



Breastfeeding

South Dakota — PRAMS, 2017

Background

Breastfeeding provides mothers and their infants with many health benefits. Compared to infants fed formula, infants fed human milk have a lower risk of asthma, ear infections, and sudden infant death syndrome. For breastfeeding mothers, the risk of ovarian and breast cancers is lower compared to mothers who never breastfed. The American Academy of Pediatrics recommends exclusively breastfeeding for the first 6 months of life, and continuing to breastfeed, as solid foods are introduced, through at least 12 months.¹

Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects state-specific, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. PRAMS sites that met the 60% response rate threshold for data analysis are included in overall estimates. Results presented in this report include both “Core” questions, which are asked by all participating PRAMS sites, and “Standard” questions, which sites had the option to include on their PRAMS survey.

To learn more about PRAMS methods and to see “Data Availability by State and Year” visit:
<https://www.cdc.gov/prams>

National Breastfeeding Goals

Breastfeeding	Healthy People 2020 Objectives ²	Title V National Performance Measures ³
Initiation	Increase the proportion of infants who are ever breastfed	Percent of infants who are ever breastfed
Duration	Increase the proportion of infants who are breastfed at 6 months and 1 year	No related performance measure
Exclusivity*	Increase the proportion of infants who are breastfed exclusively through 3 and 6 months	Percent of infants breastfed exclusively through 6 months

* Infants only receive human milk except for medicine, vitamins, and minerals when necessary

Breastfeeding Rates

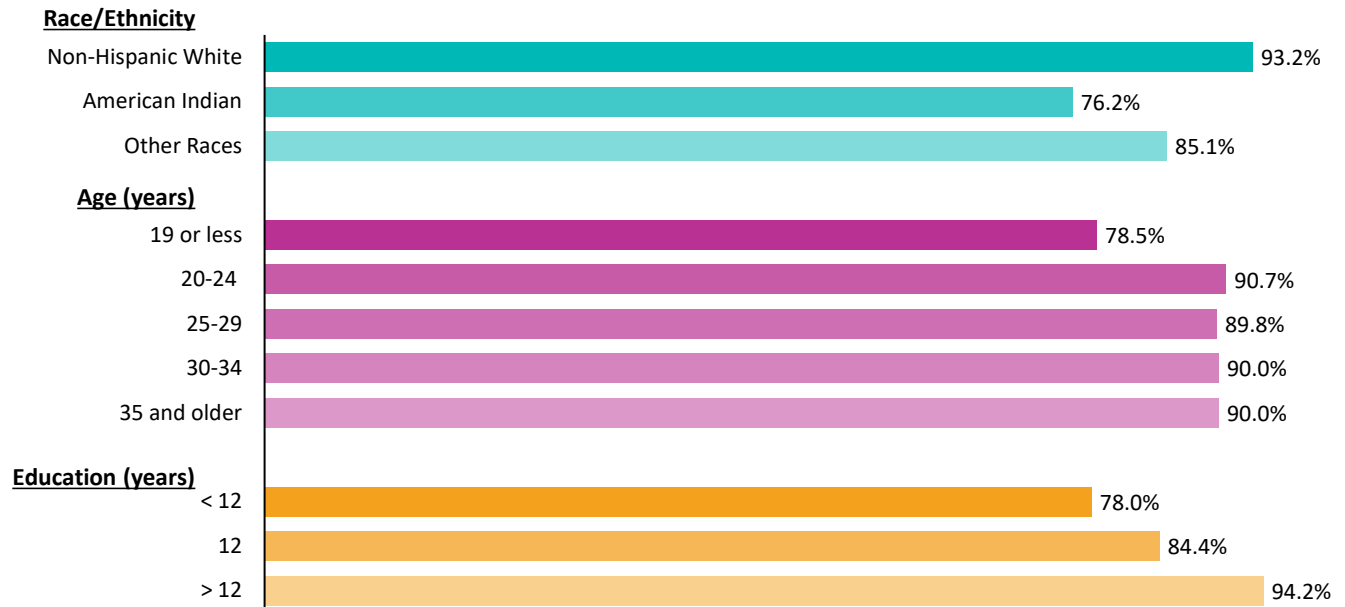
Healthy People 2020 breastfeeding targets and Title V Performance Measures are tracked using data from the National Immunization Survey, which collects data on breastfeeding practices from caregivers when the child is 19 to 35 months old. PRAMS data are collected from mothers when their infant is 2 to 9 months old. PRAMS data can be used to assess influences on breastfeeding practices and to identify populations at risk of not following breastfeeding recommendations.

PRAMS Indicators	South Dakota %	Multiple Sites %
	2017	2014
Ever breastfed	89.4	86.3
Any breastfeeding at 8 weeks	73.4	64.8

South Dakota PRAMS: Breastfeeding

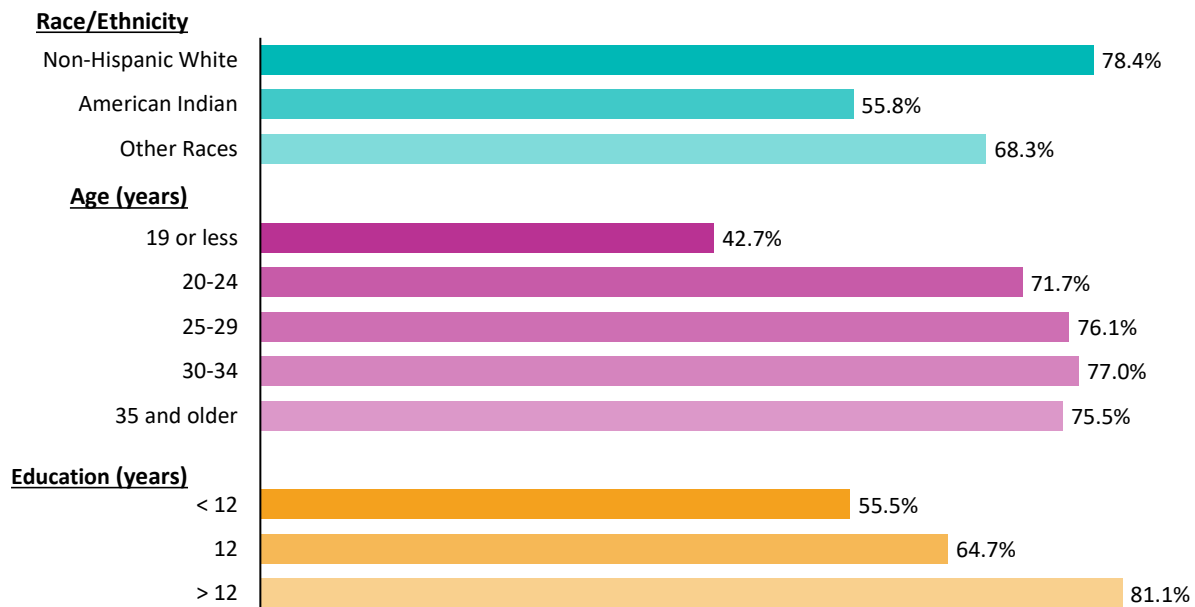
Who Initiates Breastfeeding?

Mothers who reported ever breastfeeding,
by selected characteristics — South Dakota, 2017



Who Breastfeeds at 8 Weeks?

Mothers who reported any breastfeeding at 8 weeks,
by selected characteristics — South Dakota, 2017



South Dakota PRAMS: Breastfeeding

Who Provides Breastfeeding Information

Standard PRAMS indicator completed by mothers who gave birth in a hospital and reported ever breastfeeding	South Dakota % 2017
Sources of helpful information about breastfeeding	
Mother's doctor	83.7
A nurse, midwife, or doula	77.2
Baby's doctor or health care provider	72.1
A breastfeeding or lactation specialist	70.9
Family or friends	66.4
A breastfeeding support group	23.4
A breastfeeding hotline or toll-free number	9.9

Reasons Women Stopped Breastfeeding

Standard PRAMS indicator completed by mothers who reported ever breastfeeding	South Dakota % 2017
I thought I was not producing enough milk, or my milk dried up	59.1
Breast milk alone did not satisfy my baby	36.8
My baby had difficulty latching or nursing	30.9
Nipples were sore, cracked, or bleeding, or it was too painful	21.8
Went back to work	21.5
Had too many other household duties	15.1
Thought baby was not gaining enough weight	12.9
Felt it was the right time to stop breastfeeding	9.6
Baby was jaundiced	6.7
Got sick or had to stop for medical reasons	6.2
Went back to school	4.4
Partner did not support breastfeeding	1.3

South Dakota PRAMS: Breastfeeding

Public Health Action

- The majority of PRAMS respondents reported ever breastfeeding (89.4%) and almost three-fourths (73.4%) reported they were breastfeeding at 8 weeks.
- Among mothers who stopped breastfeeding, half (59.1%) reported they stopped because they thought they were not producing enough milk, or their milk had dried up.
- Public health efforts can focus on providing mothers with the support they need to reach their breastfeeding goals.

Resources

CDC Website on Breastfeeding: <https://www.cdc.gov/breastfeeding/>

Office on Women's Health Website on Breastfeeding: <https://www.womenshealth.gov/breastfeeding/>

References:

1. Breastfeeding and the Use of Human Milk: <http://pediatrics.aappublications.org/content/129/3/e827>
2. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
3. Title V National Performance Measures: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES