



LAMB Projects funded in part by First 5 LA.

### BACKGROUND

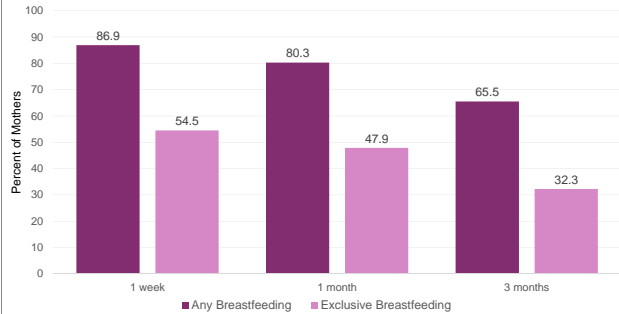
- The benefits of breastfeeding are well established.
- In the policy statement published in the March 2012 issue of Pediatrics the American Academy of Pediatrics (AAP) reaffirms its recommendation of exclusive breastfeeding for about the first six months of a baby's life.
- Mothers were asked what they were feeding their infants at 1 week, 1 month, and 3 months.

### STUDY OBJECTIVES

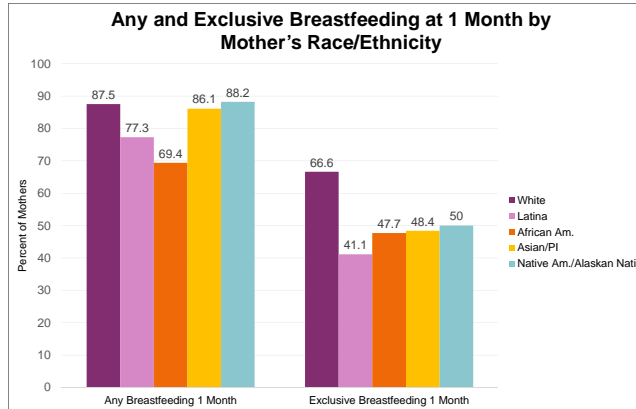
- We aim to:
- Explore trends in breastfeeding in Los Angeles County in 2014.
- Describe maternal factors associated with exclusive and any breastfeeding.
- Report the prevalence of breastfeeding up to three months post partum.

### RESULTS

#### Any and Exclusive Breastfeeding at 1 week, 1 Month, and 3 Months

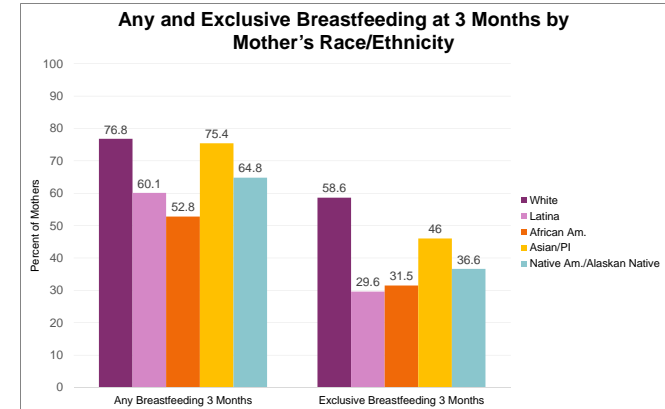


- 86.9% of mothers were breastfeeding at 1 week.
- 54.5% of mothers were exclusively breastfeeding at 1 week.
- The percent of mothers breastfeeding also decreases over the first 3 months of the infants life. While 80.3% of mothers were still breastfeeding at 1 month only 65.5% were still breastfeeding at 3 months.
- A similar trend is seen for exclusive breastfeeding. At one month 47.9% of mothers were exclusively breastfeeding, at 3 months 32.3% of mothers were exclusively breastfeeding.



At one month postpartum:

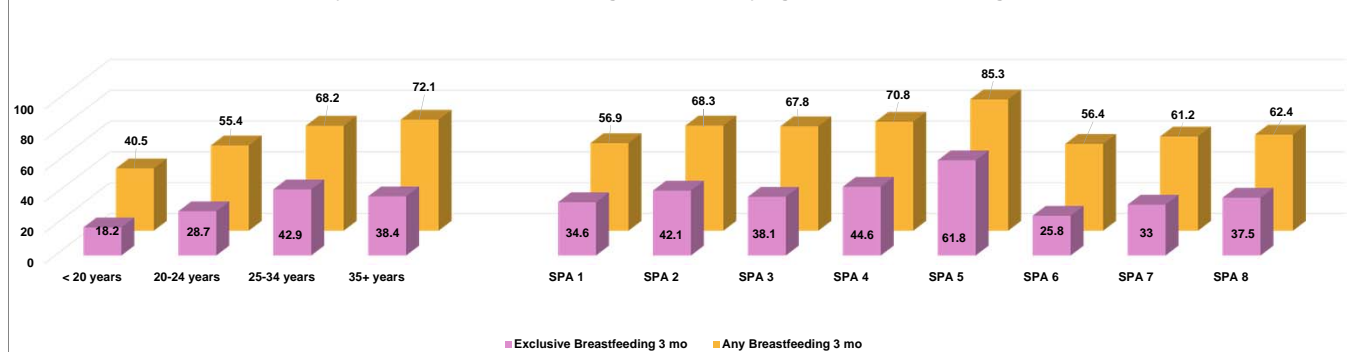
- ✓ White and Native Am./Alaskan Native mothers (88%) were most likely to report at least some breastfeeding.
- ✓ African American mothers (69%) were least likely to report at least some breastfeeding.
- ✓ Exclusive breastfeeding was significantly more common among White mothers (67%) compared to other groups.
- ✓ Exclusive breastfeeding was least likely among Latina mothers (41%).



At three months postpartum:

- ✓ White and Asian/PI mothers were most likely to report at least some breastfeeding (77% vs 75%, respectively).
- ✓ African American and Latina mothers were less likely to still be breastfeeding (53% vs 60%, respectively).
- ✓ Exclusive breastfeeding was most common among White mothers (59%).
- ✓ Latina and African American mothers were least likely to still exclusively breastfeed (30% vs 35%, respectively).
- ✓ Any and exclusive breastfeeding is less common among younger mothers and those who live in SPA6 (South).

#### Any and Exclusive Breastfeeding at 3 Months by Age and Service Planning Area



### PUBLIC HEALTH IMPLICATIONS

#### Recommendations:

- ✓ Health care providers should use visits during pregnancy to educate women and about the numerous beneficial effects of breastfeeding and address concerns they may have about breastfeeding.
- ✓ The prenatal period is also a good time to educate moms about milk supply and how much milk babies need.
- ✓ Public Health should support efforts to make lactation support a covered benefit for all women at all birthing hospitals.
- ✓ Support women returning to work by encouraging them to make a plan, prior to returning to work, for ongoing expression and storage of breast milk.
- ✓ Health care providers should pay particular attention to any barriers or concerns that African American and younger mothers may have and provide encouragement and support through pregnancy and the postpartum period.

