



Kentucky Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Kentucky'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
Kentucky	73.9	28.2	21.1	24.5	3
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 Kentucky'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
Kentucky	\$41,551,759	\$18,443,205	\$196,407,972
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, Kentucky is using a community-based approach that cultivates community assets and existing partnerships established through the Partnership for a Fit Kentucky.

Health Resources & Service Administration, Maternal and Child Health Bureau

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

Lactation Improvement Network of Kentucky

The Lactation Improvement Network of Kentucky (LINK) is Kentucky's state breastfeeding coalition. Our mission is to make breastfeeding easier for all Kentuckians. The Lactation Improvement Network of Kentucky has: identified priority areas for improvement and developed a 5 year plan for Improving Breastfeeding Rates; trained 100% of birthing hospitals in birth Kangaroo Care (skin-to-skin) which has increased breastfeeding rates by as much as 70% at some facilities; and appeared on Kentucky Educational Television's "Connections with Renee Shaw" to discuss the importance of and barriers to breastfeeding in Kentucky. We are ready to continue the work to support and protect breastfeeding families in Kentucky and on the national level.

www.breastfeedkentucky.com