



# Ohio Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Ohio's breastfeeding rates and other measures (2015 births) compare to national rates and targets set by Healthy People 2020.

BREASTFEEDING RATES & PROGRESS	% ever breastfed	% duration to 12 months	% exclusive at 6 months	% of births at Baby-Friendly facilities	# of Baby-Friendly facilities
Ohio	81.9	30.7	23.7	16.5	10
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 Ohio'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
Ohio	\$111,681,254	\$45,920,307	\$500,973,599
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

- **Racial and Ethnic Approaches to Community Health (REACH)** funding is used to reduce health disparities among racial and ethnic populations with the highest burden of chronic disease through culturally tailored interventions to address preventable risk behaviors. In Ohio, Cuyahoga County will increase timely, accessible, and culturally appropriate lactation support..
- **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, Ohio will provide training and technical assistance to worksites on adopting breastfeeding policies and adhering to the federal law
- 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 3 Ohio 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, Ohio 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.

### Ohio Breastfeeding Alliance

Breastfeeding professionals and supporters in Ohio are targeting their energy on developing better resources for families who breastfeed, and on supporting individual families and organizations with breastfeeding issues. We have provided resources to Ohio Best Fed Beginning hospitals to improve post-discharge support for breastfeeding mothers and babies; worked with the Ohio Chronic Disease Collaborative to include breastfeeding as a core measure in Ohio's Plan to Prevent and Reduce Chronic Disease; and continue to collaborate with the Ohio Department of Health, Ohio Hospital Association, and other organizations to aid in development of the statewide, hospital based, recognition program: Ohio First Steps for Healthy Babies, recognizing efforts of hospitals to become more breastfeeding friendly. We continue to work to carry out our vision to re-establish breastfeeding as the biological and cultural norm throughout Ohio by being a resource for the public, health professionals, employers, and agencies seeking to support breastfeeding families.

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

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