



Spokane Regional Health District · www.srhd.org



Spokane Counts 2015

A summary of 59 selected public health indicators

Breastfeeding

Health Behavior



Indicator: Breastfeeding

Definition: Percent of births where the mother initiated breastfeeding.

Why this is important: Breastfeeding offers many benefits. Breast milk is easy to digest and contains antibodies that can protect infants from bacterial and viral infections. Infants who are breastfed are less likely to become overweight or obese children or adolescents when compared to infants who were only bottle-fed.

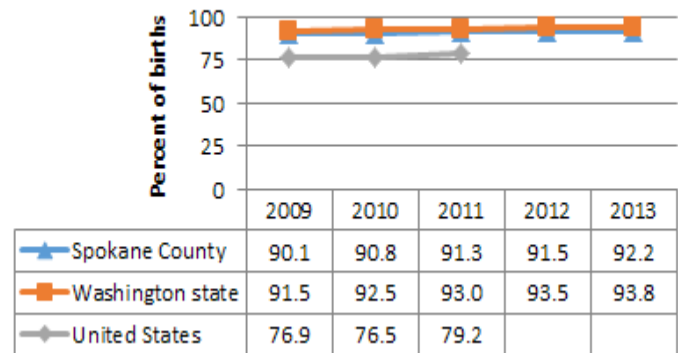
Where we are: In 2013 in Spokane County, 92.2% of infants were initially breastfed. The proportion of Spokane County births where the mother initiated breastfeeding was significantly lower than that of Washington state in 2013, but significantly higher than the United States in 2011. Nationally, 49.4% of infants are breastfed at six months of age and only 26.7% by 12 months of age.

Health Disparities:

Among Spokane County women who gave birth in 2013:

- Breastfeeding initiation was more likely to occur among women 25-34 years of age than other age groups.
- All other races were less likely to initiate breastfeeding when compared to whites.
- Breastfeeding initiation increased as education increased.

Initiation of Breastfeeding Over Time

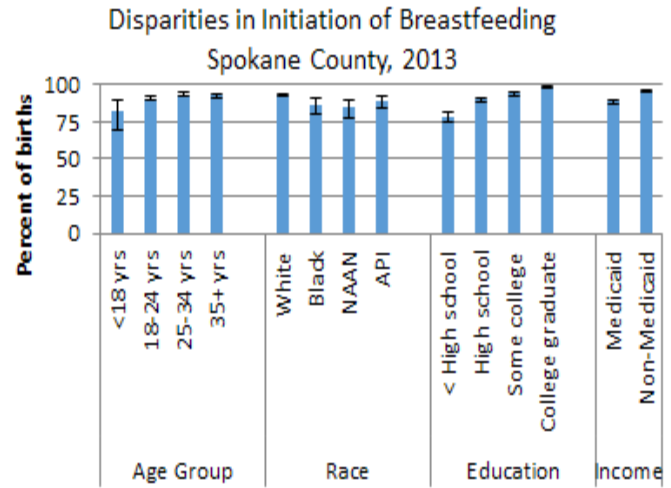


(click to enlarge)

- Women on Medicaid were less likely to initiate breastfeeding.

Additional Information: Sustaining breastfeeding beyond initiation may be challenging for some women. In 2011, the proportion of births being breastfed beyond initiation decreased as time since birth increased and the proportion being exclusively breastfed was even lower.

	Washington	U.S.
Exclusively breastfed at 3 months:	46.8%	40.7%
Exclusively breastfed at 6 months:	20.3%	18.8%
Breastfeeding at 6 months:	64.2%	49.4%
Breastfeeding at 12 months:	35.3%	26.7%



(click to enlarge)

	Data Source	DOH, CHS, 2013
Geography	Spokane County	92.2% (91.5-92.9)
	Washington state	93.8% (93.7-94.0)
	United States	79%
Trend		09-13 Increase
Age	Births	
	<18 yrs	81.3% (69.8-89.0)
	18-24 yrs	90.4% (88.9-91.7)
	25-34 yrs	93.3% (92.4-94.1)
	35+ yrs	92.2% (90.0-94.0)
Race	White	92.8% (92.1-93.5)
	Black	85.7% (79.4-90.3)
	NAAN	84.1% (77.6-88.9)
	API	88.6% (83.8-92.1)
Education*	< High school	78.3% (74.5-81.6)
	High school	89.5% (87.8-90.9)
	Some college	93.4% (92.3-94.3)
	College graduate	97.6% (96.8-98.3)
Income	Medicaid	88.1% (86.8-89.3)

Non-Medicaid 95.8% (95.0-96.4)

* Education reflects the mother's highest education level

Data Source: Washington State Department of Health, Center for Health Statistics, Birth Certificates, 2009-2013. National Immunization Survey, and Centers for Disease Control and Prevention, Breastfeeding Report Card-United States 2014. Calculations and presentation of data by Spokane Regional Health District, Data Center.

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Demographics

Indicator Overview

Executive Summary

Performance Measures