

BREASTFEEDING*

Breast milk is widely acknowledged to be the most complete form of nutrition for infants; its benefits for infants' health, growth, immunity, and development are well documented.⁴⁰ The American Academy of Pediatrics (AAP) recommends breastfeeding for reduced risk of infection in infants and for the prevention of childhood obesity.⁴¹ The AAP recommends exclusive breastfeeding for the first six months of life, with continued breastfeeding supplemented with appropriate solid foods at least until the infant's first birthday.⁴²

- Oregon has one of the highest rates of breastfeeding initiation in the U.S. In 2004, Oregon was one of 14 states that reached the Healthy People 2010 (HP 2010) target of at least 75 percent of mothers initiating breastfeeding. Furthermore, Oregon was one of two states that achieved three out of the four HP 2010 breastfeeding goals.⁴³
- In 2004, breastfeeding initiation in Oregon was significantly higher than the U.S.⁴⁴ – 90.4 percent compared to 70.3 percent, respectively.
- Although black/African American women had the lowest breastfeeding initiation of any race/ethnic group in Oregon (86.3 percent), they still achieved the HP 2010 target of 75 percent and were significantly more likely to initiate breastfeeding compared to U.S. women⁴⁴ as a whole.
- Nearly half (49.1 percent) of Oregon women in 2004 reported that they exclusively breastfed their infants for at least 8 weeks.
- White women were significantly more likely than black/African American women to report exclusive breastfeeding at 8 weeks postpartum – 51.6 percent compared to 40.5 percent, respectively. There were no significant differences between any other race/ethnic groups.

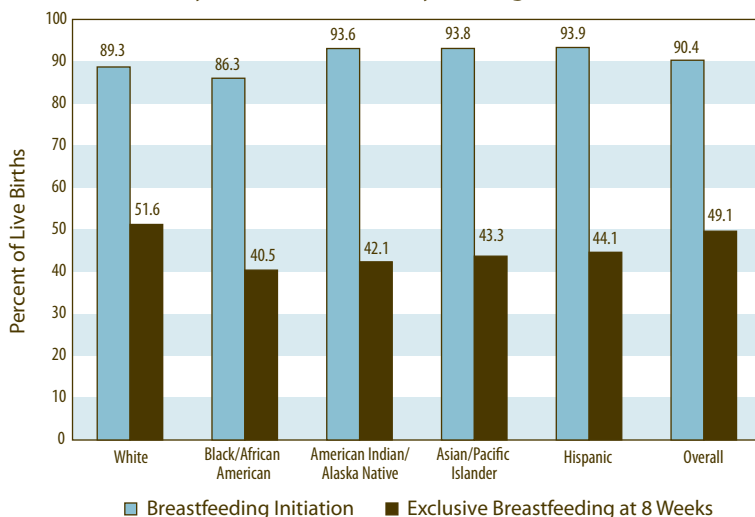
*The standard for measuring exclusive breastfeeding is at 6 months postpartum. However, the use of PRAMS data (which provides Oregon-specific race, age, and education sub-population rates) limited us to presenting exclusive breastfeeding rates at 8 weeks postpartum.

Breastfeeding Rates and Healthy People 2010 Goals, Oregon & U.S., 2004

Indicator	Oregon 2004	U.S. 2004	Healthy People 2010 Goal
Initiating breastfeeding	90.4%*	70.3%	75%
Any breastfeeding at 6 months	53.0%	36.2%	50%
Any breastfeeding at 12 months	26.2%	17.8%	25%
Exclusive breastfeeding at 6 months	22.3%	14.1%	25%

Data Source: 2004 National Immunization Survey; *Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Breastfeeding Initiation & Exclusive Breastfeeding at 8 Weeks by Race/Ethnicity, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

BREASTFEEDING (CONTINUED)

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life, with continued breastfeeding supplemented with appropriate solid foods at least until the infant's first birthday.⁴⁵ The standard for measuring exclusive breastfeeding is at 6 months postpartum. However, the use of PRAMS data (which provides Oregon-specific race, age, and education sub-population rates) limited us to presenting exclusive breastfeeding rates at 8 weeks postpartum.

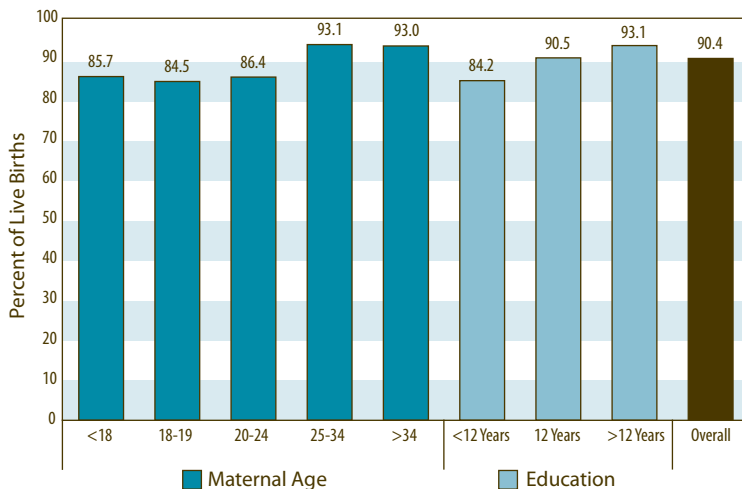
Breastfeeding Initiation

- Breastfeeding initiation rates were similar among all maternal age groups. Differences between age groups were not statistically significant.
- Although women with at least some college education had the highest prevalence of breastfeeding initiation (93.1 percent), the differences between education levels were not statistically significant.

Exclusive Breastfeeding at 8 Weeks

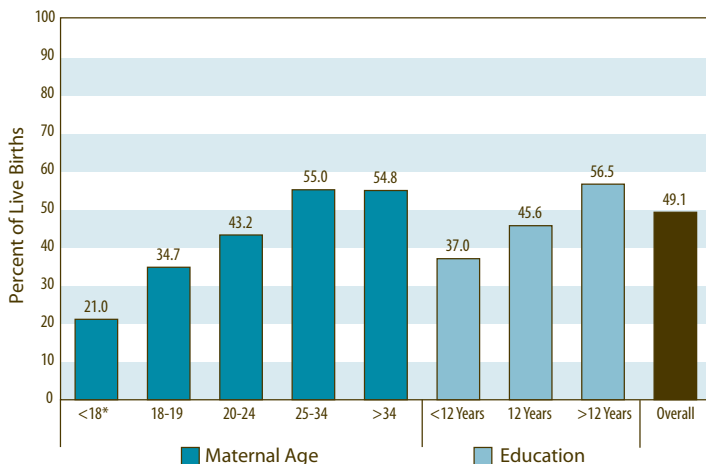
- Older mothers were significantly more likely to exclusively breastfeed for at least 8 weeks than younger women. Oregon women who were 25 years or older were nearly twice as likely as women less than 20 years old to exclusively breastfeed for at least 8 weeks.
- Oregon women with at least some college education had the highest prevalence of exclusive breastfeeding for at least 8 weeks (56.5 percent) – significantly higher than women with less than a high school education (37.0 percent).

Breastfeeding Initiation by Age & Education, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Exclusive Breastfeeding at 8 weeks by Age & Education, Oregon, 2004



* Data may be unreliable. Number of respondents was at least 30 but less than 60.
Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)