



# Maryland Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Maryland'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
<b>Maryland</b>	91.0	41.1	26.2	18.2	8
<b>U.S. National</b>	83.2	35.9	24.9	26.1	555
<b>HP2020 Target</b>	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 Maryland'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
<b>Maryland</b>	\$36,858,374	\$18,764,545	\$161,776,599
<b>U.S. National</b>	\$2,405,023,438	\$1,093,681,596	\$10,798,725,299

## Your State Breastfeeding Coalition

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

### Maryland Breastfeeding Coalition

The Maryland Breastfeeding Coalition's mission is to improve Maryland citizen's health by working collaboratively to protect, promote, and support breastfeeding. We envision breastfeeding as the norm for infant and child feeding throughout Maryland in order to achieve optimal health, enhance child development, promote knowledgeable and effective parenting, support women in breastfeeding, and make optimal use of resources. The Maryland Breastfeeding Coalition's work has been evident in a variety of areas: Our Breastfeeding Welcome Here Campaign fosters a supportive environment from retailers and over 59 businesses have taken our pledge to welcome breastfeeding families in their place of business; In collaboration with the Maryland Department of Health and Mental Hygiene and in support of Maryland DHMH's Hospital Breastfeeding Policies, we work on initiatives to assist hospitals to improve their support of breastfeeding families; Working in conjunction with the DC Breastfeeding Coalition since 2010 we have recognized over 100 businesses and healthcare providers with our Breastfeeding Friendly Workplace and Breastfeeding Friendly Health Care Provider Awards. We are ready to continue the work to support and protect breastfeeding families in Maryland and on the national level.

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