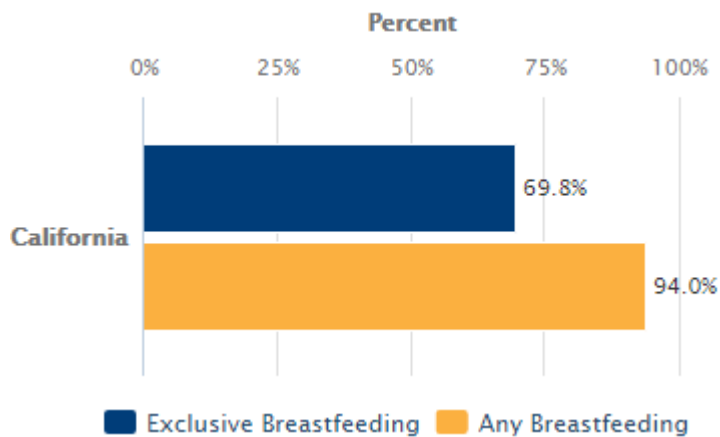


## Breastfeeding in California

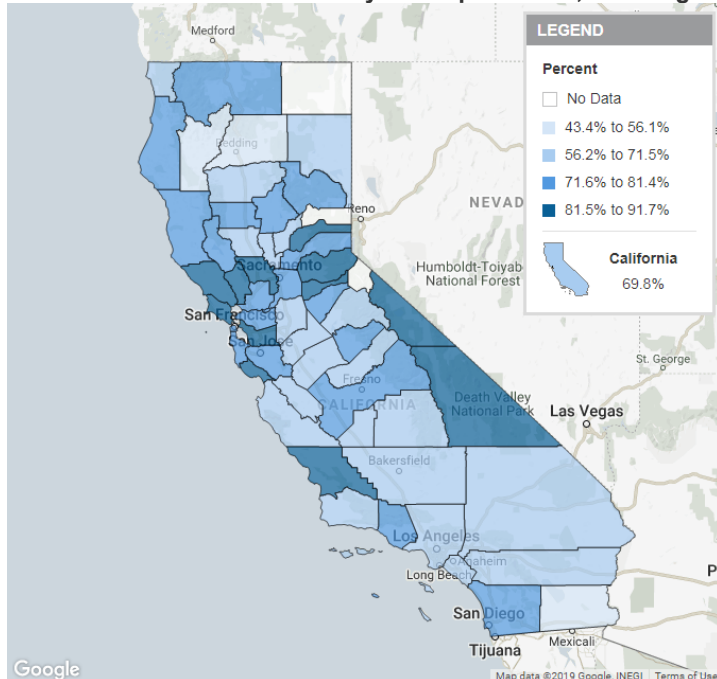
### Newborns Breastfed in Hospital: 2017



**Definition:** Percentage of newborns fed breast milk during their hospitalization, by type of breastfeeding (e.g., in 2017, 69.8% of infants born in a hospital to California women were breastfed exclusively during their hospitalization). Exclusive breastfeeding includes newborns who received breast milk only; any breastfeeding includes newborns who were breastfed exclusively *and* those who received both breast milk and formula.

**Data Source:** California Dept. of Public Health, [In-Hospital Breastfeeding Initiation Data](#) (Oct. 2018).

### Newborns Breastfed Exclusively in Hospital: 2017; Showing Counties



**Definition:** Percentage of newborns fed breast milk during their hospitalization, by type of breastfeeding (e.g., in 2017, 69.8% of infants born in a hospital to California women were breastfed exclusively during their hospitalization). Exclusive breastfeeding includes newborns who received breast milk only; any breastfeeding

### What It Is

Kidsdata.org provides indicators of in-hospital breastfeeding initiation by mother's county of residence and newborn's race/ethnicity. Data are based on feedings from birth to the time of specimen collection by the California Department of Public Health's Newborn Screening Program (usually 24 to 48 hours after birth). Two types of breastfeeding are reported: (i) *exclusive breastfeeding*, which measures the number and percentage of newborns who receive breast milk only, and (ii) *any breastfeeding*, which measures the number and percentage of newborns who receive at least some breast milk (i.e., those who receive breast milk only *and* those who receive both breast milk and formula).

### Why This Topic Is Important

Breast milk is widely acknowledged as the most complete form of nutrition for infants, with a range of benefits for health, growth, and development. Infants who are breastfed receive protection from serious health conditions, including respiratory, ear, and gastrointestinal infections, allergies, diabetes, and obesity. Studies indicate that breastfeeding can reduce the incidence of Sudden Infant Death Syndrome (SIDS) when compared with formula feeding. Breastfeeding also offers health advantages to mothers, such as reducing the risk of breast and ovarian cancer, cardiovascular disease, and diabetes. Increasing the proportion of children who are breastfed for at least the first year of life—as well as the percentage who are breastfed exclusively for the first six months—are important public health goals. In fact, California has a statewide goal to make breastfeeding the normal method of infant feeding for at least the first year of life.

Not all women should breastfeed, however. For example, breastfeeding is not recommended for women who test positive for HIV, use certain drugs, or have active, untreated tuberculosis. And not all women can breastfeed consistently due to occupational or other challenges.

### How Children Are Faring

Among California newborns delivered in a hospital in 2017, 70% were breastfed exclusively during their hospitalization, up from 57% in 2010. At the county level, percentages ranged from 43% (Imperial) to 92% (Santa Cruz) in 2017, among regions with data. Since 2010, rates of exclusive breastfeeding have been consistently higher for white newborns (81% in 2017) than for newborns in other racial/ethnic groups statewide.

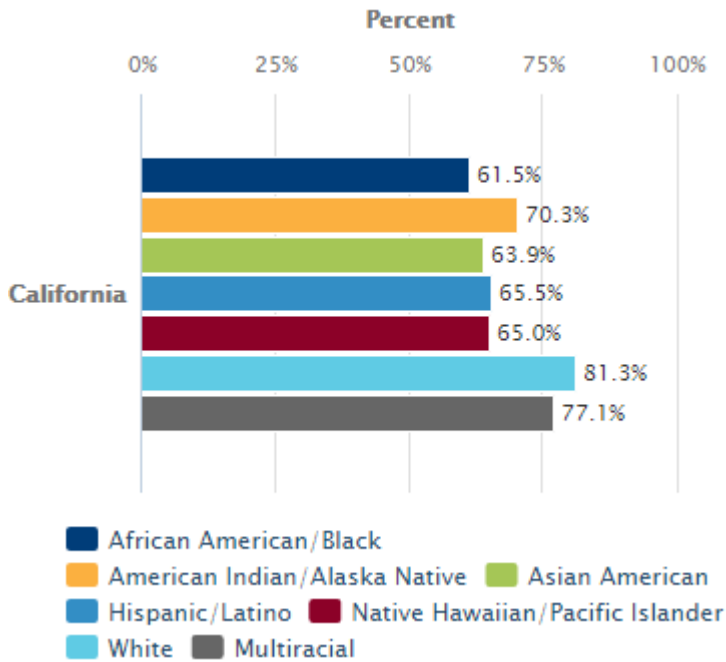
includes newborns who were breastfed exclusively *and* those who received both breast milk and formula.

**Data Source:** California Dept. of Public Health, [In-Hospital Breastfeeding Initiation Data](#) (Oct. 2018).

*View references for this text and additional research on this topic:*

<https://www.kidsdata.org/topic/46/breastfeeding/summary>

### Newborns Breastfed Exclusively in Hospital, by Race/Ethnicity: 2017



**Definition:** Percentage of newborns fed breast milk during their hospitalization, by type of breastfeeding and race/ethnicity (e.g., in 2017, 65.5% of Hispanic/Latino infants born in a hospital to California women were breastfed exclusively during their hospitalization). Exclusive breastfeeding includes newborns who received breast milk only; any breastfeeding includes newborns who were breastfed exclusively *and* those who received both breast milk and formula.

**Data Source:** California Dept. of Public Health, [In-Hospital Breastfeeding Initiation Data](#) (Oct. 2018).



**More Data:** [www.kidsdata.org](http://www.kidsdata.org)

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