

Barriers to Breastfeeding	PRAMS, 2004-2006		
	WIC	Non-WIC	
Baby was sick	1%	1%	
Mom was sick or on medication	13%	9%	
Other children to care for	30%	25%	
Too many household duties	17%	13%	
Didn't like breastfeeding	57%	54%	
Didn't want to be tied down	15%	24%	*
Embarrassed	16%	10%	
Work/School	16%	21%	
Wanted body back to self	14%	20%	

Reasons for Stopping Breastfeeding	PRAMS 2004-2006		
	WIC	Non-WIC	
Baby had difficulty nursing	31%	33%	
Breast milk alone did not satisfy baby	38%	36%	
Baby not gaining enough weight	11%	11%	
Baby got sick	4%	1%	*
Nipples sore	27%	23%	
Not enough milk	37%	35%	
Too many household duties	14%	8%	*
Right time to stop	21%	17%	
Mom got sick	7%	7%	
Work/School	16%	20%	
Wanted/needed someone else to feed baby	20%	16%	
Baby was jaundiced	11%	5%	*
Other	28%	28%	

Pre-natal Care	PRAMS 2004-2006		
	WIC	Non-WIC	
Doctor, nurse or health care worker talked about breastfeeding baby.	92%	87%	*

Breastfeeding intention (WIC Program)	2008	2009
Intended to breastfeed at prenatal visit	68%	---

Baby Friendly Hospital Environment (Breastfeeding Mom's perspective)	PRAMS 2004-2006		
	WIC	Non-WIC	
Hospital staff gave information about breastfeeding	96%	97%	
Baby roomed-in	89%	93%	*
Breastfed baby in hospital	95%	98%	*
Breastfed baby in the first hour	74%	77%	
Hospital staff helped learn how to breastfeed	79%	85%	*
Baby fed only breast milk in hospital	75%	85%	*
Hospital staff told me to feed-on-demand	89%	94%	*
Received gift pack with formula	42%	30%	*
Hospital gave phone number to call for breastfeeding help	86%	89%	*
Baby used pacifier in hospital	39%	27%	*

Baby Friendly Hospital Environment (Hospital perspective)***	MPINC, 2007	
	VT	U.S.
Labor and Delivery	89	60
Breastfeeding assistance	95	80
Mother-newborn contact	81	70
Newborn feeding practices	92	77
Breastfeeding support after discharge	72	40
Nurse/birth attendant breastfeeding training and education	63	51
Structural and organizational factors related to breastfeeding	74	66

Birth Outcomes Affecting Breastfeeding Rates	MPINC, 2007	
	VT	U.S.
Labor and Delivery	89	60
Breastfeeding assistance	95	80
Mother-newborn contact	81	70
Newborn feeding practices	92	77
Breastfeeding support after discharge	72	40
Nurse/birth attendant breastfeeding training and education	63	51
Structural and organizational factors related to breastfeeding	74	66

Feeding Status (WIC Program)	2008	2009
Fully breastfeeding	61%	--
Mostly breastfeeding****	6%	--
Some breastfeeding	33%	--

Breastfeeding rates	2007	2010
	%	Goal
Breastfeeding initiation (WIC)	72	94
Breastfeeding initiation (All Vermont**)	86	75
Breastfeeding at 1 week (WIC)	69	94
Breastfeeding at 4 weeks (WIC)	57	73
Breastfeeding at 8 weeks (WIC)	46	62
Breastfeeding at 3 months (WIC)	42	50
Breastfeeding at 6 months (WIC)	31	44
Breastfeeding at 6 months (All Vermont**)	58	50
Breastfeeding at 12 months (WIC)	16	32
Breastfeeding at 12 months (All Vermont**)	40	25
	2007	2010
	%	Goal
Exclusive breastfeeding at 1 week (WIC)	72	82
Exclusive breastfeeding at 4 weeks (WIC)	40	59
Exclusive breastfeeding at 8 weeks (WIC)	33	44
Exclusive breastfeeding at 3 months (WIC)	29	35
Exclusive breastfeeding at 3 months (All Vermont**)	45	40
Exclusive breastfeeding at 6 months (WIC)	22	31
Exclusive breastfeeding at 6 months (All Vermont**)	22	17

Note: Unless otherwise stated, WIC data is from the Vermont WIC Program.

* Statistically significant difference between WIC and Non-WIC Moms at the 0.05 level. Baby Friendly Hospital Environment comparisons adjusted for breastfeeding initiation. Source: Vermont Department of Health (2008). *Vermont Pregnancy Risk Assessment Monitoring System (PRAMS) data, 2004-2006* [Special tabulation].

** Breastfeeding data from the National Immunization Survey conducted during 2006 for children born in 2004.

***Maximum possible mean score is 100. Subscale definitions: *Labor and delivery*=mother-newborn skin-to-skin contact and early breastfeeding initiation. *Breastfeeding assistance*=assessment, recording, and instruction provided on infant feeding; not giving pacifiers to breastfed newborns. *Mother-newborn contact*=avoidance of separation during postpartum facility stay. *Newborn feeding practices*=what and how breastfed infants are fed during facility stay. *Breastfeeding support after discharge*=types of support provided after mothers and babies are discharged. *Nurse/birth attendant breastfeeding training and education*=quantity of training and education that nurses and birth attendants receive. *Structural and organizational factors related to breastfeeding*=1)facility breastfeeding policies and how they are communicated to staff, 2)support for breastfeeding employees, 3)facility not receiving free infant formula, 4)prenatal breastfeeding education, and 5)coordination of lactation care. <http://www.cdc.gov/mpinc>

****'Mostly' means more than half breastfeeding: WIC supplies enough formula to supply ½ of the child's needs at every age.

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