



# Connecticut Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Connecticut'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
Connecticut	86.3	39.1	23.6	46.3	10
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 Connecticut'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
Connecticut	\$26,136,277	\$10,661,870	\$108,070,465
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

- **Racial and Ethnic Approaches to Community Health (REACH)** funding is used to reduce health disparities among racial and ethnic populations with the highest burden of chronic disease through culturally tailored interventions to address preventable risk behaviors. In Connecticut, the City of Hartford's Department of Health and Human Services proposed strategies include implementing continuity of care/community support for breastfeeding.
- **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, CT Healthy Communities Project (HCP) priorities include supporting breastfeeding interventions.

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

- Through a **Title V Maternal and Child Health** grant, Connecticut 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.

### Connecticut Breastfeeding Coalition

The Connecticut Breastfeeding Coalition's mission is to improve Connecticut's health by working collaboratively to protect, promote, and support breastfeeding. Our goals are: to assure access to comprehensive, current, and culturally appropriate lactation care and service for all women, children and families; to ensure that breastfeeding is recognized as the normal and preferred method of feeding infants and young children; to ensure that all federal, state, and local laws relating to child welfare and family law recognize and support the importance and practice of breastfeeding; and to increase protection, promotion, and support for breastfeeding mothers in the workforce. We are ready to continue our work to support and protect breastfeeding families in Connecticut and on the national level.

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