



Vermont Breastfeeding Report

Breastfeeding is a proven primary prevention strategy, building a foundation for life-long health and wellness. Here's how Vermont'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
Vermont	89.3	51.3	38.0	10.4	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 Vermont'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
Vermont	\$3,816,650	\$1,516,662	\$15,321,502
U.S. National	\$2,405,023,438	\$1,093,681,596	\$10,798,725,299

Federally Funded Breastfeeding Project

Health Resources & Service Administration, Maternal and Child Health Bureau

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

Vermont Breastfeeding Network

Vermont Department of Health WIC Program is the leader on breastfeeding projects and partners with the Vermont Breastfeeding Network (VBN) to educate, promote, and support breastfeeding in our community. In particular, Vermont WIC has provided "Business Case for Breastfeeding" trainings to educate WIC staff and breastfeeding coalition members about the benefits to employers and employees when businesses provide comprehensive worksite breastfeeding support and recognized over 280 worksites that comply with the Vermont law as "Breastfeeding Friendly Employers." In addition, two quality improvement projects for health care providers, jointly developed by the Vermont Department of Health, the Vermont Child Health Improvement Program, and the Vermont chapters of the American Academy of Pediatrics and American Academy of Family Physicians were developed: Birth & Beyond – 10 Steps to Empower Mothers and Nurture Babies and Improving Breastfeeding Supports in Primary Care Settings.

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