

# BREASTFEEDING: SIMPLY THE BEST

## CDC 2018 Breastfeeding Report Card

<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

### NATIONAL

Among infants born in 2015 in the United States, 4 out of 5 (83.2%) started to breastfeed, over half (57.6%) were breastfeeding at 6 months, and over one-third (35.9%) were breastfeeding at 12 months. Compared to rates for infants born in 2014, rates for infants born in 2015 increased for breastfeeding at 6 and 12 months.

### WORKSITES

In 2018, almost half (49%) of employers provide a separate onsite lactation room/mother's room.

### MINNESOTA

Over 89% started breastfeeding and over 65% were breastfeeding at 6 months. Now more than 30% of live births in Minnesota take place at a Baby-Friendly Hospital.



## Ten Steps to Successful Breastfeeding (revised 2018)

*WHO and UNICEF issued new ten-step guidance to increase support for breastfeeding in health facilities that provide maternity and newborn services.*

### Critical management procedures

- 1a. Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
- 1b. Have a written infant feeding policy that is routinely communicated to staff and parents.
- 1c. Establish ongoing monitoring and data-management systems.
2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.

### Key clinical practices

3. Discuss the importance and management of breastfeeding with pregnant women and their families.
4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.
6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
7. Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.
8. Support mothers to recognize and respond to their infants' cues for feeding.
9. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.



“All sectors of society (family and friends, hospitals, health care offices/clinics, childcare facilities, community-based organizations, and workplaces) can play a role in improving the health of families by supporting breastfeeding. To reach their breastfeeding goals, mothers need continuity of care, which is achieved by consistent, collaborative, and high-quality breastfeeding services and support.”

*Center for Disease Control  
2018 US Breastfeeding Report  
Card*



## Upcoming Lactation Education and Events

October 1-5, 2018 (Waite Park, MN) **Lactation Counselor Training Course (CLC)**, <http://www.healthychildren.cc/>

October 3 & 4, 2018 (Detroit Lakes, MN) **Excellence in Care with the Ten Steps**, for more information call Amy Vogt: 218-844-0761

October 8-12, 2018 (Metro, MN) **Foundations for Best Practice in Lactation Care**, to register: [www.mhealth.org/lactationcourses](http://www.mhealth.org/lactationcourses)

October 10 & 11, 2018 (Grand Forks, ND) **2018 ND Biennial Breastfeeding Conference**, <http://www.ndhealth.gov/breastfeeding/events/2018-biennial-breastfeeding-conference/>

October 16 & 17, 2018 (Minneapolis, MN) **Excellence in Care with the Ten Steps**, to register: [www.mhealth.org/lactationcourses](http://www.mhealth.org/lactationcourses)

October 19-21, 2018 (Madison, WI) **Outpatient Breastfeeding Champion and Instruct-the-Instructor Training**, [https://themilkmob.org/madison\\_iti\\_201810/](https://themilkmob.org/madison_iti_201810/)

October 29 - November 2, 2018 (Bismarck, ND) **Lactation Counselor Training Course (CLC)**, <http://www.healthychildren.cc/>

November 1 & 2, 2018 (Milwaukee, WI) **Addressing Inequalities in Lactation Care**, <https://www.llofwi.org>

November 8 & 9, 2018 (Metro, MN) **Minnesota Breastfeeding Coalition Annual Meeting & Workshop**, [www.mnbreastfeedingcoalition.org](http://www.mnbreastfeedingcoalition.org)

November 12-16, 2018 (Madison, WI) **Lactation Counselor Training Course (CLC)**, <http://www.healthychildren.cc/>

November 26, 2018 (Duluth, MN)  
**Northland Breastfeeding Coalition meeting**, 12:00 - 2:00 p.m., [www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Partnership.

Would you like to receive this newsletter? Email [yoditg@communityhealthboard.org](mailto:yoditg@communityhealthboard.org)