 6 months



Percentage of infants breastfed exclusively through 6 months



Breastfeeding Rates among Infants Born in 2015*/ Percentage of Live Births Occurring at Baby-Friendly Facilities, 2018†

State/Territory	Ever breastfed	Breastfeeding at 6 months	Breastfeeding at 12 months	Exclusive breastfeeding through 3 months	Exclusive breastfeeding through 6 months	Breastfed infants receiving formula before 2 days of age	Live births occurring at Baby-Friendly facilities, 2018
US National§	83.2	57.6	35.9	46.9	24.9	17.2	26.1
Alabama	68.1	39.1	24.8	34.1	20.6	11.8	16.5
Alaska	93.1	69.2	49.7	65.3	42.1	11.4	3.4
Arizona	82.7	55.3	35.5	51.8	26.3	15.8	6.8
Arkansas	73.8	45.2	24.2	39.0	20.4	12.6	21.7
California	87.2	66.7	40.2	53.0	26.3	15.1	44.8
Colorado	90.9	63.9	40.0	57.2	22.4	10.6	48.9
Connecticut	86.3	59.6	39.1	45.5	23.6	20.3	46.3
Delaware	77.4	55.6	33.4	47.2	23.6	14.4	88.1
District of Columbia	83.0	65.5	43.6	52.6	29.1	14.0	49.0
Florida	82.6	54.0	33.5	41.6	21.3	23.9	17.5
Georgia	84.0	55.5	34.9	43.8	22.1	20.6	31.1
Guam	80.6	49.0	29.7	38.8	19.4	23.8	0.0
Hawaii	90.6	65.6	47.2	54.9	32.9	17.3	12.1
Idaho	90.1	62.1	39.0	52.4	28.4	9.5	9.8
Illinois	80.3	53.0	33.8	39.6	19.5	20.7	22.3
Indiana	78.8	53.5	33.0	47.5	31.7	11.8	31.0
Iowa	81.5	51.4	30.2	51.6	29.5	8.4	8.1
Kansas	83.6	58.2	36.5	50.4	26.1	13.5	41.1
Kentucky	73.9	48.6	28.2	39.8	21.1	19.8	24.5
Louisiana	67.0	39.0	20.6	39.4	20.2	15.7	41.6
Maine	85.3	62.1	41.8	52.5	34.1	13.3	18.4
Maryland	91.0	66.8	41.1	50.1	26.2	19.1	18.2
Massachusetts	87.4	55.6	36.8	46.5	26.6	13.7	19.0
Michigan	77.7	55.6	34.6	44.1	23.9	13.2	30.3
Minnesota	89.2	65.3	38.9	56.3	37.2	7.2	30.6
Mississippi	63.2	35.4	18.3	28.2	13.0	25.1	12.5
Missouri	82.3	57.8	33.1	52.7	31.3	14.0	13.2
Montana	83.9	61.1	40.5	56.8	35.7	9.2	27.9
Nebraska	82.2	57.0	40.2	46.7	25.4	17.5	12.8
Nevada	83.5	49.9	30.6	44.1	20.8	23.7	16.3
New Hampshire	87.4	64.7	45.6	55.9	30.2	11.4	49.4
New Jersey	82.8	57.6	36.1	40.6	24.4	25.7	18.9
New Mexico	87.7	59.8	35.1	53.0	27.6	11.5	54.3
New York	85.1	59.5	38.3	42.8	21.4	26.5	21.6
North Carolina	84.9	58.8	33.2	48.1	27.0	15.6	37.6
North Dakota	81.7	58.2	33.4	46.2	29.1	10.8	13.8
Ohio	81.9	53.1	30.7	44.4	23.7	12.6	16.5
Oklahoma	75.9	49.0	31.0	44.2	21.6	16.8	21.7
Oregon	89.4	72.5	51.7	57.8	33.4	13.4	52.6
Pennsylvania	83.8	59.2	39.0	48.9	25.6	14.4	25.0
Puerto Rico	85.9	47.0	29.8	48.4	26.5	19.6	1.1
Rhode Island	81.4	49.6	30.9	47.9	28.9	18.3	86.0
South Carolina	76.4	45.1	28.0	42.7	24.4	15.2	41.7
South Dakota	83.3	62.6	42.7	54.3	32.2	11.7	4.9
Tennessee	75.7	49.8	34.4	34.5	22.7	21.3	21.1
Texas	85.0	56.6	35.2	48.0	24.1	18.3	20.1
US Virgin Islands	83.9	51.9	33.1	31.6	19.9	27.0	0.0
Utah	89.7	62.5	40.8	49.7	27.8	20.1	8.6
Vermont	89.3	70.9	51.3	62.8	38.0	9.9	10.4
Virginia	81.7	62.5	39.3	45.6	26.6	20.9	12.7
Washington	92.4	72.7	48.2	58.9	29.1	12.7	18.4
West Virginia	68.6	40.1	24.3	36.3	20.2	14.9	8.1
Wisconsin	82.2	59.0	39.3	48.8	28.3	15.6	16.0
Wyoming	90.0	59.4	38.6	56.8	28.8	9.4	2.4

*Source: CDC National Immunization Survey (NIS) 2016-2017, among 2015 births. Breastfeeding rate indicators are the percentage of infants breastfeeding at the specified time points, calculated among all infants. The rate for infants receiving formula before 2 days of age is calculated among breastfed infants.

†Sources: Baby-Friendly USA, 2018 and National Center for Health Statistics, 2017.

§Data from Guam, Puerto Rico, and the US Virgin Islands are not included in the national average for any indicator.



Call to Action

Use your state's data to:

- help tell the story of breastfeeding practices and support
- monitor progress and celebrate state successes
- begin building more comprehensive state profiles that capture the landscape of breastfeeding support
- identify opportunities for growth and improvement in maternity care practices

Healthy People 2020 Objectives		Target	Current Rates*
MICH**-21.1	Increase the proportion of infants who are breastfed: Ever	81.9%	83.2% ✓
MICH-21.2	Increase the proportion of infants who are breastfed: At 6 months	60.6%	57.6%
MICH-21.3	Increase the proportion of infants who are breastfed: At 1 year	34.1%	35.9% ✓
MICH-21.4	Increase the proportion of infants who are breastfed: Exclusively through 3 months	46.2%	46.9% ✓
MICH-21.5	Increase the proportion of infants who are breastfed: Exclusively through 6 months	25.5%	24.9%
MICH-22	Increase the proportion of employers that have worksite lactation support programs.	38.0%	49.0% ✓
MICH-23	Reduce the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life.	14.2%	17.2%
MICH-24	Increase the proportion of live births that occur in facilities that provide recommended care for lactating mothers and their babies.	8.1%	26.1% ✓

* MICH-21 and MICH-23 current rates represent babies born in 2015, National Immunization Survey 2016-2017; MICH-22 current rates represent employers providing an on-site lactation/mother's room, Society for Human Resource Management, 2018 survey; MICH-24 current rates represent babies born in Baby-Friendly Hospitals and Birth Centers designated as of June 2018, Baby-Friendly USA.

**Maternal Infant and Child Health

Data Sources for the Breastfeeding Report Card Indicators – 2018

Six indicators profile the extent to which infants are breastfed: (1) Ever breastfed, (2) Breastfeeding at 6 months, (3) Breastfeeding at 12 months, (4) Exclusive breastfeeding through 3 months, (5) Exclusive breastfeeding through 6 months, and (6) Breastfed infants receiving formula before 2 days of age. These indicators are the breastfeeding goals outlined in Healthy People 2020, the nation's health priorities.

Breastfeeding rates for infants born in 2015 come from the US National Immunization Surveys (NIS) 2016 and 2017. The NIS provides current national, state, and selected urban-area estimates of vaccination coverage rates for US children. Since breastfeeding data are obtained by maternal recall when children are between 19 to 35 months of age, breastfeeding rates are analyzed by birth cohort rather than survey year.

Data source: CDC National Immunization Surveys 2016 and 2017, among children born in 2015.

Available at http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm

Percentage of worksites providing lactation support programs

Healthy People 2020 measures the proportion of employers that provide an onsite lactation/mother's room.

Data source: 2018 Employee Benefits Survey, administered by the Society for Human Resource Management (SHRM).

Available at <https://www.shrm.org/hr-today/trends-and-forecasting/research-and-surveys/pages/2018-employee-benefits.aspx>*

Percentage of live births occurring at hospitals or birth centers designated as Baby-Friendly

The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birth centers that offer an optimal level of care for lactation based on the WHO/UNICEF Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes.

Data source: Baby Friendly USA. Baby-Friendly Hospitals and Birth Centers designated as of June 2018. Available at <http://www.babyfriendlyusa.org>*

Number of live births by state

Data source: Hamilton BE, Martin JA, Osterman MJK, Driscoll AK, Rossen LM. Births: Provisional data for 2017. Vital Statistics Rapid Release; No 4. Hyattsville, MD: National Center for Health Statistics. May 2018. Available at <https://www.cdc.gov/nchs/data/vsrr/report004.pdf>

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