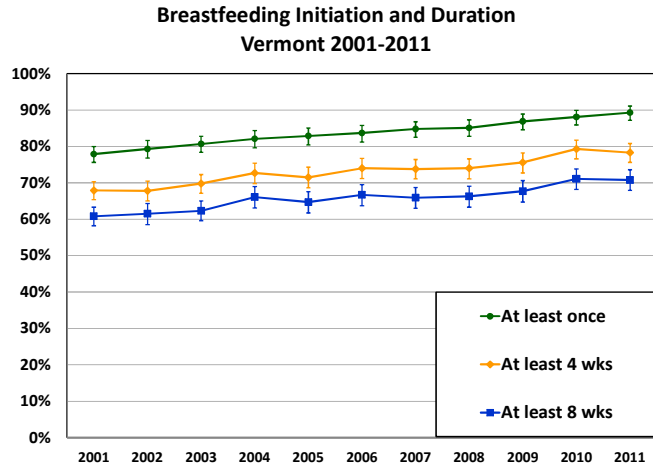


Breastfeeding Initiation & Duration Vermont PRAMS 2009-2011

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with recent live births. This report presents information on breastfeeding initiation and duration for Vermont births in the years 2009 to 2011, as well as trends for the years 2001-2011.

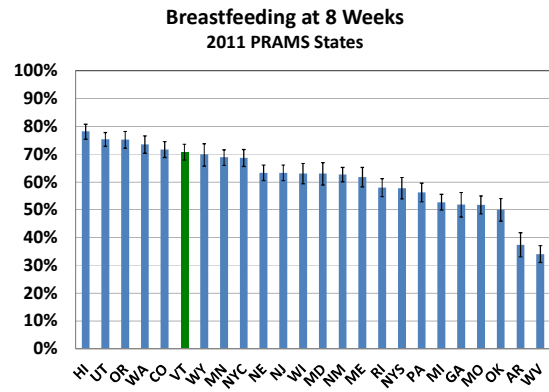
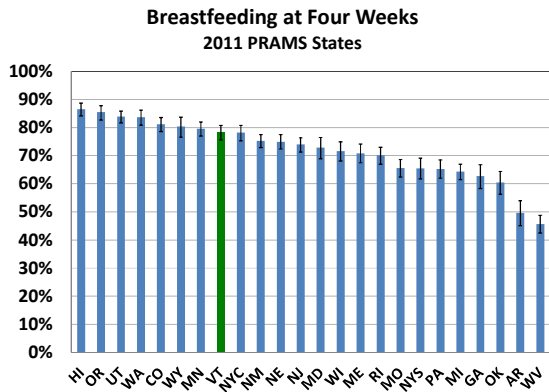
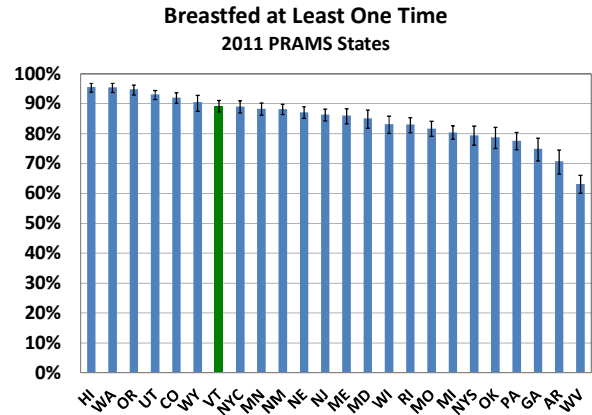
Rates of Breastfeeding Have Increased

In the years that Vermont PRAMS has been collecting breastfeeding data, there have been steady increases in the proportion of mothers who breastfed at least once, who breastfeed for at least four weeks, and who breastfeed for at least eight weeks.



Comparison with Other States, 2011

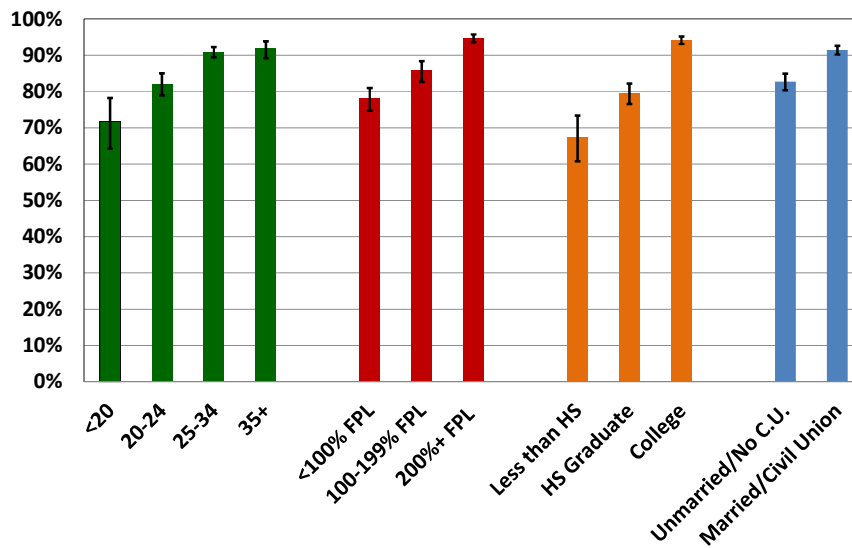
For 2011 births, Vermont was in the top third of states for breastfeeding at least one time (7th highest out of 24 PRAMS states with 2011 breastfeeding data), breastfeeding at least 4 weeks (8th highest), and breastfeeding at least 8 weeks (6th highest).



Breastfeeding Initiation

Overall, 88.1% of Vermont mothers breastfed at least once in the years 2009-2011, exceeding the Healthy People 2020 target of 81.9%. While rates of breastfeeding initiation and breastfeeding duration have increased in the years that Vermont PRAMS has collected data, demographic disparities persist in breastfeeding. Mothers under the age of 25, those in lower-income households, mothers with lower levels of education and mothers who were unmarried or not in a civil union were less likely to initiate breastfeeding.

**Demographic Differences in Breastfeeding Initiation
Vermont 2009-2011**

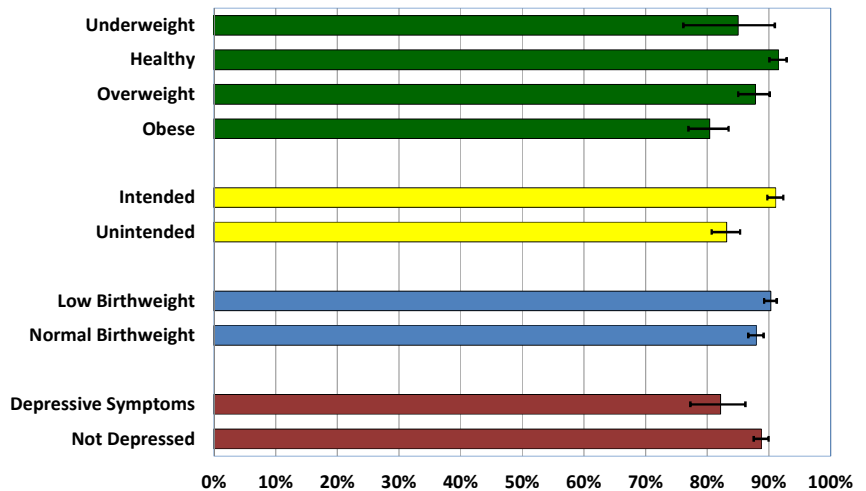


There were also differences in breastfeeding initiation across maternal health, pregnancy intendedness, and birthweight.

Women who were experiencing depressive symptoms after delivery, whose pre-pregnancy Body Mass Index (BMI) was classified as obese, or whose pregnancies were unintended were less likely to initiate breastfeeding.

Low birthweight babies were more likely to be breastfed at least once.

**Other Differences in Breastfeeding Initiation
Vermont 2009-2011**



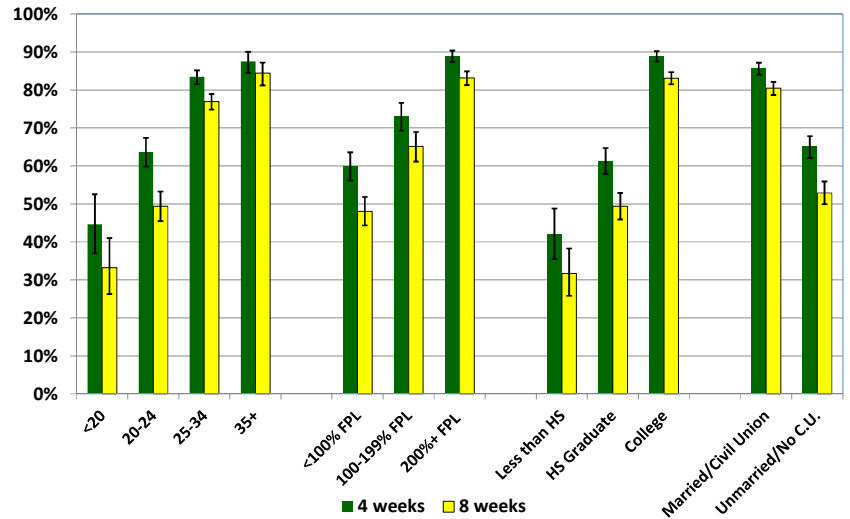
Breastfeeding Duration

Because women become eligible for the PRAMS survey two months after delivery, the latest point at which Vermont PRAMS can provide a population estimate of breastfeeding is at eight weeks. Around three-fourths (77.7%) of Vermont babies born in the years 2009-2011 were still being exclusively breastfed four weeks after delivery, while 69.9% were still being breastfed at eight weeks.

As with breastfeeding initiation, there are population disparities in breastfeeding duration.

Younger mothers, mothers with lower household income and lower levels of education, and those who were not married or in a civil union had lower rates of breastfeeding at both four (darker color, left for each group) and eight (lighter color, right) weeks after delivery.

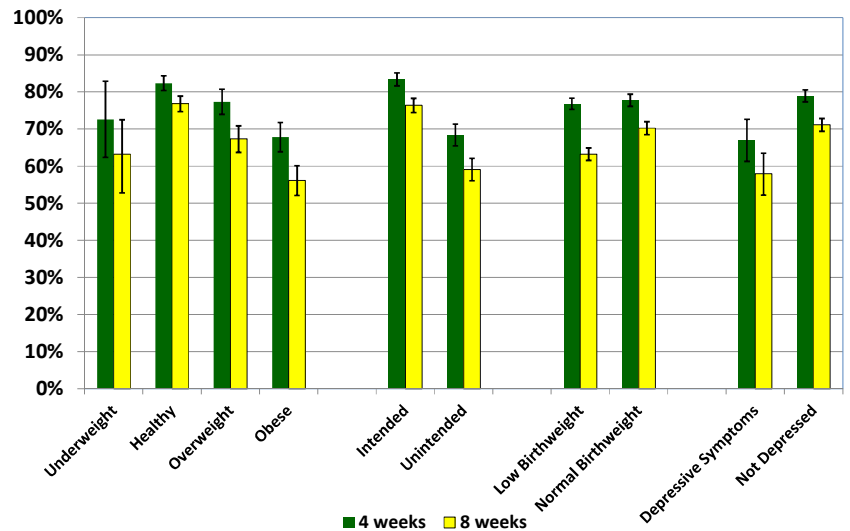
Demographic Differences in Breastfeeding Duration
Vermont 2009-2011



As with initiation, women whose pre-pregnancy BMI was classified as obese are less likely to be breastfeeding their infants at four and eight weeks than women classified as healthy or overweight. Unintended pregnancies and depressive symptoms were also associated with lower rates of breastfeeding at four and eight weeks.

While low birthweight infants are more likely to breastfeed at least one time, by four weeks there is no significant difference in breastfeeding, and by eight weeks, normal birthweight infants are more likely to breastfeed.

Other Differences in Breastfeeding Duration
Vermont 2009-2011



The following PRAMS questions were used for this data brief:

Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

Are you currently breastfeeding or feeding pumped milk to your new baby?

How many weeks or months did you breastfeed or pump milk to feed your baby?

Just before you got pregnant with your new baby, how much did you weigh?

How tall are you without shoes?

Since your new baby was born, how often have you felt down, depressed, or hopeless?

Always
Often
Sometimes
Rarely
Never

Since your new baby was born, how often have you had little interest or little pleasure in doing things?

Always
Often
Sometimes
Rarely
Never

2011 PRAMS Sites (as abbreviated in above charts):

AR = Arkansas; CO = Colorado; GA = Georgia; HI = Hawaii; MD = Maryland; ME = Maine; MI = Michigan; MN = Minnesota; MO = Missouri; NE = Nebraska; NJ = New Jersey; NM = New Mexico; NYC = New York City; NYS = New York (excluding NYC); OK = Oklahoma; OR = Oregon; PA = Pennsylvania; RI = Rhode Island; UT = Utah; VT = Vermont; WA = Washington; WI = Wisconsin; WV = West Virginia; WY = Wyoming.

Data brief by statistics intern Yi Bi and Vermont PRAMS. Questions or comments about this report may be directed to John Davy at (802)863-7661 or john.davy@state.vt.us. More information about Vermont PRAMS can also be found at <http://healthvermont.gov/research/PRAMS/prams.aspx>.