



What is the mPINC Survey? The Maternity Practices in Infant Nutrition and Care (mPINC) Survey is a national survey from the Centers for Disease Control and Prevention (CDC) that assesses infant feeding care processes, policies, and staffing expectations in maternity care settings.

What is in this report? This report summarizes results from all Iowa facilities that participated in the 2013 mPINC Survey and identifies opportunities to improve mother-baby care at hospitals and birth centers and related health outcomes throughout Iowa.

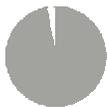
Who participates in the mPINC survey? All hospitals with maternity services and all free-standing birth centers in the United States are invited to participate in CDC's mPINC survey every two years.

Iowa's mPINC Score:

69

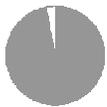
In Iowa, 94% of 79 eligible facilities participated in CDC's 2013 mPINC Survey.

Iowa Highlights: Strengths



Availability of Prenatal Breastfeeding Instruction
Most facilities (97%) in Iowa include breastfeeding education as a routine element of their prenatal classes.

Prenatal education about breastfeeding is important because it provides mothers with a better understanding of the benefits and requirements of breastfeeding, resulting in improved breastfeeding rates.



Provision of Breastfeeding Advice and Counseling
Staff at 97% of facilities in Iowa provide breastfeeding advice and instructions to patients who are breastfeeding, or intend to breastfeed.

The American Academy of Pediatrics (AAP) recommends pediatricians provide patients with complete, current information on the benefits and methods of breastfeeding to ensure that the feeding decision is a fully informed one. Patient education is important in order to establish breastfeeding.

Iowa Highlights: Opportunities for Improvement



Appropriate Use of Breastfeeding Supplements
Only 17% of facilities in Iowa adhere to standard clinical practice guidelines against routine supplementation with formula, glucose water, or water.

The American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists (ACOG) Guidelines for Perinatal Care recommend against routine supplementation because supplementation with formula and/or water makes infants more likely to receive formula at home and stop breastfeeding prematurely.



Inclusion of Model Breastfeeding Policy Elements
Only 8% of facilities in Iowa have comprehensive breastfeeding policies including all model breastfeeding policy components recommended by the Academy of Breastfeeding Medicine (ABM).

The ABM model breastfeeding policy elements are the result of extensive research on best practices to improve breastfeeding outcomes. Facility policies determine the nature of care that is available to patients. Facilities with comprehensive policies consistently have the highest rates of exclusive breastfeeding, regardless of patient population characteristics such as ethnicity, income, and payer status.



Use of Combined Mother/Baby Postpartum Care
Only 7% of facilities in Iowa report that most healthy full-term infants remain with their mothers for at least 23 hours per day throughout the hospital stay.

Mother-infant contact during the hospital stay helps establish breastfeeding and maintain infant weight, temperature, and health. Rooming-in increases breastfeeding learning opportunities without affecting duration and quality of maternal sleep, and reduces supplemental feeds.



Protection of Patients from Formula Marketing
Only 19% of facilities in Iowa adhere to clinical and public health recommendations against distributing formula company discharge packs.

Distribution of discharge packs contributes to premature breastfeeding discontinuation. The ACOG, AAP, American Public Health Association (APHA), and the federal Government Accountability Office (GAO) all identify this practice as inappropriate in medical environments and recommend against it.

Breastfeeding is associated with decreased risk for infant morbidity and mortality as well as maternal morbidity,¹ and provides optimal infant nutrition. *Healthy People 2020*² establishes breastfeeding initiation, continuation, and exclusivity as national priorities.

Changes in maternity care practices improve breastfeeding rates.

There are many opportunities to protect, promote, and support breastfeeding in Iowa. Opportunities such as those listed below can help Iowa bring ideal maternity care practices to all Iowa hospitals.

Change opportunities:

- Examine Iowa regulations for maternity facilities and evaluate their evidence base.
- Sponsor an Iowa-wide summit of key decision-making staff at maternity facilities to highlight the importance of evidence-based practices for breastfeeding.
- Encourage and support hospital staff across Iowa to be trained in providing care that supports mothers to breastfeed.
- Establish links among maternity facilities and community breastfeeding support networks in Iowa.
- Implement evidence-based practices in medical care settings across Iowa that support mothers' efforts to breastfeed.
- Integrate maternity care into related hospital-wide Quality Improvement efforts across Iowa.
- Promote utilization of the Joint Commission's Perinatal Care Core Measure Set including exclusive breast milk feeding at hospital discharge in Iowa hospital data collection systems.

Questions about the mPINC survey?

Information about the mPINC survey, results, reports, scoring, and history is at: www.cdc.gov/mpinc

For more information:

Centers for Disease Control and Prevention
Division of Nutrition, Physical Activity, and Obesity
Atlanta, GA USA

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Iowa's 2013 Survey Results

69 Iowa's State mPINC Score (out of 100)*

Iowa's State mPINC Rank (out of 53) **45**

mPINC Care Dimension	Care Dimension Subscore*	Ideal Response to mPINC Survey Question	Percent of IA Facilities with Ideal Response	Item Rank [†]
Labor and Delivery Care	75	Initial skin-to-skin contact is at least 30 min w/in 1 hour (vaginal births)	53	49
		Initial skin-to-skin contact is at least 30 min w/in 2 hours (cesarean births)	53	34
		Initial breastfeeding opportunity is w/in 1 hour (vaginal births)	57	39
		Initial breastfeeding opportunity is w/in 2 hours (cesarean births)	64	24
		Routine procedures are performed skin-to-skin	30	43
Feeding of Breastfed Infants	84	Initial feeding is breast milk (vaginal births)	77	31
		Initial feeding is breast milk (cesarean births)	72	26
		Supplemental feedings to breastfeeding infants are rare	17	41
Breast-feeding Assistance	85	Water and glucose water are not used	86	33
		Infant feeding decision is documented in the patient chart	99	---
		Staff provide breastfeeding advice & instructions to patients	97	---
		Staff teach breastfeeding cues to patients	92	---
		Staff teach patients not to limit suckling time	46	40
		Staff directly observe & assess breastfeeding	87	30
Contact Between Mother and Infant	72	Staff use a standard feeding assessment tool	74	24
		Staff rarely provide pacifiers to breastfeeding infants	22	50
		Mother-infant pairs are not separated for postpartum transition	85	16
		Mother-infant pairs room-in at night	83	36
		Mother-infant pairs are not separated during the hospital stay	7	53
Facility Discharge Care	48	Infant procedures, assessment, and care are in the patient room	0	45
		Non-rooming-in infants are brought to mothers at night for feeding	93	---
		Staff provide appropriate discharge planning (referrals & other multi-modal support)	55	7
Staff Training	51	Discharge packs containing infant formula samples and marketing products are not given to breastfeeding patients	19	52
		New staff receive appropriate breastfeeding education	4	49
		Current staff receive appropriate breastfeeding education	11	50
		Staff received breastfeeding education in the past year	47	42
Structural & Organizational Aspects of Care Delivery	68	Assessment of staff competency in breastfeeding management & support is at least annual	45	45
		Breastfeeding policy includes all 10 model policy elements	8	48
		Breastfeeding policy is effectively communicated	76	30
		Facility documents infant feeding rates in patient population	61	47
		Facility provides breastfeeding support to employees	68	35
		Facility does not receive infant formula free of charge	7	47
		Breastfeeding is included in prenatal patient education	97	---
Facility has a designated staff member responsible for coordination of lactation care	70	31		

* Quality Practice scores range from 0 to 100 for each question, dimension of care, facility, and state. The highest, best possible score for each is 100. Each facility and state's "Total Score" is made up of subscores for practices in each of 7 dimensions of care.

† Ranks range from 1 to 53, with 1 being the highest rank. In case of a tie, both are given the same rank. State ranks are not shown for survey questions with 90% or more facilities reporting ideal responses.

References

- ¹ Ip S, Chung M, Raman G, et al. Breastfeeding and maternal and infant health outcomes in developed countries. Rockville, MD: US Dept of Health and Human Services, Agency for Healthcare Research and Quality; 2007.
- ² US Dept of Health and Human Services. Healthy People 2020 Summary of Objectives: Maternal, Infant, and Child Health. Available at <http://www.healthypeople.gov/2020/topics/objectives/2020/pdfs/MaternalChildHealth.pdf>
- ³ DiGirolamo AM, Grummer-Strawn LM, Fein S. Effect of maternity care practices on breastfeeding. *Pediatrics* 2008;122, Supp 2:S43-9.
- ⁴ Fairbank L, O'Meara S, Renfrew MJ, Woolridge M, Snowden AJ, Lister-Sharp D. A systematic review to evaluate the effectiveness of interventions to promote the initiation of breastfeeding. *Health Technology Assessment* 2000;4:1-171.