This report provides data from the 2011 mPINC survey for the Pacific Islands of American Samoa, Guam, and Saipan. It describes specific opportunities to improve mother-baby care at hospitals and birth centers on these Pacific Islands in order to more successfully meet national quality of care standards for perinatal care.

## Breastfeeding Support in Pacific Islands Facilities

### Strengths

<table>
<thead>
<tr>
<th>Availability of Prenatal Breastfeeding Instruction</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff at all (100%) facilities on these Pacific Islands consistently ask about and record mothers' infant feeding decisions.</td>
<td>Standard documentation of infant feeding decisions is important to adequately support maternal choice.</td>
</tr>
</tbody>
</table>

### Needed Improvements

<table>
<thead>
<tr>
<th>Appropriate Use of Breastfeeding Supplements</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inclusion of Model Breastfeeding Policy Elements</td>
<td>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.</td>
</tr>
<tr>
<td>Provision of Hospital Discharge Planning Support</td>
<td>The American Academy of Pediatrics (AAP) clinical practice guidelines recommend examination of the newborn by a qualified health care professional within 48 hours of hospital discharge in order to assess breastfeeding. Ensuring post discharge ambulatory support improves breastfeeding outcomes.</td>
</tr>
<tr>
<td>Initiation of Mother and Infant Skin-to-Skin Care</td>
<td>Upon delivery, the newborn should be placed skin-to-skin with the mother and allowed uninterrupted time to initiate and establish breastfeeding in order to improve infant health outcomes and reduce the risk of impairment of the neonatal immune system from unnecessary non-breast milk feeds.</td>
</tr>
</tbody>
</table>

### Breastfeeding is a National Priority

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

### Changes in Maternity Care Practices Improve Breastfeeding Rates

Maternity practices in hospitals and birth centers can influence breastfeeding behaviors during a period critical to successful establishment of lactation. Abundant literature, including a Cochrane review, document that institutional changes in maternity care practices to make them more supportive of breastfeeding increase initiation and continuation of breastfeeding.

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Every two years, CDC administers the national Maternity Practices in Infant Nutrition and Care (mPINC) survey to all hospitals and birth centers in the U.S. that provide maternity care. Data from this survey can be used to establish evidence-based, breastfeeding-supportive maternity practices as standards of care in hospitals and birth centers across the U.S. Improved care will help meet Healthy People 2020 breastfeeding objectives and will help improve maternal and child health nationwide.
Improvement is Needed in Maternity Care Practices and Policies on these Pacific Islands.

Many opportunities exist to protect, promote, and support breastfeeding mothers and infants on these Pacific Islands.

Potential opportunities:

- Examine Pacific Islands regulations for maternity facilities and evaluate their evidence base.
- Sponsor a Pacific Islands-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 these Pacific Islands to be trained in providing care that supports mothers to breastfeed.
- Establish links among maternity facilities and community breastfeeding support networks on these Pacific Islands.
- Implement evidence-based practices in medical care settings across these Pacific Islands that support mothers’ efforts to breastfeed.
- Integrate maternity care into related hospital-wide Quality Improvement efforts across these Pacific Islands.
- Promote utilization of the Joint Commission’s Perinatal Care Core Measure Set including exclusive breast milk feeding at hospital discharge in Pacific Islands hospital data collection systems.

Questions about the mPINC survey?

Information about the mPINC survey, benchmark reports, scoring methods, and complete references are available at: www.cdc.gov/mpinc

For more information:

- Division of Nutrition, Physical Activity, and Obesity
- Centers for Disease Control and Prevention
- Atlanta, GA USA
- February 2013