



# Colorado Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Colorado's breastfeeding rates and other measures (2015 births) compare to national rates and targets set by the Healthy People 2020 initiative.

BREASTFEEDING RATES & PROGRESS	% ever breastfed	% duration to 12 months	% exclusive at 6 months	% of births at Baby-Friendly facilities	# of Baby-Friendly facilities
Colorado	90.9	40.0	22.4	48.9	14
U.S. National	83.2	35.9	24.9	26.1	555
HP2020 Target	81.9	34.1	25.5	8.1	N/A

A 2016 study published in the journal *Maternal & Child Nutrition* quantified excess cases of pediatric and maternal disease and death and associated costs attributable to suboptimal breastfeeding (using rates for 2014 births and defining "optimal" as 90% of infants breastfed according to medical recommendations). Here's how Colorado's costs resulting from sub-optimal rates compare:

COSTS OF SUB-OPTIMAL BREASTFEEDING RATES	Medical Costs of Sub-Optimal Rates	Non-Medical Costs of Sub-Optimal Rates	Death Costs of Sub-Optimal Rates
Colorado	\$27,763,304	\$13,589,100	\$107,443,474
U.S. National	\$2,405,023,438	\$1,093,681,596	\$10,798,725,299

## Federally Funded Breastfeeding Projects

### **Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity**

- **The State Physical Activity and Nutrition (SPAN)** program funds recipients to implement evidence-based strategies at state and local levels to improve nutrition and physical activity. As part of the SPAN program, Colorado will be implementing supportive breastfeeding practices.
- The **EMPower Training Initiative** is co-created and implemented by Abt Associates, the Carolina Global Breastfeeding Institute (CGBI) and Population Health Improvement Partners. By providing skills-based competency training on these practices, hospitals and maternity care centers can better ensure that related policies and procedures are implemented safely, as intended, for each mother and her infant. There are 3 Colorado hospitals participating in the EMPower Training Initiative.

### **Health Resources & Service Administration, Maternal and Child Health Bureau**

- Through a **Title V Maternal and Child Health** grant, Colorado has chosen increasing percentage of infants who are ever breastfed and infants breastfed exclusively through 6 months as one of their National Performance Measures.

## Your State Breastfeeding Coalition

The USBC is affiliated with breastfeeding coalitions in all 50 states that carry out activities at state/local levels.

### Colorado Breastfeeding Coalition

Founded in 1990, the Colorado Breastfeeding Coalition, COBFC is a volunteer organization comprised of physicians, nurses, public health officials, dietitians, lactation consultants, counselors, and members of the business community who have led the way for Colorado children to be breastfeeding at the highest rates in the nation. The coalition works closely with the Colorado Department of Public Health and Environment Special Supplemental Nutrition Program for Women, Infants, and Children to reach communities which have historically had low breastfeeding rates.

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