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.

This report summarizes results from all New Mexico 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 New Mexico.

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.

New Mexico’s mPINC Score: 77

In New Mexico, 91% of 32 eligible facilities participated in CDC’s 2013 mPINC Survey.

New Mexico Highlights: Strengths

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

- **Availability of Prenatal Breastfeeding Instruction**
  Most facilities (86%) in New Mexico include breastfeeding education as a routine element of their prenatal classes.

New Mexico Highlights: Opportunities for Improvement

- **Appropriate Use of Breastfeeding Supplements**
  Only 32% of facilities in New Mexico adhere to standard clinical practice guidelines against routine supplementation with formula, glucose water, or water.

- **Inclusion of Model Breastfeeding Policy Elements**
  Only 27% of facilities in New Mexico have comprehensive breastfeeding policies including all model breastfeeding policy components recommended by the Academy of Breastfeeding Medicine (ABM).

- **Provision of Hospital Discharge Planning Support**
  Only 14% of facilities in New Mexico provide hospital discharge care including a phone call to the patient’s home, opportunity for follow-up visit, and referral to community breastfeeding support.

- **Adequate Assessment of Staff Competency**
  Only 50% of facilities in New Mexico annually assess staff competency for basic breastfeeding management and support.

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.

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.

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.

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.

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.

Implementing comprehensive assessment of staff training and skills for basic breastfeeding management and support establishes the foundation for quality infant feeding care. Adequate training and skills assessment are critical to ensure that mothers and infants receive care that is consistent, evidence-based, and appropriate.
Breastfeeding is associated with decreased risk for infant morbidity and mortality as well as maternal morbidity,¹ and provides optimal infant nutrition. Healthy People 2020² establishes breastfeeding initiation, continuation, and exclusivity as national priorities.

**New Mexico’s 2013 Survey Results**

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

### Change opportunities:

- **Examine New Mexico regulations for maternity facilities and evaluate their evidence base.**
- **Sponsor a New Mexico-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 New Mexico to be trained in providing care that supports mothers to breastfeed.**
- **Establish links among maternity facilities and community breastfeeding support networks in New Mexico.**
- **Implement evidence-based practices in medical care settings across New Mexico that support mothers’ efforts to breastfeed.**
- **Integrate maternity care into related hospital-wide Quality Improvement efforts across New Mexico.**
- **Promote utilization of the Joint Commission’s Perinatal Care Core Measure Set including exclusive breast milk feeding at hospital discharge in New Mexico 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](http://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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### References