



District of Columbia Breastfeeding Report



Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how District of Columbia'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
District of Columbia	83.0	43.6	29.1	49.0	2
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 District of Columbia'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
District of Columbia	\$3,476,820	\$2,297,445	\$19,154,494
U.S. National	\$2,405,023,438	\$1,093,681,596	\$10,798,725,299

Federally Funded Breastfeeding Project

Health Resources & Service Administration, Maternal and Child Health Bureau

- Through a **Title V Maternal and Child Health** grant, District of Columbia 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 Breastfeeding Coalition

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

District of Columbia Breastfeeding Coalition

The District of Columbia Breastfeeding Coalition (DCBFC) was founded in 2004 to support, promote, and protect breastfeeding in the District of Columbia. Over the last 10 years, breastfeeding experts and advocates in the DCBFC have: accelerated the implementation of the Baby-Friendly Hospital Initiative and developed systems to ensure continuity of lactation support; implemented a Breastfeeding-Friendly Workplace and Healthcare Provider Recognition program to call attention to employers and healthcare offices that have established policies and procedures to help their nursing families make breastfeeding work; in collaboration with a free-standing children's hospital and the DC WIC program, established a lactation support center in the area of the District with the lowest breastfeeding rates; campaigned to achieve 100% participation of birthing facilities in the "Ban the Bag" movement; partnered with Reaching Our Sisters Everywhere to develop a Lactation Consultant Preparatory course to increase the number of IBCLCs of color in the DC area.

www.dcbfc.org