



NORTHEAST MINNESOTA  
STATEWIDE HEALTH  
IMPROVEMENT PROGRAM (SHIP)

# Breastfeeding: *Simply the Best*

Volume 2, Issue 1

August 2011

## Special points of interest:

- CDC Breastfeeding Report Card, 2011
- Minnesota & Wisconsin 2011 Breastfeeding Report
- Fall 2011 Continuing Education & Event Opportunities
- Vital Signs Issue: Hospital Support for Breastfeeding

## Breastfeeding Report Card — United States, 2011

Improving the health of mothers and their children is a primary goal of the Centers for Disease Control and Prevention (CDC). Protecting, promoting, and supporting breastfeeding, with its many known benefits for infants, children, and mothers, is a key strategy toward this goal.

There are many ways that communities support mothers and babies to breastfeed, and everyone plays a role. The CDC Breastfeeding Report Card brings together state-by-state information to help tell the story of breastfeeding practices in states. It compiles many types of data so states can monitor progress, celebrate state successes, and identify opportunities to work with health professionals, legislators, employers,

business owners, community advocates and family members to protect, promote, and support breastfeeding.

### How can states use the Report Card to improve breastfeeding rates?

Mothers need support from the people and organizations they interact with to meet their breastfeeding goals. States can use this Report Card and previous year's Report Cards (available at <http://www.cdc.gov/breastfeeding/data/reportcard.htm>) to track progress, identify the areas where mothers need more support, and work within their communities to better protect, promote and support breastfeeding mothers.

The CDC Breastfeeding Report Card was first released in 2007 and is updated annually. Indicator data sources and National Immunization Survey statistical information available at: [www.cdc.gov/breastfeeding/data/](http://www.cdc.gov/breastfeeding/data/)

For more information:  
Division of Nutrition, Physical Activity, and Obesity  
National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention  
Atlanta, GA USA  
1-800-CDC-INFO (232-4636)  
August 2011

## National, Minnesota and Wisconsin Breastfeeding Report Card, 2011

%	Ever BF	BF at 6 months	BF at 12 months	Exclusive BF 3 months	Exclusive BF at 6 months
National Average	74.6	44.3	23.8	35.0	14.8
Minnesota	<b>82.5</b>	50.9	24.1	45.0	15.0
Wisconsin	73.7	44.5	24.9	38.2	14.7

NOTE: Percents in bold are those that have met the Healthy People 2020 objective. Source: Centers for Disease Control and Prevention National Immunization Survey, Provisional Data, 2008 births. [http://www.cdc.gov/breastfeeding/data/NIS\\_data/index.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm)

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

## Inside this issue:

Fall Calendar 2

Vital Signs Issue 2

**Fall 2011  
Continuing  
Education &  
Events**

**Northland Breastfeeding Coalition meeting**

September 12, 2011, 9:00 — 11:00 am

November 14, 2011, 9:00 — 11:00 am

Center for American Indian Resources, 211 W. 4th St, Duluth, MN

[www.northlandbreastfeedingcoalition.org](http://www.northlandbreastfeedingcoalition.org)

**The Importance of the Hospital Team: Helping Women Feed Their Babies**

Molly Pessl BSN, IBCLC

September 26 — 27, 2011

September 28 — 29, 2011

Rasmussen College—Eagan Campus, Eagan MN

[mspitzal@fairview.org](mailto:mspitzal@fairview.org)

**Breastfeeding: New Strategies for Improved Outcomes**

October 12, 2011 Roseville MN; October 13, 2011 St. Cloud MN; October 14, 2011 Eagan MN

[www.pesihealthcare.com](http://www.pesihealthcare.com)

**Minnesota Breastfeeding Coalition annual meeting**

October 14, 2011

First United Methodist Church, Duluth, MN

<http://mnbreastfeedingcoalition.org/>

**Birth & Baby Fair**

October 15, 2011, 10:00 am — 2:00 pm

First United Methodist Church, Duluth, MN

<http://www.birthandbabyfairduluth.com/>

**August 2011 Vital Signs Issue:  
Hospital Support for Breastfeeding**

<http://www.cdc.gov/vitalsigns/Breastfeeding/>

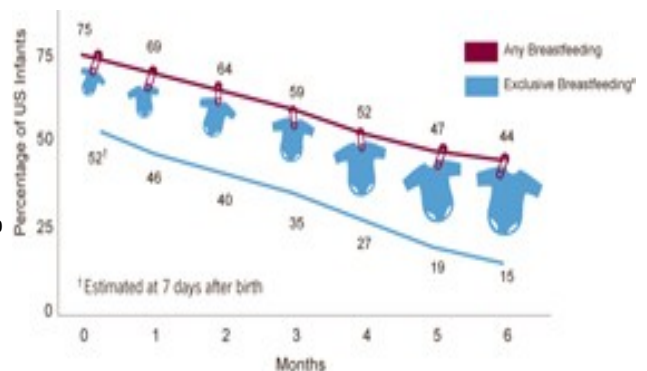


**Carlton-Cook-Lake-  
St. Louis Community  
Health Board**

404 W Superior St.  
Suite 220,  
Duluth MN 55802  
218.733.2860

[www.communityhealthboard.org](http://www.communityhealthboard.org)

Childhood obesity is an epidemic. In the US, 1 preschooler in 5 is at least overweight, and half of these are obese. Breastfeeding helps protect against childhood obesity. A baby's risk of becoming an overweight child goes down with each month of breastfeeding. In the US, most babies start breastfeeding, but within the first week, half have already been given formula, and by 9 months, only 31% of babies are breastfeeding at all. Hospitals can either help or hinder mothers and babies as they begin to breastfeed.



*Percentage of any and exclusive breastfeeding by month since birth among US infants born in 2008*