



North Dakota Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how North Dakota'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
North Dakota	81.7	33.4	29.1	13.8	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 North Dakota'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
North Dakota	\$5,032,468	\$2,454,418	\$21,356,126
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 **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 are 2 North Dakota hospitals participating in the EMPower Training Initiative.

Health Resources & Service Administration, Maternal and Child Health Bureau

- Through a **Title V Maternal and Child Health** grant, North Dakota has chosen increasing percentage of infants who are ever breastfed and infants breastfed exclusively through 6 months as one of their National Performance Measures.
- The **Children's Healthy Weight Collaborative Improvement and Innovation Network (CHW-CoIIN)** partners with and supports states in adopting evidence-based or evidence-informed policies and practices related to nutrition, physical activity, and breastfeeding. The purpose of North Dakota's Children's Healthy Weight CoIIN project is to identify breastfeeding needs and offer support for key stakeholders in tribal communities and urban Native American populations.

Your State Breastfeeding Coalition

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

North Dakota Breastfeeding Coalition

The North Dakota Breastfeeding Coalition is comprised of statewide partners working on breastfeeding promotion and support efforts across the state. All North Dakota mothers deserve the opportunity to breastfeed their infants, and all infants deserve the opportunity to be breastfed. Ensuring access to comprehensive, interdisciplinary, and culturally appropriate lactation and breastfeeding care and services from preconception through weaning will empower women to breastfeed their infants exclusively for at least six months and to continue through the child's first year of life and beyond while introducing appropriate weaning foods. We envision breastfeeding as the norm for feeding infants and young children throughout North Dakota and we're ready to continue the work to support and protect breastfeeding families in North Dakota and on the national level.

www.ndhealth.gov/breastfeeding