



Minnesota Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Minnesota'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
Minnesota	89.2	38.9	37.2	30.6	17
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 Minnesota'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
Minnesota	\$36,455,117	\$16,392,816	\$154,921,165
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, the Office of Statewide Health Improvement Initiatives (OSHI) will implement evidence-based strategies that are state- and locally-led with a focus on advancing health equity. Locally-led strategies will impact specific settings (e.g. worksites, maternity centers, and parks and recreation areas), and will be implemented by local public health agencies through Minnesota's Statewide Health Improvement Partnership program and community partners.
- 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 is 1 Minnesota hospital participating in the EMPower Training Initiative.

Health Resources & Service Administration, Maternal and Child Health Bureau

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

Minnesota Breastfeeding Coalition

The Minnesota Breastfeeding Coalition's mission is to work collaboratively to create an environment in Minnesota where breastfeeding is recognized and supported as vital to the health and development of children and families. Our purpose is to work collaboratively to increase the initiation, duration, and exclusivity of breastfeeding in Minnesota; promote public awareness and support for breastfeeding as the cultural norm; develop networks for sharing information among groups concerned about improving the health of mothers and babies through breastfeeding; and serve as a resource for health care professionals and the general public through dissemination of information and materials on breastfeeding topics.

www.mnbreastfeedingcoalition.org

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