

PERFORMANCE MEASURE 4 **A) Percent of infants who are ever breastfed and
B) Percent of infants breastfed exclusively through 6 months**

GOAL To increase the proportion of infants who are breastfed and who are breastfed at six months

DEFINITION **Numerator:**
A) Number of infants who were ever breastfed
B) Number of infants breastfed exclusively through 6 months

Denominator:
A) Number of infants born in a calendar year
B) Number of infants born in a calendar year

Units: 100 **Text:** Percent

HEALTHY PEOPLE 2020 OBJECTIVE Related to Maternal, Infant, and Child Health (MICH) Objective 21.1: Increase the proportion of children who are ever breastfed (Baseline: 74% in 2006, Target: 81.9%)

Related to Maternal, Infant, and Child Health (MICH) Objective 21.5: Increase the proportion of children who are breastfed exclusively at (Baseline: 14.1% in 2006, Target: 25.5%)

DATA SOURCES and DATA ISSUES A) National Immunization Survey (NIS)
B) National Immunization Survey (NIS)

MCH POPULATION DOMAIN Perinatal/Infant Health

SIGNIFICANCE Advantages of breastfeeding are indisputable. The American Academy of Pediatrics recommends all infants (including premature and sick newborns) exclusively breastfeed for about six months as human milk supports optimal growth and development by providing all required nutrients during that time. Breastfeeding strengthens the immune system, improves normal immune response to certain vaccines, offers possible protection from allergies, and reduces probability of SIDS. Research demonstrates breastfed children may be less likely to develop juvenile diabetes; and may have a lower risk of developing childhood obesity, and asthma; and tend to have fewer dental cavities throughout life. The bond of a nursing mother and child is stronger than any other human contact. A woman's ability to meet her child's nutritional needs improves confidence and bonding with the baby and reduces feelings of anxiety and post natal depression. Increased release of oxytocin while breastfeeding, leads to a reduction in post-partum hemorrhage and quicker return to a normal sized uterus over time, mothers who breastfeed may be less likely to develop breast, uterine and ovarian cancer and have a reduced risk of developing