

Breastfeeding Initiation Among Mississippi Women in 2021

About PRAMS

- The **Pregnancy Risk Assessment Monitoring System (PRAMS)** is an ongoing, population-based surveillance sponsored by the Centers for Disease Control and Prevention (CDC) and the Mississippi State Department of Health (MSDH).
- PRAMS participants are randomly selected between 2 and 6 months **postpartum**.
- In this study we analyzed Mississippi PRAMS data from 886 women who had a live birth in 2021 in Mississippi to assess **breastfeeding initiation**.

About Breastfeeding and Breastfeeding Initiation

- **Breastfeeding**, as the ideal feeding practice for infants, has many **benefits** for both babies and mothers.
- The components of breast milk provide **all** the **energy** and **nutrients** including fat, carbohydrates, proteins, vitamins, minerals, and water, that an infant requires for the first six months of life, up to **half** or more during the second half of infancy, and up to **one-third** during the second year of life.
- Initiation of breastfeeding within 24 hours of birth was significantly associated with **decline** in all-cause neonatal **mortality**, low birth weight-related neonatal mortality, and infection-related neonatal mortality among all live births.

Definitions

- In this report, **breastfeeding initiation** was assessed using the PRAMS question, *“Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?”* Responses were dichotomized as mothers who did initiate breastfeeding (yes) and those who did not (no).
- In this report, estimates for women who reported their race to be anything other than White or Black are suppressed due to low response.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Prevalence of Breastfeeding Initiation, MS, 2021

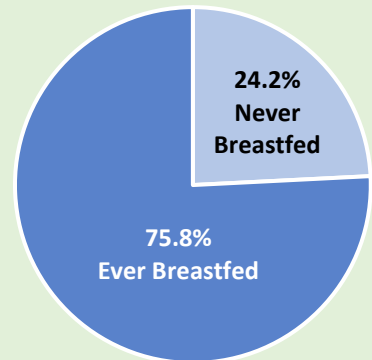
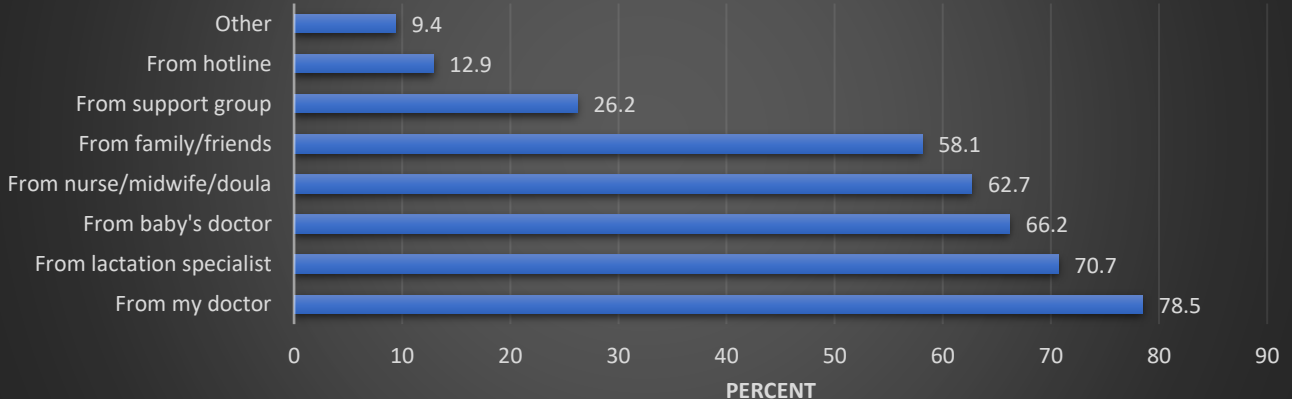


Figure 2. Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?



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Figure 3. Prevalence of Breastfeeding Initiation Among Mississippi Women by Demographic Characteristics (%)

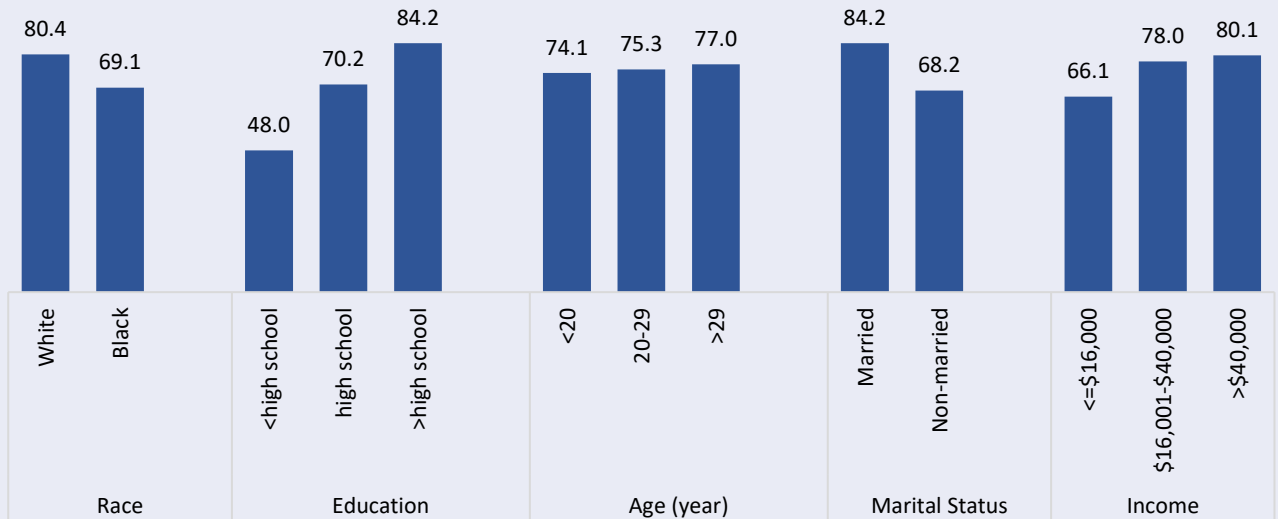


Table 1. Hospital Experience	Percentage (%)
Hospital staff gave me information about breastfeeding	95.3
My baby stayed in the same room with me at the hospital	88.6
I breastfed my baby in the hospital	83.1
My baby was placed in skin-to-skin contact within the first hour of life	81.9
Hospital staff told me to breastfeed whenever my baby wanted	81.3
Hospital staff helped me learn how to breastfeed	75.9
The hospital gave me a telephone number to call for help with breastfeeding	74.4
I breastfed in the first hour after my baby was born	69.5
The hospital gave me a gift pack with formula	58.4
My baby was fed only breast milk at the hospital	50.4
Hospital staff gave my baby a pacifier	44.0
The hospital gave me a breast pump to use	38.3

- **75.8%** of women reported breastfeeding initiation in Mississippi in 2021, which is less than the national average. (Figure 1)
- Most of the women (**78.5%**) received information about breastfeeding from their doctor. (Figure 2)
- **White women (80.4%)** reported a **significantly higher** percentage of breastfeeding initiation compared to Black women (69.1%). (Figure 3)
- Mothers with **more than a high school education (84.2%)** had a **significantly higher** percentage of initiating breastfeeding. (Figure 3)
- **Married mothers (84.2%)** reported a **significantly higher** percentage of breastfeeding initiation compared to non-married mothers (68.2%). (Figure 3)
- There was a significant association between income and breastfeeding initiation. **Mothers with higher income had higher percentages** of initiating breastfeeding. (Figure 3)
- There was no significant association between age and breastfeeding initiation.

References

- 1) Infant and Young Child Feeding: Model Chapter for Textbooks for Medical Students and Allied Health Professionals. Geneva: World Health Organization; 2009. SESSION 2, The physiological basis of breastfeeding. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK148970/>
- 2) Centers for Disease Control and Prevention. <https://www.cdc.gov/breastfeeding/index.htm>

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