



## Findings from the 2011 Texas WIC Infant Feeding Practices Survey

### Introduction

Chapter 165 of the Health and Safety Code, the Texas Legislature recognizes that breastfeeding is the “best method of infant nutrition.” This affirmation supports similar positions of the U.S. Surgeon General, American Academy of Pediatrics, American College of Obstetrics and Gynecology, the Texas Department of State Health Services (DSHS), and multiple other organizations as well as a large body of research findings. DSHS is committed to supporting a woman’s choice to breastfeed. DSHS has implemented, and continues to support programs that encourage the Ten Steps to Successful Breastfeeding and other recommended maternity practices in infant nutrition and care, worksite lactation support, breastfeeding-friendly child care practices, a woman’s right to breastfeed in public, and other initiatives. These programs are in addition to the breastfeeding promotion efforts provided directly to Texas WIC clients through local WIC services.

In their efforts to promote breastfeeding, the Nutrition Services Section, Division of Family and Community Health Services, regularly conducts a survey of breastfeeding beliefs, attitudes, and practices among women receiving WIC services. The purpose of this survey is to provide data to local WIC agencies to aid in planning and activity development. These data may also provide valuable information to advocates, legislators, policy makers, and others interested in supporting breastfeeding.

### Questionnaire and Sample

The questionnaire, which included 57 questions and was 8 pages in length, allowed primarily multiple choice (close ended) responses. A total of 10,864 surveys were completed from October 3 to November 7, 2011 in 71 local WIC agencies (100% of all WIC local agencies operating at the time of the survey). The questionnaire also served as a screener to identify and select the study population. Respondents who were not the biological mothers of the children receiving services or whose baby was born before 2009 were eliminated from the analyses presented in this report. Therefore, the study population consisted of women presenting at a WIC clinic for services for their biological children. Skip patterns in the survey further limited responses.

After eliminating non-biological mothers and women whose infants were born before 2009, the final sample size was 9,698. Together, these completed surveys represent a snapshot of the survey respondents’ infant feeding practices. The responses are not weighted or adjusted and may not be representative of the general population presenting for WIC services in Texas.

Questionnaires were self-administered as Scantron paper surveys. Respondents were asked to fill in the bubble for events or reasons that were most applicable to them. Some clients did not answer all

items. Therefore, the totals in each section may not match the total number of surveys and the totals may not match from section to section. Blank responses were coded as missing data and were omitted from analyses. While the questionnaire included skip patterns, respondents did not always adhere to instructions. Following data entry, all questions that were mistakenly answered were recoded as an appropriate skip.

### Interpretation

Data are not comparable to prior year surveys, for which the target audience was mothers whose infants were Born-to-WIC and presenting at the WIC clinic for their one-year sub-certification visits.

This document contains data analyses at a state and regional level.

Data from all Public Health Regions are presented to allow for regional comparisons. Data was also analyzed at the level of the local WIC agency;

however these data are not presented in this report due to small sample sizes. These results are available in a separate file and should be used with *caution*. Some regional analyses are also derived from a small number of responses for a given response category. Caution should be used when interpreting these responses. Comparisons or conclusions cannot be reliably made when using analyses with small sample sizes.

Exclusivity of breastfeeding was calculated from duration and introduction of formula and complementary foods questions.

Age of respondents' children ranged from 0 to more than 24 months without even distribution of age. The average child's age was 7 months, while 5 months was the most frequently reported age. Children age 6 months and older are under-represented in the sample. For this reason, breastfeeding duration and exclusivity rates for children six months and older should be interpreted with extreme caution.

Although duration was only asked of women who breastfed, duration and exclusivity are reported among all women so figures may be considered in the same way as the Healthy People 2020 objectives. Some women failed to adhere to instructions and chose more than one response for questions pertaining to the main reason for not breastfeeding and introducing formula feeding. These responses were recoded as missing values for the analyses in this report.

Questions 16 through 26 were limited to women who reported that they had ever breastfed their child, even if only once.

Questions referring to work experiences are limited to women who responded that they returned to work after their child was born.

Some other questions were limited to certain respondents. Descriptions of how responses were limited are provided in parentheses within the report.

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### Survey Distribution by WIC Local Agency

WIC LA	PHR	# of clients	% of total
1	7	379	3.91
3	11	370	3.82
4	11	18	0.19
5	11	82	0.85
7	3	966	9.96
10	3	19	0.20
11	6	109	1.12
12	11	755	7.79
13	11	290	2.99
17	6	351	3.62
19	8	24	0.25
20	1	72	0.74
21	2	44	0.45
22	7	100	1.03
24	8	68	0.70
26	6	276	2.85
27	9, 1	271	2.79
28	10	21	0.22
29	6	48	0.49
30	5	29	0.30
31	7	167	1.72
32	7	54	0.56
33	10	508	5.24
34	2	46	0.47
35	3	210	2.17
36	7	83	0.86
37	8	58	0.60
38	11	44	0.45
39	4	243	2.51
40	5	53	0.55
41	8	446	4.60
42	7	89	0.92
43	8	17	0.18
44	8	42	0.43
45	2	19	0.20
46	6	88	0.91
48	6	710	7.32
49	8	6	0.06

WIC LA	PHR	# of clients	% of total
51	11	22	0.23
53	8	12	0.12
54	3	706	7.28
56	9, 2	24	0.25
58	5	60	0.62
59	8	39	0.40
60	6	27	0.28
61	5	26	0.27
62	4	14	0.14
63	5	22	0.23
64	8	19	0.20
65	4	32	0.33
67	3	17	0.18
69	8, 11	24	0.25
70	6	3	0.03
71	3	96	0.99
73	8	132	1.36
74	2	14	0.14
76	1, 2, 3, 7	356	3.67
77	5, 6	314	3.24
83	9, 10	30	0.31
84	6	58	0.60
87	4	85	0.88
88	11	57	0.59
89	8	36	0.37
90	3	36	0.37
95	8	34	0.35
100	1	69	0.71
105	7	11	0.11
106	7	24	0.25
107	7	40	0.41
108	4	63	0.65
110	7	20	0.21

# Texas WIC Agencies

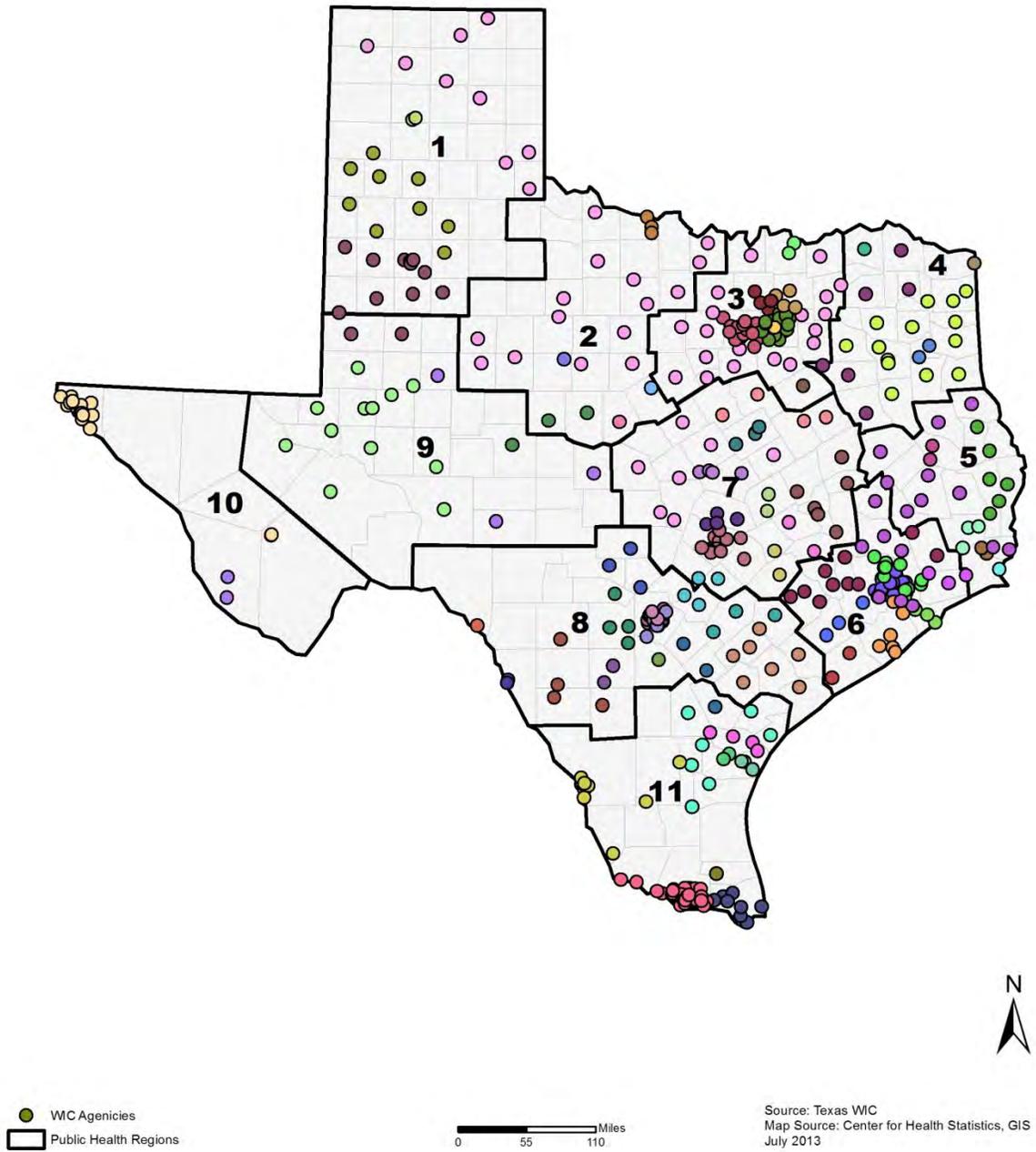


Figure 1 Distribution of WIC Clinics in Texas

## Survey Distribution by Public Health Region and WIC Local Agency

PHR	WIC LA	# of clients	% of total
1	20	72	0.74
1	27	138	1.42
1	100	69	0.71
1	76	30	0.31
2	21	44	0.45
2	34	46	0.47
2	45	19	0.20
2	56	5	0.05
2	74	14	0.14
2	76	62	0.64
3	7	966	9.96
3	10	19	0.20
3	35	210	2.17
3	54	706	7.28
3	67	17	0.18
3	71	96	0.99
3	76	222	2.29
3	90	36	0.37
4	39	243	2.51
4	62	14	0.14
4	65	32	0.33
4	87	85	0.88
4	108	63	0.65
5	30	29	0.30
5	40	53	0.55
5	58	60	0.62
5	61	26	0.27
5	63	22	0.23
5	77	119	1.23
6	11	109	1.12
6	17	351	3.62
6	26	276	2.85
6	29	48	0.49
6	46	88	0.91
6	48	710	7.32
6	60	27	0.28
6	70	3	0.03
6	77	195	2.01
6	84	58	0.60
7	1	379	3.91

PHR	WIC LA	# of clients	% of total
7	22	100	1.03
7	31	167	1.72
7	32	54	0.56
7	36	83	0.86
7	42	89	0.92
7	76	42	0.43
7	105	11	0.11
7	106	24	0.25
7	107	40	0.41
7	110	20	0.21
8	19	24	0.25
8	24	68	0.70
8	37	58	0.60
8	41	446	4.60
8	43	17	0.18
8	44	42	0.43
8	49	6	0.06
8	53	12	0.12
8	59	39	0.40
8	64	19	0.20
8	69	15	0.15
8	73	132	1.36
8	89	36	0.37
8	95	34	0.35
9	27	133	1.37
9	56	19	0.20
9	83	15	0.15
10	28	21	0.22
10	33	508	5.24
10	83	15	0.15
11	3	370	3.82
11	4	18	0.19
11	5	82	0.85
11	12	755	7.79
11	13	290	2.99
11	38	44	0.45
11	51	22	0.23
11	69	9	0.09
11	88	57	0.59
Total		<b>9,697</b>	<b>100.00</b>

## 2011 Texas WIC Infant Feeding Practices Survey Administered October 3-November 7, 2011 State Report

### How many surveys are included in this report? N=9,698

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

### Information about the clients who answered this survey (Demographics):

#### Q1. Were you enrolled in WIC at any time during your pregnancy with this child?

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	7,312	84
<b>No</b>	1,389	16

#### Q5. How many years old are you?

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	462	5.0
<b>18-24</b>	4,140	44.4
<b>25-29</b>	2,329	25.0
<b>30-34</b>	1,500	16.1
<b>35-39</b>	680	7.3
<b>40 and older</b>	212	2.3

#### Q6. How many months old is your baby today? (On the date of survey) Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months</b> (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	1,118 (12.2%)
<b>3 or more months*</b>	8,030 (87.8%)
<b>6 or more months*</b>	5,236 (57.2%)
<b>12 or more months*</b>	609 (06.7%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	1,667	17.6
Black	1,032	10.9
Hispanic	6,566	69.2
Other	220	2.3

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	4,311	44.9
Spanish	3,087	32.2
English and Spanish	2,126	22.1
Other language	76	0.8

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	6,003	63.0
Mexico	3,018	31.7
Other country	505	5.3

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	2,969	32.0
High school diploma or GED	3,549	38.3
Some college credit, but no degree	2,002	21.6
Associate's degree	363	3.9
Bachelor's degree	327	3.5
Postgraduate degree	60	0.6

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	1,232	14.7

**Clients reported the following infant feeding experiences:**

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	262	4.3
<b>1 to 3 months</b>	331	5.4
<b>More than 3 months but fewer than 6 months</b>	3,282	53.6
<b>6 months</b>	1,643	26.8
<b>7 or more months</b>	602	9.8

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	3,359	36
<b>No</b>	5,960	64

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	372	5	508	5
<b>Breastfeed or feed breast milk only</b>	2,565	35	3,459	36
<b>Formula feed only</b>	1,002	14	1,324	14
<b>Both breast and formula feed</b>	3,276	45	4,253	44
<b>I don't know</b>	29	0	52	1

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	5,738	81.3	7,585	81.5
<b>No</b>	1,322	18.7	1,726	18.5

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	354	21.5
<b>I did not think I would like breastfeeding</b>	255	15.5
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	247	15.0
<b>I was sick or taking medication</b>	178	10.8
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	115	7.0
<b>A health professional said I should not breastfeed for medical reasons</b>	105	6.4
<b>I thought I wouldn't have enough milk</b>	101	6.1
<b>People told me it was hard to breastfeed</b>	58	3.5
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	52	3.2
<b>I had too many other things to do</b>	43	2.6
<b>My baby was sick and could not breastfeed</b>	36	2.2
<b>I did not think that my baby would be able to breastfeed</b>	26	1.6
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	26	1.6
<b>I wanted or needed someone else to feed my baby</b>	19	1.2
<b>I didn't know if I could get help with breastfeeding</b>	11	0.7
<b>My baby's father didn't want me to breastfeed</b>	12	0.7
<b>The baby's grandmother didn't want me to breastfeed</b>	6	0.4

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)</b>	938	35.9	1,189	33.6
<b>Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)</b>	42	23.3	59	24.4

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 1,825 clients (24.1%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years, 6 months
<b>Average (mean) response</b>	2 months, 1 week, and 3 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month, 3 weeks, 5 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)</b>	1,212	16.8
<b>Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)</b>	284	6.1

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	5,189	93.0	6,833	92.9

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	1,762	18.1
My baby had trouble sucking or latching on	1,755	18.0
Breast milk alone did not satisfy my baby	1,656	17.0
I was going back to work or school outside of the home	954	9.8
My baby lost interest in nursing or began to wean him or herself	590	6.1
I could not tell how much my baby ate	594	6.1
Breastfeeding was too painful	506	5.2
I was not able to make enough milk after I went back to work	419	4.3
I did not want to breastfeed in public	326	3.3
A health professional said I should feed my baby formula	311	3.2
I did not like breastfeeding	253	2.6
My baby became sick and could not breastfeed	223	2.3
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	208	2.1
My baby began to bite	181	1.9

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	1,866	45.3	2,459	45.4
<b>No</b>	2,250	54.7	2,961	54.6

Clients reported the following birth experiences:

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
Yes	3,223	34.1
No	6,236	65.9

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
Yes	1,116	11.6
No	8,390	87.4
Unknown	93	1.0

Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby was placed on my stomach or chest immediately after birth	55.0	54.8	56.4
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth	63.7	63.4	64.6
Breastfed or tried to breastfeed within the first hour after delivery			51.8

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby stayed in the same room as me at all times except for surgical procedures	68.8	69.0	69.9
My baby DID NOT spent one night or more away from me in the nursery	68.1	68.5	69.4

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	81.4	81.3	83.6
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	89.0	89.8	89.8
Hospital staff told me to breastfeed my baby whenever my baby wanted	72.8	72.6	74.9
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	34.6	34.8	33.0
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	58.9	59.3	60.7
My baby was NOT given a pacifier while in the hospital	32.8	32.4	35.8

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	57.2	56.3	68.5
Hospital staff encouraged me to give my baby only breast milk	73.4	73.1	75.1
Hospital staff DID NOT provide or offer formula	24.2	23.5	24.0

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	66.5	66.6	68.5
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	67.1	67.5	68.9

**Clients reported the following experiences with formula use in the hospital where they gave birth:**

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	2,073	25.9
<b>Formula only</b>	2,388	29.9
<b>Both breast milk and formula</b>	3,531	44.2
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	2,770	29.6
<b>Formula only</b>	2795	29.9
<b>Both breast milk and formula</b>	3791	40.5

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>	<b>All whose babies were fed formula (Percent)</b>
<b>I asked for the formula</b>	21.8	26.9	24.0
<b>Formula was available in my room without me asking for it</b>	27.0	26.7	24.6
<b>Hospital staff brought me the formula without me asking for it</b>	34.7	27.8	27.2
<b>Hospital staff fed my baby the formula without me asking for it</b>	16.5	18.6	24.3

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>	<b>All whose babies were fed formula (Percent)</b>
<b>Yes</b>	52.7	60.3	58.3
<b>No</b>	42.2	34.8	36.9
<b>I don't know</b>	5.1	4.8	4.7

**Clients reported the following experiences with formula marketing:**

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	7,345	78.9	5,650	77.3	1,449	85.9
<b>From a doctor or other healthcare provider outside the hospital</b>	1,740	22.8	1,381	23.0	306	21.6
<b>Through the mail</b>	1,562	20.7	1,297	21.8	226	16.1

Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:

Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin

Encouraged to hold baby skin-to-skin in NICU	# Total	% Total	# ever breastfed	Percent ever breastfed
Yes	667	62.2	572	65.4
No	390	36.3	293	33.5
I don't know	16	1.5	9	1.0

Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.

Talked to about the importance of breast milk for baby in NICU	# Total	% Total	# ever breastfed	Percent ever breastfed
Yes	875	81.0	759	85.6
No	185	17.1	116	13.1
I don't know	20	1.9	12	1.4

Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.

Offered an electric breast pump while separated from baby in NICU	# Total	% Total	# ever breastfed	Percent ever breastfed
Yes	720	67.7	644	74.0
No	336	31.6	222	25.5
I don't know	7	0.7	4	0.5

Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.

Taught to use breast pump for baby in NICU	# Total	% Total	# ever breastfed	Percent ever breastfed
Yes	718	68.4	652	75.7
No	326	31.0	206	23.9
I don't know	6	0.6	3	0.3

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge for infant in NICU</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	355	38.7
<b>No</b>	563	61.3

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
<b>The day I was discharged</b>	83	23.9
<b>1-2 days</b>	76	21.9
<b>3-4 days</b>	63	18.2
<b>5-6 days</b>	20	5.8
<b>7 or more days</b>	105	30.3

**Clients reported the following experiences with WIC Staff:**

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff (answered Yes)</b>	<b>Percent</b>
<b>I met with a WIC peer counselor during pregnancy</b>	66.8
<b>A WIC peer counselor visited me in the hospital</b>	14.9
<b>I met with a WIC peer counselor after my baby was born</b>	64.8
<b>WIC staff encouraged me to breastfeed</b>	88.4
<b>WIC staff told me about how to breastfeed my baby</b>	86.9
<b>WIC staff told me about the benefits of the food package for breastfeeding mothers</b>	89.8
<b>WIC staff told me that breast pumps are available from WIC</b>	81.8
<b>I got a breast pump from my WIC clinic</b>	39.9
<b>WIC staff told me about the benefits of breastfeeding</b>	95.3
<b>WIC staff told me about when to begin giving cereal and other foods</b>	72.4

Clients reported the following experiences with breastfeeding difficulties and support:

**Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	3,066	16.1	2,383	16.5	677	13.0
<b>My baby wouldn't wake up to nurse regularly</b>	939	4.9	731	5.1	287	5.5
<b>My baby was not interested in nursing</b>	1,011	5.3	785	5.4	112	2.2
<b>I felt like my baby nursed too often</b>	850	4.5	653	4.5	346	6.7
<b>It seemed like it took too long for my milk to come in</b>	1,693	8.9	1,280	8.8	318	6.1
<b>I had trouble getting the milk flow to start</b>	1,779	9.4	1,332	9.2	311	6.0
<b>My baby didn't gain enough weight or lost too much weight</b>	502	2.6	361	2.5	189	3.6
<b>I didn't think I had enough milk</b>	2,205	11.6	1,667	11.5	534	10.3
<b>My nipples were sore, cracked, or bleeding</b>	2,228	11.7	1,670	11.5	840	16.2
<b>My breasts were overfull (engorged)</b>	1,512	8.0	1,164	8.0	517	9.9
<b>My breast was infected</b>	144	0.8	103	0.7	54	1.0
<b>My breasts leaked too much</b>	1,069	5.6	851	5.9	340	6.5
<b>I had some other problem</b>	531	2.8	389	2.7	121	2.3
<b>I had no problems</b>	1,460	7.7	1,102	7.6	550	10.6

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	3,717	58.3
<b>No</b>	2,657	41.7

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported asking for help).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	3,682	64.8
<b>No</b>	2,004	35.2

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
<b>No, not at all</b>	103	20.4
<b>No, not much</b>	61	12.1
<b>No opinion or don't know</b>	185	36.6
<b>Yes, a little</b>	113	22.4
<b>Yes, very much</b>	43	8.5

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
<b>Very unsupportive</b>	781	8.4
<b>Somewhat unsupportive</b>	370	4.0
<b>Neither unsupportive nor supportive</b>	513	5.5
<b>Somewhat supportive</b>	1,542	16.6
<b>Very supportive</b>	3,712	39.9
<b>I don't know</b>	2,392	25.7

Clients reported the following experiences with working and breastfeeding:**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	2,126	23.8
No	6,810	76.2

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	327	22.0
No	799	53.8
No longer breastfeeding at return to work and didn't need a pump	337	22.7

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	870	53.3
Fewer than 2 weeks	74	4.5
2 to 3 weeks	131	8.0
4 to 6 weeks	279	17.1
7 weeks to 12 weeks	219	13.4
More than 12 weeks	59	3.6

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	35	1.8
2 to 3 weeks	134	7.0
4 to 6 weeks	541	28.3
7 weeks to 12 weeks	933	48.8
More than 12 weeks	268	14.0

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	8	0.4
<b>2 to 3 weeks</b>	16	0.9
<b>4 to 6 weeks</b>	187	10.3
<b>7 weeks to 12 weeks</b>	625	34.5
<b>More than 12 weeks</b>	976	53.9

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	128	8.4	26	6.2
<b>10 to 19 hours per week</b>	166	10.9	46	11.0
<b>20 to 29 hours per week</b>	298	19.6	77	18.4
<b>30 to 39 hours per week</b>	300	19.7	97	23.2
<b>40 hours per week</b>	534	35.1	152	36.4
<b>More than 40 hours per week</b>	95	6.2	20	4.8

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	335	10.8	287	12.0	41	6.8
<b>Somewhat unsupportive</b>	113	3.6	95	4.0	16	2.7
<b>Neither unsupportive nor supportive</b>	399	12.8	315	13.1	78	13.0
<b>Somewhat supportive</b>	309	9.9	254	10.6	42	7.0
<b>Very supportive</b>	719	23.1	596	24.9	82	13.6
<b>I don't know</b>	1,231	39.6	850	35.5	343	57.0

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	931	29.6	782	32.3	114	19.0
<b>No</b>	1,871	59.5	1,412	58.3	386	64.3
<b>I don't know</b>	342	10.9	229	9.5	100	16.7

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	1,004	33.7	840	36.6	114	19.7
<b>No</b>	1,335	44.8	1,014	44.2	280	48.3
<b>I don't know</b>	643	21.6	438	19.1	186	32.1

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	258	8.8	223	9.9	25	4.4
<b>No</b>	1,791	61.4	1,395	62.1	333	58.0
<b>I don't know</b>	868	29.8	627	27.9	216	37.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	1,118	38.1	886	39.3	185	32.3
<b>No</b>	1,248	42.5	972	43.1	236	41.3
<b>I don't know</b>	569	19.4	398	17.6	151	26.4

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	273	9.5	226	10.1	38	6.7
<b>No</b>	2,199	76.1	1,710	76.8	416	73.5
<b>I don't know</b>	416	14.4	291	13.1	112	19.8

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	102	6.2	17	3.8
<b>My baby was cared for by the baby's father</b>	444	27	101	22.8
<b>My baby was cared for by another family member</b>	864	52.5	259	58.5
<b>My baby was cared for in a private home by someone else not in my family</b>	123	7.5	34	7.7
<b>My baby was cared for in a childcare center by someone else not in my family</b>	146	8.9	40	9.0

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	335	9.4	290	10.5	40	6.1
<b>Somewhat unsupportive</b>	44	1.2	32	1.2	11	1.7
<b>Neither unsupportive nor supportive</b>	172	4.8	111	4.0	53	8.0
<b>Somewhat supportive</b>	294	8.2	224	8.1	55	8.3
<b>Very supportive</b>	1,781	49.9	1,512	54.9	190	28.7
<b>I don't know</b>	944	26.4	585	21.2	312	47.2

Clients reported the following attitudes and beliefs about breastfeeding:

Client attitudes about breastfeeding	Yes (%)	No (%)
Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)	82.2	17.8
Would you encourage your friends to breastfeed? (Q42)	94.2	5.8

Q55. Do you believe the following statements about breastfeeding are true or false?

Statement about breastfeeding	True %	False %	Don't Know %
Breastfed babies are less likely to become obese children and adults	56.7	18.8	24.5
Breastfed babies are less likely to develop diabetes	56.1	13.4	30.5
Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)	44.0	19.5	36.4
Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)	74.3	6.3	19.4
Mothers who breastfeed are less likely to get breast or ovarian cancer	63.5	10.4	26.1
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight	87.5	2.9	9.6
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers	58.6	9.5	31.9
In Texas, there is a law that gives women the right to breastfeed their babies in public	56.8	2.8	40.4
There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day	33.4	5.7	60.9

Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?

Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a>	Total %	Born-to-WIC %	Ever Breastfed %
Yes	7.7	7.8	8.7
No	90.5	90.4	89.2
I don't know	1.9	1.7	2.1

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 1**

**How many surveys are included in this report? N=309**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	242	85.8
<b>No</b>	40	14.2

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	23	7.6
<b>18-24</b>	153	50.8
<b>25-29</b>	79	26.2
<b>30-34</b>	28	9.3
<b>35-39</b>	17	5.6
<b>40 and older</b>	1	0.3

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	26 (9.0%)
<b>3 or more months *</b>	262 (91.0%)
<b>6 or more months*</b>	173 (60.1%)
<b>12 or more months*</b>	14 (4.9%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	72	23.7
Black	22	7.2
Hispanic	203	66.8
Other	7	2.3

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	197	64.0
Spanish	58	18.8
English and Spanish	48	15.6
Other language	5	1.6

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	234	76.2
Mexico	61	19.9
Other country	12	3.9

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	92	30.5
High school diploma or GED	133	44.0
Some college credit, but no degree	59	19.5
Associate's degree	9	3.0
Bachelor's degree	7	2.3
Postgraduate degree	2	0.7

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	35	13.6

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	9	4.4
<b>1 to 3 months</b>	11	5.4
<b>More than 3 months but fewer than 6 months</b>	117	57.1
<b>6 months</b>	50	24.4
<b>7 or more months</b>	18	8.8

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	114	38.1
<b>No</b>	185	61.9

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	14	5.8	17	5.6
<b>Breastfeed or feed breast milk only</b>	105	43.8	132	43.1
<b>Formula feed only</b>	54	22.5	66	21.6
<b>Both breast and formula feed</b>	66	27.5	90	29.4
<b>I don't know</b>	1	0.4	1	0.3

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	228	75.2
<b>No</b>	75	24.8

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I did not think I would like breastfeeding</b>	21	27.6
<b>I planned to go back to work or school</b>	15	19.7
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	10	13.2
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	10	13.2
<b>I thought I wouldn't have enough milk</b>	5	6.6
<b>A health professional said I should not breastfeed for medical reasons</b>	4	5.3
<b>My baby was sick and could not breastfeed</b>	2	2.6
<b>I did not think that my baby would be able to breastfeed</b>	2	2.6
<b>I wanted or needed someone else to feed my baby</b>	2	2.6
<b>I was sick or taking medication</b>	1	1.3
<b>I had too many other things to do</b>	1	1.3
<b>The baby's grandmother didn't want me to breastfeed</b>	1	1.3
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	1	1.3
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	1	1.3
<b>I didn't know if I could get help with breastfeeding</b>	0	0.0
<b>People told me it was hard to breastfeed</b>	0	0.0
<b>My baby's father didn't want me to breastfeed</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	32	20.1
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	1	7.7

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 41clients (18.0%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 11 months
<b>Average (mean) response</b>	2 months
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month and 5 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	34	14.1
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	10	6.3

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	203	89.0

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	55	18.3
Breast milk alone did not satisfy my baby	50	16.6
My baby had trouble sucking or latching on	45	15.0
I was going back to work or school outside of the home	37	12.3
I could not tell how much my baby ate	25	8.3
My baby lost interest in nursing or began to wean him or herself	18	6.0
Breastfeeding was too painful	14	4.7
I did not like breastfeeding	12	4.0
I was not able to make enough milk after I went back to work	12	4.0
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	10	3.3
My baby became sick and could not breastfeed	8	2.7
A health professional said I should feed my baby formula	8	2.7
I did not want to breastfeed in public	4	1.3
My baby began to bite	3	1.0

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	62	44.0	72	40.2
<b>No</b>	79	56.0	107	59.8

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	84	27.8
<b>No</b>	218	72.2

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	39	12.8
<b>No</b>	264	86.6
<b>Unknown</b>	2	0.7

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	55.1	55.2	59.9
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	64.3	64.3	65.1
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			48.2

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	71.1	72.5	73.7
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	74.6	75.9	76.9

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	82.5	81.4	85.9
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	93.8	92.7	93.7
Hospital staff told me to breastfeed my baby whenever my baby wanted	70.6	69.0	74.1
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	22.4	23.5	19.8
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	62.9	61.3	66.5
My baby was NOT given a pacifier while in the hospital	22.5	21.6	24.9

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	59.7	61.3	75.9
Hospital staff encouraged me to give my baby only breast milk	76.4	75.6	79.4
Hospital staff DID NOT provide or offer formula	24.3	24.2	25.1

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	74.3	73.5	76.2
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	70.6	69.5	74.0

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	82	31.3
<b>Formula only</b>	86	32.8
<b>Both breast milk and formula</b>	94	35.9
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	97	32.0
<b>Formula only</b>	107	35.3
<b>Both breast milk and formula</b>	99	32.7

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	23.8	30.1
<b>Formula was available in my room without me asking for it</b>	25.0	21.5
<b>Hospital staff brought me the formula without me asking for it</b>	41.3	36.6
<b>Hospital staff fed my baby the formula without me asking for it</b>	10.0	11.8

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>Yes</b>	63.4	73.1
<b>No</b>	28.0	21.5
<b>I don't know</b>	8.5	5.4

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	251	82.6	182	80.9	64	86.5
<b>From a doctor or other healthcare provider outside the hospital</b>	50	19.5	36	18.6	13	21.7
<b>Through the mail</b>	49	19.1	38	19.5	10	16.9

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	22	66.7	15	65.2
<b>No</b>	11	33.3	8	34.8

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	28	87.5	20	87.0
<b>No</b>	4	12.5	3	13.0

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	25	75.8	19	79.2
<b>No</b>	8	24.2	5	20.8

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	24	75.0	20	87.0
<b>No</b>	8	25.0	3	13.0

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	12	48.0
<b>No</b>	13	52.0

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	4	30.8
1-2 days	2	15.4
3-4 days	1	7.7
5-6 days	0	0.0
7 or more days	6	46.2

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	65.5
A WIC peer counselor visited me in the hospital	12.7
I met with a WIC peer counselor after my baby was born	62.3
WIC staff encouraged me to breastfeed	86.0
WIC staff told me about how to breastfeed my baby	77.2
WIC staff told me about the benefits of the food package for breastfeeding mothers	86.0
WIC staff told me that breast pumps are available from WIC	76.6
I got a breast pump from my WIC clinic	34.2
WIC staff told me about the benefits of breastfeeding	92.5
WIC staff told me about when to begin giving cereal and other foods	83.1

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	83	15.6	71	17.1	19	10.7
<b>My baby wouldn't wake up to nurse regularly</b>	32	6.0	23	5.5	11	6.2
<b>My baby was not interested in nursing</b>	33	6.2	28	6.7	4	2.2
<b>I felt like my baby nursed too often</b>	23	4.3	21	5.0	11	6.2
<b>It seemed like it took too long for my milk to come in</b>	42	7.9	31	7.5	10	5.6
<b>I had trouble getting the milk flow to start</b>	35	6.6	26	6.3	4	2.2
<b>My baby didn't gain enough weight or lost too much weight</b>	22	4.1	14	3.4	7	3.9
<b>I didn't think I had enough milk</b>	60	11.3	48	11.5	16	9.0
<b>My nipples were sore, cracked, or bleeding</b>	63	11.8	50	12.0	31	17.4
<b>My breasts were overfull (engorged)</b>	40	7.5	29	7.0	20	11.2
<b>My breast was infected</b>	7	1.3	6	1.4	4	2.2
<b>My breasts leaked too much</b>	24	4.5	21	5.0	13	7.3
<b>I had some other problem</b>	20	3.8	13	3.1	7	3.9
<b>I had no problems</b>	48	9.0	35	8.4	21	11.8

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	111	59.7
No	75	40.3

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	110	65.9
No	57	34.1

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	1	7.1
No, not much	2	14.3
No opinion or don't know	7	50.0
Yes, a little	4	28.6
Yes, very much	0	0.0

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	27	9.0
Somewhat unsupportive	15	5.0
Neither unsupportive nor supportive	26	8.6
Somewhat supportive	45	15.0
Very supportive	104	34.6
I don't know	84	27.9

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	75	26.3
No	210	73.7

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	11	22.0
No	20	40.0
No longer breastfeeding at return to work and didn't need a pump	17	34.0

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	27	52.9
Fewer than 2 weeks	1	2.0
2 to 3 weeks	5	9.8
4 to 6 weeks	11	21.6
7 weeks to 12 weeks	6	11.8
More than 12 weeks	1	2.0

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	1	1.5
2 to 3 weeks	4	6.1
4 to 6 weeks	15	22.7
7 weeks to 12 weeks	36	54.5
More than 12 weeks	10	15.2

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	1	1.6
2 to 3 weeks	5	8.2
4 to 6 weeks	16	26.2
7 weeks to 12 weeks	39	63.9
More than 12 weeks	1	1.6

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
1 to 9 hours per week	5	10.4	2	10.5
10 to 19 hours per week	5	10.4	3	15.8
20 to 29 hours per week	9	18.8	2	10.5
30 to 39 hours per week	12	25.0	4	21.1
40 hours per week	17	35.4	8	42.1
More than 40 hours per week	0	0.0	0	0.0

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
Very unsupportive	10	9.4	8	10	2	8.7
Somewhat unsupportive	2	1.9	2	2.5	0	0.0
Neither unsupportive nor supportive	14	13.2	11	13.8	3	13
Somewhat supportive	12	11.3	10	12.5	1	4.3
Very supportive	19	17.9	14	17.5	4	17.4
I don't know	49	46.2	35	43.8	13	56.5

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	25	23.8	18	23.4	6	24
<b>No</b>	66	62.9	50	64.9	15	60
<b>I don't know</b>	14	13.3	9	11.7	4	16

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	35	33.3	27	35.1	7	28
<b>No</b>	43	41	31	40.3	11	44
<b>I don't know</b>	27	25.7	19	24.7	7	28

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	10	9.7	7	9.2	3	12.5
<b>No</b>	58	56.3	43	56.6	13	54.2
<b>I don't know</b>	35	34	26	34.2	8	33.3

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	37	37.0	29	39.2	8	33.3
<b>No</b>	48	48.0	34	45.9	13	54.2
<b>I don't know</b>	15	15.0	11	14.9	3	12.5

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	12	11.8	9	11.7	3	13.0
<b>No</b>	76	74.5	58	75.3	17	73.9
<b>I don't know</b>	14	13.7	10	13.0	3	13.0

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	1	2.1	0	0.0
<b>My baby was cared for by the baby's father</b>	10	20.8	4	20.0
<b>My baby was cared for by another family member</b>	32	66.7	15	75.0
<b>My baby was cared for in a private home by someone else not in my family</b>	3	6.3	0	0.0
<b>My baby was cared for in a childcare center by someone else not in my family</b>	2	4.2	1	5.0

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	11	9.2	9	10.3	2	6.7
<b>Somewhat unsupportive</b>	0	0.0	0	0.0	0	0.0
<b>Neither unsupportive nor supportive</b>	5	4.2	4	4.6	1	3.3
<b>Somewhat supportive</b>	9	7.5	7	8	2	6.7
<b>Very supportive</b>	64	53.3	51	58.6	11	36.7
<b>I don't know</b>	31	25.8	16	18.4	14	46.7

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	85.7	14.3
<b>Would you encourage your friends to breastfeed? (Q42)</b>	94.3	5.7

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	57.8	17.0	25.2
<b>Breastfed babies are less likely to develop diabetes</b>	59.1	11.7	29.2
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	42.2	22.8	34.9
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	70.9	8.2	20.9
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	62.6	13.3	24.1
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	88.3	2.1	9.7
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	49.1	12.5	38.4
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	62.8	2.4	34.7
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	35.2	6.3	58.5

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	6.6	5.8	7.5
<b>No</b>	92.3	92.9	91.0
<b>I don't know</b>	1.0	1.3	1.4

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 2**

**How many surveys are included in this report? N=190**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	134	79.8
<b>No</b>	34	20.2

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	8	4.3
<b>18-24</b>	97	52.7
<b>25-29</b>	45	24.5
<b>30-34</b>	23	12.5
<b>35-39</b>	7	3.8
<b>40 and older</b>	4	2.2

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	8 months
<b>Less than 3 months</b>	17 (9.4%)
<b>3 or more months *</b>	164 (90.6%)
<b>6 or more months*</b>	109 (60.2%)
<b>12 or more months*</b>	14 (7.7%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	91	48.9
Black	11	5.9
Hispanic	80	43
Other	4	2.2

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	139	73.2
Spanish	15	7.9
English and Spanish	35	18.4
Other language	1	0.5

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	166	87.4
Mexico	19	10.0
Other country	5	2.6

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	47	25.1
High school diploma or GED	83	44.4
Some college credit, but no degree	42	22.5
Associate's degree	8	4.3
Bachelor's degree	7	3.7
Postgraduate degree	47	25.1

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	27	15.6

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	6	4.4
<b>1 to 3 months</b>	14	10.3
<b>More than 3 months but fewer than 6 months</b>	72	52.9
<b>6 months</b>	34	25
<b>7 or more months</b>	10	7.4

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	84	45.4
<b>No</b>	101	54.6

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	10	7.5	14	7.4
<b>Breastfeed or feed breast milk only</b>	67	50.0	91	47.9
<b>Formula feed only</b>	21	15.7	31	16.3
<b>Both breast and formula feed</b>	35	26.1	52	27.4
<b>I don't know</b>	1	0.7	2	1.1

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	138	75.4
<b>No</b>	45	24.6

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>A health professional said I should not breastfeed for medical reasons</b>	8	16.7
<b>I planned to go back to work or school</b>	7	14.6
<b>I did not think I would like breastfeeding</b>	7	14.6
<b>I was sick or taking medication</b>	6	12.5
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	5	10.4
<b>I thought I wouldn't have enough milk</b>	3	6.3
<b>People told me it was hard to breastfeed</b>	3	6.3
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	3	6.3
<b>My baby was sick and could not breastfeed</b>	2	4.2
<b>I had too many other things to do</b>	2	4.2
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	2	4.2
<b>I didn't know if I could get help with breastfeeding</b>	0	0.0
<b>I did not think that my baby would be able to breastfeed</b>	0	0.0
<b>My baby's father didn't want me to breastfeed</b>	0	0.0
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0
<b>I wanted or needed someone else to feed my baby</b>	0	0.0
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	24	23.1
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	1	7.7

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 32 clients (23.2%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 9 months
<b>Average (mean) response</b>	1 month, 3 weeks and 5 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month
<b>Mode (the most common response)</b>	3 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	28	18.3
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	8	7.8

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	122	88.4

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	33	19.3
My baby had trouble sucking or latching on	28	16.4
Breast milk alone did not satisfy my baby	27	15.8
I was going back to work or school outside of the home	14	8.2
I could not tell how much my baby ate	13	7.6
Breastfeeding was too painful	13	7.6
I was not able to make enough milk after I went back to work	10	5.8
My baby lost interest in nursing or began to wean him or herself	9	5.3
I did not like breastfeeding	6	3.5
I did not want to breastfeed in public	6	3.5
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	5	2.9
A health professional said I should feed my baby formula	4	2.3
My baby became sick and could not breastfeed	2	1.2
My baby began to bite	1	0.6

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
Yes	29	38.7	41	38.7
No	46	61.3	65	61.3

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
Yes	68	36
No	121	64

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
Yes	27	14.4
No	158	84.0
Unknown	3	1.6

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby was placed on my stomach or chest immediately after birth	39.6	39.0	38.3
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth	66.5	67.8	70.8
Breastfed or tried to breastfeed within the first hour after delivery			60.5

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby stayed in the same room as me at all times except for surgical procedures	77.3	78.4	78.8
My baby DID NOT spent one night or more away from me in the nursery	66.5	64.3	66.7

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	79.9	79.6	85.2
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	87.0	89.8	86.9
Hospital staff told me to breastfeed my baby whenever my baby wanted	70.7	72.7	76.4
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	38.8	34.7	35.2
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	51.4	54.1	54.9
My baby was NOT given a pacifier while in the hospital	27.4	26.5	31.1

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	58.0	53.4	74.8
Hospital staff encouraged me to give my baby only breast milk	67.9	69.7	70.7
Hospital staff DID NOT provide or offer formula	21.7	22.4	23.0

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	63.0	61.2	63.9
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	63.8	65.3	66.4

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	50	29.9
<b>Formula only</b>	45	26.9
<b>Both breast milk and formula</b>	72	43.1
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	62	33.2
<b>Formula only</b>	64	34.2
<b>Both breast milk and formula</b>	61	32.6

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	7.3	27.8
<b>Formula was available in my room without me asking for it</b>	43.9	26.4
<b>Hospital staff brought me the formula without me asking for it</b>	46.3	23.6
<b>Hospital staff fed my baby the formula without me asking for it</b>	2.4	22.2

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>Yes</b>	43.2	62.5
<b>No</b>	54.5	29.2
<b>I don't know</b>	2.3	8.3

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	149	80.5	105	78.9	39	86.7
<b>From a doctor or other healthcare provider outside the hospital</b>	30	18.1	21	17.2	8	21.1
<b>Through the mail</b>	45	26.5	36	28.3	7	18.4

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	11	64.7	9	69.2
<b>No</b>	5	29.4	3	23.1

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	11	61.1	9	69.2
<b>No</b>	6	33.3	3	23.1

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	10	55.6	9	69.2
<b>No</b>	8	44.4	4	30.8

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	10	55.6	9	69.2
<b>No</b>	8	44.4	4	30.8

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	8	61.5
<b>No</b>	5	38.5

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	1	12.5
1-2 days	0	0.0
3-4 days	0	0.0
5-6 days	1	12.5
7 or more days	6	75.0

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	75.8
A WIC peer counselor visited me in the hospital	6.0
I met with a WIC peer counselor after my baby was born	70.2
WIC staff encouraged me to breastfeed	92.4
WIC staff told me about how to breastfeed my baby	86.5
WIC staff told me about the benefits of the food package for breastfeeding mothers	94.8
WIC staff told me that breast pumps are available from WIC	86.5
I got a breast pump from my WIC clinic	38.6
WIC staff told me about the benefits of breastfeeding	97.7
WIC staff told me about when to begin giving cereal and other foods	78.6

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	52	15.5	38	15.7	14	12.2
<b>My baby wouldn't wake up to nurse regularly</b>	21	6.3	16	6.6	7	6.1
<b>My baby was not interested in nursing</b>	15	4.5	10	4.1	3	2.6
<b>I felt like my baby nursed too often</b>	16	4.8	11	4.5	7	6.1
<b>It seemed like it took too long for my milk to come in</b>	33	9.9	27	11.2	6	5.2
<b>I had trouble getting the milk flow to start</b>	28	8.4	18	7.4	5	4.3
<b>My baby didn't gain enough weight or lost too much weight</b>	8	2.4	4	1.7	3	2.6
<b>I didn't think I had enough milk</b>	37	11.0	28	11.6	8	7.0
<b>My nipples were sore, cracked, or bleeding</b>	37	11.0	30	12.4	19	16.5
<b>My breasts were overfull (engorged)</b>	26	7.8	17	7.0	15	13.0
<b>My breast was infected</b>	1	0.3	1	0.4	0	0.0
<b>My breasts leaked too much</b>	19	5.7	14	5.8	10	8.7
<b>I had some other problem</b>	11	3.3	8	3.3	2	1.7
<b>I had no problems</b>	31	9.3	20	8.3	16	13.9

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	69	62.2
<b>No</b>	42	37.8

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	67	65.7
<b>No</b>	35	34.3

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
<b>No, not at all</b>	4	50.0
<b>No, not much</b>	0	0.0
<b>No opinion or don't know</b>	3	37.5
<b>Yes, a little</b>	0	0.0
<b>Yes, very much</b>	1	12.5

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
<b>Very unsupportive</b>	29	15.4
<b>Somewhat unsupportive</b>	15	8.0
<b>Neither unsupportive nor supportive</b>	14	7.4
<b>Somewhat supportive</b>	30	16.0
<b>Very supportive</b>	46	24.5
<b>I don't know</b>	54	28.7

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	64	35.6
No	116	64.4

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	12	25.0
No	23	47.9
No longer breastfeeding at return to work and didn't need a pump	13	27.1

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	27	51.9
Fewer than 2 weeks	2	3.8
2 to 3 weeks	6	11.5
4 to 6 weeks	13	25.0
7 weeks to 12 weeks	3	5.8
More than 12 weeks	1	1.9

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	2	3.3
2 to 3 weeks	4	6.7
4 to 6 weeks	21	35.0
7 weeks to 12 weeks	28	46.7
More than 12 weeks	5	8.3

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	0	0.0
2 to 3 weeks	0	0.0
4 to 6 weeks	10	16.1
7 weeks to 12 weeks	18	29
More than 12 weeks	34	54.8

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
1 to 9 hours per week	3	6.7	2	13.3
10 to 19 hours per week	6	13.3	2	13.3
20 to 29 hours per week	9	20.0	3	20.0
30 to 39 hours per week	8	17.8	5	33.3
40 hours per week	16	35.6	3	20.0
More than 40 hours per week	3	6.7	0	0.0

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
Very unsupportive	10	12	8	13.6	0	0.0
Somewhat unsupportive	5	6	5	8.5	0	0.0
Neither unsupportive nor supportive	10	12	5	8.5	5	23.8
Somewhat supportive	4	4.8	3	5.1	1	4.8
Very supportive	21	25.3	18	30.5	2	9.5
I don't know	33	39.8	20	33.9	13	61.9

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	30	37.5	22	39.3	6	28.6
<b>No</b>	44	55	30	53.6	13	61.9
<b>I don't know</b>	6	7.5	4	7.1	2	9.5

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	28	35	22	40	3	14.3
<b>No</b>	35	43.8	22	40	13	61.9
<b>I don't know</b>	17	21.3	11	20	5	23.8

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	8	10.1	7	12.7	0	0
<b>No</b>	49	62	31	56.4	16	76.2
<b>I don't know</b>	22	27.8	17	30.9	5	23.8

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	36	44.4	29	50.9	5	23.8
<b>No</b>	32	39.5	20	35.1	11	52.4
<b>I don't know</b>	13	16	8	14	5	23.8

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	8	10.1	6	10.9	1	4.8
<b>No</b>	61	77.2	43	78.2	16	76.2
<b>I don't know</b>	10	12.7	6	10.9	4	19

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	3	6.1	1	6.3
<b>My baby was cared for by the baby's father</b>	15	30.6	3	18.8
<b>My baby was cared for by another family member</b>	20	40.8	10	62.5
<b>My baby was cared for in a private home by someone else not in my family</b>	3	6.1	2	12.5
<b>My baby was cared for in a childcare center by someone else not in my family</b>	8	16.3	0	0.0

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	11	12.6	9	14.8	1	4.5
<b>Somewhat unsupportive</b>	1	1.1	1	1.6	0	0.0
<b>Neither unsupportive nor supportive</b>	4	4.6	2	3.3	2	9.1
<b>Somewhat supportive</b>	4	4.6	1	1.6	3	13.6
<b>Very supportive</b>	38	43.7	31	50.8	5	22.7
<b>I don't know</b>	29	33.3	17	27.9	11	50.0

**Clients reported the following attitudes and beliefs about breastfeeding:**

Note: Results with small numbers are less reliable and should be interpreted with caution.

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	86.5	13.5
<b>Would you encourage your friends to breastfeed? (Q42)</b>	94.6	5.4

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	54.6	16.2	29.2
<b>Breastfed babies are less likely to develop diabetes</b>	55.1	11.4	33.5
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	44.0	23.4	32.6
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	76.5	7.1	16.4
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	55.4	14.7	29.9
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	86.4	2.7	10.9
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	58.3	12.3	29.4
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	58.6	2.2	39.2
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	34.1	4.9	61.1

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	10.4	11.5	13.6
<b>No</b>	88.5	87.8	85.6
<b>I don't know</b>	1.1	0.8	0.8

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 3**

**How many surveys are included in this report? N=2,272**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,640	81.3
<b>No</b>	378	18.7

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	93	4.3
<b>18-24</b>	907	41.5
<b>25-29</b>	579	26.5
<b>30-34</b>	382	17.5
<b>35-39</b>	175	8.0
<b>40 and older</b>	47	2.2

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	230 (10.7%)
<b>3 or more months *</b>	1,913 (89.3%)
<b>6 or more months*</b>	1,201 (56.0%)
<b>12 or more months*</b>	102 (4.8%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	373	16.8
Black	390	17.5
Hispanic	1,381	62.0
Other	82	3.7

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	992	44.4
Spanish	804	36.0
English and Spanish	401	17.9
Other language	38	1.7

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	1,245	56.2
Mexico	800	36.1
Other country	172	7.8

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	751	34.9
High school diploma or GED	796	37.0
Some college credit, but no degree	442	20.5
Associate's degree	78	3.6
Bachelor's degree	74	3.4
Postgraduate degree	13	0.6

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	266	13.5

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	54	3.8
<b>1 to 3 months</b>	74	5.2
<b>More than 3 months but fewer than 6 months</b>	785	54.7
<b>6 months</b>	394	27.5
<b>7 or more months</b>	127	8.9

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	709	32.5
<b>No</b>	1,473	67.5

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	70	4.3	101	4.5
<b>Breastfeed or feed breast milk only</b>	598	36.9	849	37.9
<b>Formula feed only</b>	208	12.8	303	13.5
<b>Both breast and formula feed</b>	737	45.5	974	43.4
<b>I don't know</b>	6	0.4	16	0.7

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,790	82.6
<b>No</b>	378	17.4

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	95	24.5
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	63	16.2
<b>I did not think I would like breastfeeding</b>	54	13.9
<b>I was sick or taking medication</b>	42	10.8
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	25	6.4
<b>A health professional said I should not breastfeed for medical reasons</b>	23	5.9
<b>I thought I wouldn't have enough milk</b>	23	5.9
<b>People told me it was hard to breastfeed</b>	13	3.4
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	10	2.6
<b>My baby was sick and could not breastfeed</b>	9	2.3
<b>I had too many other things to do</b>	9	2.3
<b>I wanted or needed someone else to feed my baby</b>	7	1.8
<b>I did not think that my baby would be able to breastfeed</b>	6	1.5
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	5	1.3
<b>I didn't know if I could get help with breastfeeding</b>	2	0.5
<b>My baby's father didn't want me to breastfeed</b>	2	0.5
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	328	30.3
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	17	20.2

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 460 clients (25.7%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years and 6 months
<b>Average (mean) response</b>	2 months, 1 week and 6 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	2 months, 1 week and 6 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	338	19.7
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	68	6.4

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	1,590	91.5

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	435	18.9
Breast milk alone did not satisfy my baby	395	17.2
My baby had trouble sucking or latching on	375	16.3
I was going back to work or school outside of the home	229	9.9
My baby lost interest in nursing or began to wean him or herself	143	6.2
I could not tell how much my baby ate	138	6.0
Breastfeeding was too painful	126	5.5
I was not able to make enough milk after I went back to work	110	4.8
A health professional said I should feed my baby formula	80	3.5
I did not want to breastfeed in public	77	3.3
I did not like breastfeeding	59	2.6
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	48	2.1
My baby became sick and could not breastfeed	46	2.0
My baby began to bite	42	1.8

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	434	48.1	469	41.7
<b>No</b>	469	51.9	656	58.3

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	658	29.8
<b>No</b>	1,553	70.2

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	228	10.2
<b>No</b>	1,990	88.8
<b>Unknown</b>	24	1.1

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	60.4	60.5	62.6
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	71.4	71.3	72.2
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			55.5

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	73.0	73.4	74.9
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	69.1	70.2	69.6

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	84.1	82.9	86.7
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	90.0	90.7	91.2
Hospital staff told me to breastfeed my baby whenever my baby wanted	72.6	72.8	74.8
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	36.0	37.0	34.4
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	60.0	59.7	61.5
My baby was NOT given a pacifier while in the hospital	36.7	36.3	40.2

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	63.3	62.6	75.0
Hospital staff encouraged me to give my baby only breast milk	76.7	76.3	78.3
Hospital staff DID NOT provide or offer formula	33.0	33.8	32.9

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	68.1	67.4	70.4
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	68.5	67.7	70.5

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	652	34.8
<b>Formula only</b>	482	25.7
<b>Both breast milk and formula</b>	742	39.6
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	822	37.7
<b>Formula only</b>	566	26.0
<b>Both breast milk and formula</b>	793	36.4

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	30.6	38.5
<b>Formula was available in my room without me asking for it</b>	26.3	23.0
<b>Hospital staff brought me the formula without me asking for it</b>	32.4	22.4
<b>Hospital staff fed my baby the formula without me asking for it</b>	10.8	16.1

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula only (Percent)</b>	<b>Both breast milk and formula (Percent)</b>
<b>Yes</b>	58.2	65.1
<b>No</b>	37.2	30.3
<b>I don't know</b>	4.6	4.6

Clients reported the following experiences with formula marketing:

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	1,372	63.4	1,036	60.5	281	76.2
<b>From a doctor or other healthcare provider outside the hospital</b>	386	21.4	300	21	71	22.3
<b>Through the mail</b>	358	20.1	304	21.5	44	13.9

Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	159	67.7	136	69.7
<b>No</b>	72	30.6	57	29.2

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	193	82.8	169	86.7
<b>No</b>	36	15.5	25	12.8

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	160	71.4	142	75.5
<b>No</b>	62	27.7	46	24.5

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	158	71.5	145	78.0
<b>No</b>	61	27.6	41	22.0

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	61	30.0
<b>No</b>	142	70.0

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	13	21.7
1-2 days	14	23.3
3-4 days	12	20.0
5-6 days	3	5.0
7 or more days	18	30.0

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	64.1
A WIC peer counselor visited me in the hospital	14.0
I met with a WIC peer counselor after my baby was born	61.6
WIC staff encouraged me to breastfeed	86.8
WIC staff told me about how to breastfeed my baby	84.9
WIC staff told me about the benefits of the food package for breastfeeding mothers	85.1
WIC staff told me that breast pumps are available from WIC	77.6
I got a breast pump from my WIC clinic	36.7
WIC staff told me about the benefits of breastfeeding	94.1
WIC staff told me about when to begin giving cereal and other foods	71.9

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	699	15.4	513	15.4	215	13.3
<b>My baby wouldn't wake up to nurse regularly</b>	205	4.5	159	4.8	83	5.1
<b>My baby was not interested in nursing</b>	235	5.2	172	5.2	44	2.7
<b>I felt like my baby nursed too often</b>	220	4.8	168	5.0	110	6.8
<b>It seemed like it took too long for my milk to come in</b>	394	8.7	292	8.8	102	6.3
<b>I had trouble getting the milk flow to start</b>	411	9.1	290	8.7	96	5.9
<b>My baby didn't gain enough weight or lost too much weight</b>	138	3.0	95	2.8	61	3.8
<b>I didn't think I had enough milk</b>	541	11.9	396	11.9	168	10.4
<b>My nipples were sore, cracked, or bleeding</b>	601	13.2	439	13.2	275	17.0
<b>My breasts were overfull (engorged)</b>	353	7.8	256	7.7	148	9.1
<b>My breast was infected</b>	28	0.6	20	0.6	15	0.9
<b>My breasts leaked too much</b>	236	5.2	181	5.4	96	5.9
<b>I had some other problem</b>	126	2.8	92	2.8	39	2.4
<b>I had no problems</b>	353	7.8	261	7.8	170	10.5

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	825	55.3
<b>No</b>	666	44.7

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	806	61.1
<b>No</b>	514	38.9

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
<b>No, not at all</b>	30	22.6
<b>No, not much</b>	18	13.5
<b>No opinion or don't know</b>	56	42.1
<b>Yes, a little</b>	17	12.8
<b>Yes, very much</b>	12	9.0

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
<b>Very unsupportive</b>	178	8.2
<b>Somewhat unsupportive</b>	80	3.7
<b>Neither unsupportive nor supportive</b>	132	6.1
<b>Somewhat supportive</b>	317	14.6
<b>Very supportive</b>	905	41.7
<b>I don't know</b>	560	25.8

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	466	22.4
No	1,611	77.6

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	57	18.6
No	174	56.9
No longer breastfeeding at return to work and didn't need a pump	3	1.0

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	188	43.8
Fewer than 2 weeks	10	2.3
2 to 3 weeks	23	5.4
4 to 6 weeks	70	16.3
7 weeks to 12 weeks	56	13.1
More than 12 weeks	16	3.7

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	5	1.2
2 to 3 weeks	25	6.0
4 to 6 weeks	114	27.5
7 weeks to 12 weeks	217	52.4
More than 12 weeks	53	12.8

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	3	0.8
2 to 3 weeks	35	8.8
4 to 6 weeks	147	37
7 weeks to 12 weeks	212	53.4
More than 12 weeks	3	0.8

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
1 to 9 hours per week	28	8.7	5	4.9
10 to 19 hours per week	34	10.5	7	6.9
20 to 29 hours per week	51	15.8	16	15.7
30 to 39 hours per week	55	17.0	28	27.5
40 hours per week	128	39.6	42	41.2
More than 40 hours per week	27	8.4	4	3.0

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
Very unsupportive	65	8.7	51	9	12	8.1
Somewhat unsupportive	26	3.5	22	3.9	3	2.0
Neither unsupportive nor supportive	107	14.3	82	14.4	24	16.2
Somewhat supportive	71	9.5	59	10.4	9	6.1
Very supportive	170	22.7	137	24.1	19	12.8
I don't know	309	41.3	217	38.2	81	54.7

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	246	32	211	35.7	24	16.7
<b>No</b>	437	56.9	321	54.3	97	67.4
<b>I don't know</b>	85	11.1	59	10	23	16

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	254	34.8	202	36.5	34	23.8
<b>No</b>	328	45	248	44.8	68	47.6
<b>I don't know</b>	147	20.2	104	18.8	41	28.7

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	63	9	56	10.5	5	3.6
<b>No</b>	431	61.4	333	62.4	79	56.4
<b>I don't know</b>	208	29.6	145	27.2	56	40

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	285	40.7	225	42	46	33.3
<b>No</b>	282	40.2	214	39.9	58	42
<b>I don't know</b>	134	19.1	97	18.1	34	24.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	63	9.1	51	9.7	10	7.2
<b>No</b>	526	76.3	411	77.8	97	70.3
<b>I don't know</b>	100	14.5	66	12.5	31	22.5

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	19	5.2	3	2.8
<b>My baby was cared for by the baby's father</b>	98	27	16	15.0
<b>My baby was cared for by another family member</b>	178	49	67	62.6
<b>My baby was cared for in a private home by someone else not in my family</b>	41	11.3	9	8.4
<b>My baby was cared for in a childcare center by someone else not in my family</b>	27	7.4	12	11.2

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	83	9.6	70	10.4	11	7.2
<b>Somewhat unsupportive</b>	11	1.3	9	1.3	2	1.3
<b>Neither unsupportive nor supportive</b>	48	5.5	29	4.3	18	11.8
<b>Somewhat supportive</b>	61	7	50	7.4	7	4.6
<b>Very supportive</b>	449	51.7	375	55.8	50	32.7
<b>I don't know</b>	217	25	139	20.7	65	42.5

**Clients reported the following attitudes and beliefs about breastfeeding:**

Note: Results with small numbers are less reliable and should be interpreted with caution.

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	82.3	17.7
<b>Would you encourage your friends to breastfeed? (Q42)</b>	94.3	5.7

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	55.8	18.7	25.5
<b>Breastfed babies are less likely to develop diabetes</b>	53.8	13.4	32.9
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	43.9	18.6	37.5
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	73.0	6.8	20.3
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	63.7	10.2	26.1
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	87.7	3.1	9.2
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	57.5	8.8	33.7
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	53.9	2.2	43.9
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	32.6	5.0	62.3

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	7.2	7.3	7.8
<b>No</b>	90.6	90.6	89.5
<b>I don't know</b>	2.2	2.0	2.7

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 4**

**How many surveys are included in this report? N=487**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	318	80.5
<b>No</b>	77	19.5

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	22	5.3
<b>18-24</b>	219	52.3
<b>25-29</b>	96	22.9
<b>30-34</b>	53	12.6
<b>35-39</b>	21	5.0
<b>40 and older</b>	8	1.9

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	40 (9.8%)
<b>3 or more months *</b>	367 (90.2%)
<b>6 or more months*</b>	241 (59.2%)
<b>12 or more months*</b>	39 (9.6%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	190	44.3
Black	80	18.6
Hispanic	155	36.1
Other	4	0.9

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	288	66.5
Spanish	92	21.2
English and Spanish	52	12.0
Other language	1	0.2

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	319	74.4
Mexico	104	24.2
Other country	6	1.4

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	108	25.9
High school diploma or GED	172	41.2
Some college credit, but no degree	104	24.9
Associate's degree	17	4.1
Bachelor's degree	14	3.4
Postgraduate degree	2	0.5

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	60	15.7

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	18	6
<b>1 to 3 months</b>	13	4.4
<b>More than 3 months but fewer than 6 months</b>	172	57.7
<b>6 months</b>	68	22.8
<b>7 or more months</b>	27	9.1

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	208	49.5
<b>No</b>	212	50.5

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	21	6.7	28	6.5
<b>Breastfeed or feed breast milk only</b>	115	36.5	164	38.1
<b>Formula feed only</b>	66	21.0	88	20.4
<b>Both breast and formula feed</b>	110	34.9	148	34.3
<b>I don't know</b>	3	1.0	3	0.7

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	314	74.1
<b>No</b>	110	25.9

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I did not think I would like breastfeeding</b>	22	20.2
<b>I planned to go back to work or school</b>	18	16.5
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	17	15.6
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	11	10.1
<b>I thought I wouldn't have enough milk</b>	7	6.4
<b>A health professional said I should not breastfeed for medical reasons</b>	6	5.5
<b>My baby was sick and could not breastfeed</b>	6	5.5
<b>I did not think that my baby would be able to breastfeed</b>	5	4.6
<b>I wanted or needed someone else to feed my baby</b>	4	3.7
<b>I was sick or taking medication</b>	3	2.8
<b>I had too many other things to do</b>	3	2.8
<b>The baby's grandmother didn't want me to breastfeed</b>	2	1.8
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	2	1.8
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	1	0.9
<b>I didn't know if I could get help with breastfeeding</b>	1	0.9
<b>People told me it was hard to breastfeed</b>	1	0.9
<b>My baby's father didn't want me to breastfeed</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	57	25.8
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	3	8.1

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 68 clients (21.7%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 1 year
<b>Average (mean) response</b>	2 months, 1 week and 4 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	45	13.4
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	11	5

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	284	90.4

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	65	17.6
Breast milk alone did not satisfy my baby	61	16.5
My baby had trouble sucking or latching on	60	16.3
I was going back to work or school outside of the home	43	11.7
I could not tell how much my baby ate	26	7.0
My baby lost interest in nursing or began to wean him or herself	24	6.5
Breastfeeding was too painful	18	4.9
I did not like breastfeeding	16	4.3
I was not able to make enough milk after I went back to work	16	4.3
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	14	3.8
My baby became sick and could not breastfeed	9	2.4
A health professional said I should feed my baby formula	9	2.4
I did not want to breastfeed in public	5	1.4
My baby began to bite	3	0.8

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	72	43.1	102	43.8
<b>No</b>	95	56.9	131	56.2

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	151	35.4
<b>No</b>	275	64.6

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	43	10.0
<b>No</b>	385	89.1
<b>Unknown</b>	4	0.9

**Clients reported experiencing the following maternity practices in infant nutrition and care**

**in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	60.4	60.5	62.6
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	71.4	71.3	72.2
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			53.0

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	67.6	67.7	69.1
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	69.1	67.4	73.8

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	76.8	76.0	79.2
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	87.3	85.6	89.2
Hospital staff told me to breastfeed my baby whenever my baby wanted	72.7	70.5	74.3
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	32.6	34.1	30.0
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	53.7	53.2	56.8
My baby was NOT given a pacifier while in the hospital	43.0	41.2	47.6

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	54.8	53.8	72.4
Hospital staff encouraged me to give my baby only breast milk	71.3	69.7	72.8
Hospital staff DID NOT provide or offer formula	21.1	19.4	20.8

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	70.0	66.5	73.5
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	67.3	66.5	68.8

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	101	28
<b>Formula only</b>	132	36.6
<b>Both breast milk and formula</b>	128	35.5
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	125	29.8
<b>Formula only</b>	150	35.8
<b>Both breast milk and formula</b>	144	34.4

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	24.8	37.4
<b>Formula was available in my room without me asking for it</b>	20.8	19.5
<b>Hospital staff brought me the formula without me asking for it</b>	41.6	27.6
<b>Hospital staff fed my baby the formula without me asking for it</b>	12.8	15.4

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	47.3	58.7
<b>No</b>	44.2	33.3
<b>I don't know</b>	8.5	7.9

Clients reported the following experiences with formula marketing:

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	308	74.6	218	73.6	86	80.4
<b>From a doctor or other healthcare provider outside the hospital</b>	84	23.5	63	24.5	21	22.3
<b>Through the mail</b>	94	26.4	78	30.2	15	16.3

Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	28	68.3	22	71.0
<b>No</b>	13	31.7	9	29.0

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	38	88.4	30	90.9
<b>No</b>	5	11.6	3	9.1

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	27	62.8	24	72.7
<b>No</b>	16	37.2	9	27.3

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	27	64.3	24	75.0
<b>No</b>	15	35.7	8	25.0

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	61	30.0
<b>No</b>	142	70.0

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
<b>The day I was discharged</b>	4	26.7
<b>1-2 days</b>	2	13.3
<b>3-4 days</b>	1	6.7
<b>5-6 days</b>	3	20.0
<b>7 or more days</b>	5	33.3

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
<b>I met with a WIC peer counselor during pregnancy</b>	69.6
<b>A WIC peer counselor visited me in the hospital</b>	14.4
<b>I met with a WIC peer counselor after my baby was born</b>	67.0
<b>WIC staff encouraged me to breastfeed</b>	88.1
<b>WIC staff told me about how to breastfeed my baby</b>	86.0
<b>WIC staff told me about the benefits of the food package for breastfeeding mothers</b>	91.2
<b>WIC staff told me that breast pumps are available from WIC</b>	82.2
<b>I got a breast pump from my WIC clinic</b>	39.7
<b>WIC staff told me about the benefits of breastfeeding</b>	93.0
<b>WIC staff told me about when to begin giving cereal and other foods</b>	77.8

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	124	16.8	87	16.1	40	15.6
<b>My baby wouldn't wake up to nurse regularly</b>	31	4.2	23	4.3	10	3.9
<b>My baby was not interested in nursing</b>	31	4.2	24	4.4	7	2.7
<b>I felt like my baby nursed too often</b>	28	3.8	23	4.3	13	5.1
<b>It seemed like it took too long for my milk to come in</b>	61	8.2	43	8.0	17	6.6
<b>I had trouble getting the milk flow to start</b>	69	9.3	52	9.6	15	5.9
<b>My baby didn't gain enough weight or lost too much weight</b>	20	2.7	12	2.2	11	4.3
<b>I didn't think I had enough milk</b>	93	12.6	65	12.0	27	10.5
<b>My nipples were sore, cracked, or bleeding</b>	95	12.8	69	12.8	41	16.0
<b>My breasts were overfull (engorged)</b>	65	8.8	44	8.1	25	9.8
<b>My breast was infected</b>	2	0.3	2	0.4	1	0.4
<b>My breasts leaked too much</b>	37	5.0	29	5.4	14	5.5
<b>I had some other problem</b>	27	3.6	19	3.5	6	2.3
<b>I had no problems</b>	57	7.7	48	8.9	29	11.3

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	160	59.7
<b>No</b>	108	40.3

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	160	66.4
<b>No</b>	81	33.6

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
<b>No, not at all</b>	4	18.2
<b>No, not much</b>	4	18.2
<b>No opinion or don't know</b>	9	40.9
<b>Yes, a little</b>	2	9.1
<b>Yes, very much</b>	3	13.6

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
<b>Very unsupportive</b>	34	8.2
<b>Somewhat unsupportive</b>	13	3.1
<b>Neither unsupportive nor supportive</b>	20	4.8
<b>Somewhat supportive</b>	82	19.8
<b>Very supportive</b>	146	35.2
<b>I don't know</b>	120	28.9

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	126	31.1
No	279	68.9

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	26	30.6
No	39	45.9
No longer breastfeeding at return to work and didn't need a pump	19	22.4

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	68	70.1
Fewer than 2 weeks	2	2.1
2 to 3 weeks	3	3.1
4 to 6 weeks	15	15.5
7 weeks to 12 weeks	9	9.3
More than 12 weeks	2	2.1

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	3	2.6
2 to 3 weeks	6	5.1
4 to 6 weeks	36	30.8
7 weeks to 12 weeks	48	41.0
More than 12 weeks	24	20.5

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	0	0.0
<b>2 to 3 weeks</b>	1	0.9
<b>4 to 6 weeks</b>	15	13.3
<b>7 weeks to 12 weeks</b>	32	28.3
<b>More than 12 weeks</b>	65	57.5

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	8	9.2	0	0.0
<b>10 to 19 hours per week</b>	10	11.5	5	16.7
<b>20 to 29 hours per week</b>	13	14.9	8	26.7
<b>30 to 39 hours per week</b>	22	25.3	4	13.3
<b>40 hours per week</b>	29	33.3	9	30.0
<b>More than 40 hours per week</b>	5	5.7	4	13.3

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	16	9.9	11	9.1	4	10.3
<b>Somewhat unsupportive</b>	9	5.6	7	5.8	2	5.1
<b>Neither unsupportive nor supportive</b>	19	11.7	17	14	2	5.1
<b>Somewhat supportive</b>	14	8.6	10	8.3	3	7.7
<b>Very supportive</b>	37	22.8	31	25.6	6	15.4
<b>I don't know</b>	67	41.4	45	37.2	22	56.4

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	52	30.1	37	29.4	13	30.2
<b>No</b>	98	56.6	74	58.7	22	51.2
<b>I don't know</b>	23	13.3	15	11.9	8	18.6

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	53	32.7	41	34.7	10	23.8
<b>No</b>	60	37	46	39	14	33.3
<b>I don't know</b>	49	30.2	31	26.3	18	42.9

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	13	8.2	10	8.5	3	7.3
<b>No</b>	90	56.6	68	58.1	21	51.2
<b>I don't know</b>	56	35.2	39	33.3	17	41.5

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	56	34.8	43	36.4	12	30
<b>No</b>	62	38.5	44	37.3	16	40
<b>I don't know</b>	43	26.7	31	26.3	12	30

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	14	8.8	9	7.8	5	12.2
<b>No</b>	116	73	84	73	29	70.7
<b>I don't know</b>	29	18.2	22	19.1	7	17.1

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	6	6.3	3	8.3
<b>My baby was cared for by the baby's father</b>	20	20.8	11	30.6
<b>My baby was cared for by another family member</b>	53	55.2	20	55.6
<b>My baby was cared for in a private home by someone else not in my family</b>	10	10.4	2	5.6
<b>My baby was cared for in a childcare center by someone else not in my family</b>	7	7.3	0	0.0

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	23	12.4	19	13.8	4	8.7
<b>Somewhat unsupportive</b>	1	0.5	1	0.7	0	0.0
<b>Neither unsupportive nor supportive</b>	8	4.3	8	5.8	0	0.0
<b>Somewhat supportive</b>	14	7.6	9	6.5	4	8.7
<b>Very supportive</b>	84	45.4	75	54.3	9	19.6
<b>I don't know</b>	55	29.7	26	18.8	29	63

**Clients reported the following attitudes and beliefs about breastfeeding:**

Note: Results with small numbers are less reliable and should be interpreted with caution.

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	82.3	17.7
<b>Would you encourage your friends to breastfeed? (Q42)</b>	89.1	10.9

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	55.9	13.4	30.7
<b>Breastfed babies are less likely to develop diabetes</b>	51.6	10.7	37.7
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	41.6	18.5	39.9
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	72.2	4.2	23.6
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	59.1	9.6	31.4
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	83.0	2.9	14.1
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	61.0	7.6	31.4
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	59.9	2.0	38.1
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	34.5	4.2	61.3

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	8.3	8.0	10.1
<b>No</b>	89.4	90.0	87.7
<b>I don't know</b>	2.3	2.1	2.2

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 5**

**How many surveys are included in this report? N=309**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	236	87.4
<b>No</b>	34	12.6

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	5	1.7
<b>18-24</b>	147	50.2
<b>25-29</b>	75	25.6
<b>30-34</b>	46	15.7
<b>35-39</b>	12	4.1
<b>40 and older</b>	8	2.7

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months</b> (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)	
<b>Average age in months (Mean)</b>	8 months
<b>Most frequently reported age in months (Mode)</b>	8 months
<b>Less than 3 months</b>	23 (8.1%)
<b>3 or more months *</b>	261 (91.9%)
<b>6 or more months*</b>	185 (65.1%)
<b>12 or more months*</b>	50 (17.6%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	120	39.7
Black	79	26.2
Hispanic	98	32.5
Other	5	1.7

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	217	70.5
Spanish	54	17.5
English and Spanish	37	12.0
Other language	0	0.0

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	235	78.3
Mexico	59	19.7
Other country	6	2.0

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	74	24.7
High school diploma or GED	137	45.8
Some college credit, but no degree	69	23.1
Associate's degree	12	4.0
Bachelor's degree	7	2.3
Postgraduate degree	0	0.0

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	46	16.8

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	11	5.4
<b>1 to 3 months</b>	11	5.4
<b>More than 3 months but fewer than 6 months</b>	101	49.3
<b>6 months</b>	57	27.8
<b>7 or more months</b>	25	12.2

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	160	55.6
<b>No</b>	128	44.4

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	12	5.2	17	5.6
<b>Breastfeed or feed breast milk only</b>	73	31.3	96	31.5
<b>Formula feed only</b>	56	24.0	71	23.3
<b>Both breast and formula feed</b>	91	39.1	119	39.0
<b>I don't know</b>	1	0.4	2	0.7

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	202	68.9
<b>No</b>	91	31.1

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I did not think I would like breastfeeding</b>	19	23.2
<b>I planned to go back to work or school</b>	16	19.5
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	11	13.4
<b>I was sick or taking medication</b>	10	12.2
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	5	6.1
<b>A health professional said I should not breastfeed for medical reasons</b>	4	4.9
<b>I thought I wouldn't have enough milk</b>	4	4.9
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	4	4.9
<b>I had too many other things to do</b>	3	3.7
<b>I didn't know if I could get help with breastfeeding</b>	2	2.4
<b>I did not think that my baby would be able to breastfeed</b>	1	1.2
<b>People told me it was hard to breastfeed</b>	1	1.2
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	1	1.2
<b>I wanted or needed someone else to feed my baby</b>	1	1.2
<b>My baby was sick and could not breastfeed</b>	0	0.0
<b>My baby's father didn't want me to breastfeed</b>	0	0.0
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	31	18.8
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	8	17

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 32 clients (15.8%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years
<b>Average (mean) response</b>	2 months, 2 weeks, and 2 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	2 months
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	29	12.8
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	8	5.0

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	183	95.8

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
<b>My baby had trouble sucking or latching on</b>	50	19.2
<b>I didn't think I had enough milk</b>	43	16.5
<b>Breast milk alone did not satisfy my baby</b>	36	13.8
<b>I was going back to work or school outside of the home</b>	24	9.2
<b>Breastfeeding was too painful</b>	20	7.7
<b>I could not tell how much my baby ate</b>	15	5.7
<b>My baby lost interest in nursing or began to wean him or herself</b>	14	5.4
<b>I felt that I breastfed long enough for my baby to get the benefits of breastfeeding</b>	11	4.2
<b>I did not like breastfeeding</b>	11	4.2
<b>I was not able to make enough milk after I went back to work</b>	10	3.8
<b>I did not want to breastfeed in public</b>	10	3.8
<b>My baby became sick and could not breastfeed</b>	7	2.7
<b>A health professional said I should feed my baby formula</b>	7	2.7
<b>My baby began to bite</b>	3	1.1

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	45	39.1	62	40.5
<b>No</b>	70	60.9	91	59.5

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	115	38
<b>No</b>	188	62

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	44	14.3
<b>No</b>	262	85.3
<b>Unknown</b>	1	0.3

**Clients reported experiencing the following maternity practices in infant nutrition and care**

**in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	50.4	47.7	51.0
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	54.4	54.3	59.1
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			46.5

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	57.8	57.6	61.9
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	54.4	54.3	56.4

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	71.4	71.9	74.1
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	85.9	85.0	86.6
Hospital staff told me to breastfeed my baby whenever my baby wanted	63.3	60.2	63.9
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	34.7	35.9	32.2
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	52.7	52.8	54.1
My baby was NOT given a pacifier while in the hospital	27.8	29.5	31.5

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	37.8	36.4	54.3
Hospital staff encouraged me to give my baby only breast milk	64.5	60.9	65.3
Hospital staff DID NOT provide or offer formula	19.5	15.0	18.9

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	59.3	57.6	60.3
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	61.7	61.6	64.4

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	29	12.6
<b>Formula only</b>	107	46.5
<b>Both breast milk and formula</b>	94	40.9
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	53	18.4
<b>Formula only</b>	130	45.1
<b>Both breast milk and formula</b>	105	36.5

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	17.7	17.6
<b>Formula was available in my room without me asking for it</b>	42.7	26.4
<b>Hospital staff brought me the formula without me asking for it</b>	28.1	37.4
<b>Hospital staff fed my baby the formula without me asking for it</b>	11.5	18.7

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	52.5	41.5
<b>No</b>	40.6	54.3
<b>I don't know</b>	6.9	4.3

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	262	91.3	169	89.9	81	94.2
<b>From a doctor or other healthcare provider outside the hospital</b>	60	25.9	41	27.0	16	22.9
<b>Through the mail</b>	59	25.9	43	29.3	13	18.6

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	30	71.4	27	81.8
<b>No</b>	12	28.6	6	18.2

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	32	78.0	30	90.9
<b>No</b>	7	17.1	2	6.1

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	23	57.5	21	70.0
<b>No</b>	16	40.0	9	30.0

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	24	61.5	22	73.3
<b>No</b>	14	35.9	8	26.7

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	23	67.6
<b>No</b>	11	32.4

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	8	34.8
1-2 days	6	26.1
3-4 days	5	21.7
5-6 days	1	4.3
7 or more days	3	13.0

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	72.4
A WIC peer counselor visited me in the hospital	9.8
I met with a WIC peer counselor after my baby was born	63.8
WIC staff encouraged me to breastfeed	89.3
WIC staff told me about how to breastfeed my baby	86.0
WIC staff told me about the benefits of the food package for breastfeeding mothers	93.0
WIC staff told me that breast pumps are available from WIC	82.8
I got a breast pump from my WIC clinic	48.0
WIC staff told me about the benefits of breastfeeding	95.2
WIC staff told me about when to begin giving cereal and other foods	87.5

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	74	15.9	64	17.4	7	11.1
<b>My baby wouldn't wake up to nurse regularly</b>	21	4.5	18	4.9	1	1.6
<b>My baby was not interested in nursing</b>	27	5.8	25	6.8	0	0.0
<b>I felt like my baby nursed too often</b>	9	1.9	6	1.6	0	0.0
<b>It seemed like it took too long for my milk to come in</b>	41	8.8	31	8.4	0	0.0
<b>I had trouble getting the milk flow to start</b>	37	7.9	30	8.2	5	7.9
<b>My baby didn't gain enough weight or lost too much weight</b>	12	2.6	11	3.0	5	7.9
<b>I didn't think I had enough milk</b>	55	11.8	40	10.9	8	12.7
<b>My nipples were sore, cracked, or bleeding</b>	49	10.5	36	9.8	7	11.1
<b>My breasts were overfull (engorged)</b>	48	10.3	38	10.3	7	11.1
<b>My breast was infected</b>	3	0.6	2	0.5	1	1.6
<b>My breasts leaked too much</b>	23	4.9	19	5.2	4	6.3
<b>I had some other problem</b>	13	2.8	12	3.3	2	3.2
<b>I had no problems</b>	54	11.6	36	9.8	16	25.4

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	98	64.1
No	55	35.9

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	90	70.3
No	38	29.7

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	1	7.1
No, not much	2	14.3
No opinion or don't know	7	50.0
Yes, a little	4	28.6
Yes, very much	0	0.0

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	17	5.9
Somewhat unsupportive	20	7.0
Neither unsupportive nor supportive	17	5.9
Somewhat supportive	60	20.9
Very supportive	76	26.5
I don't know	97	33.8

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	83	30.1
No	193	69.9

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	13	22.8
No	34	59.6
No longer breastfeeding at return to work and didn't need a pump	9	15.8

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	29	49.2
Fewer than 2 weeks	2	3.4
2 to 3 weeks	5	8.5
4 to 6 weeks	11	18.6
7 weeks to 12 weeks	11	18.6
More than 12 weeks	1	1.7

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	0	0.0
2 to 3 weeks	7	10.1
4 to 6 weeks	12	17.4
7 weeks to 12 weeks	38	55.1
More than 12 weeks	12	17.4

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	0	0.0
<b>2 to 3 weeks</b>	1	1.6
<b>4 to 6 weeks</b>	5	7.9
<b>7 weeks to 12 weeks</b>	22	34.9
<b>More than 12 weeks</b>	35	55.6

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	0	0.0	0	0.0
<b>10 to 19 hours per week</b>	7	13.0	2	11.1
<b>20 to 29 hours per week</b>	16	29.6	5	27.8
<b>30 to 39 hours per week</b>	6	11.1	4	22.2
<b>40 hours per week</b>	22	40.7	7	38.9
<b>More than 40 hours per week</b>	3	5.6	0	0.0

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	10	9.3	9	12.5	1	3.1
<b>Somewhat unsupportive</b>	1	0.9	1	1.4	0	0.0
<b>Neither unsupportive nor supportive</b>	12	11.2	10	13.9	2	6.3
<b>Somewhat supportive</b>	8	7.5	8	11.1	0	0.0
<b>Very supportive</b>	21	19.6	16	22.2	2	6.3
<b>I don't know</b>	55	51.4	28	38.9	27	84.4

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	27	24.3	20	27.4	7	21.2
<b>No</b>	68	61.3	45	61.6	18	54.5
<b>I don't know</b>	16	14.4	8	11	8	24.2

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	33	31.1	26	36.6	4	13.8
<b>No</b>	44	41.5	28	39.4	14	48.3
<b>I don't know</b>	29	27.4	17	23.9	11	37.9

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	13	13.4	11	16.4	1	3.6
<b>No</b>	51	52.6	37	55.2	14	50
<b>I don't know</b>	33	34	19	28.4	13	46.4

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	40	40	26	38.8	10	35.7
<b>No</b>	38	38	28	41.8	10	35.7
<b>I don't know</b>	22	22	13	19.4	8	28.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	7	7	7	10.3	0	0.0
<b>No</b>	77	77	54	79.4	19	70.4
<b>I don't know</b>	16	16	7	10.3	8	29.6

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	4	6.8	0	0.0
<b>My baby was cared for by the baby's father</b>	21	35.6	6	30.0
<b>My baby was cared for by another family member</b>	24	40.7	9	45.0
<b>My baby was cared for in a private home by someone else not in my family</b>	2	3.4	4	20.0
<b>My baby was cared for in a childcare center by someone else not in my family</b>	8	13.6	1	5.0

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	9	7.3	9	10.8	0	0.0
<b>Somewhat unsupportive</b>	3	2.4	1	1.2	2	5.9
<b>Neither unsupportive nor supportive</b>	9	7.3	5	6	4	11.8
<b>Somewhat supportive</b>	12	9.8	9	10.8	1	2.9
<b>Very supportive</b>	48	39	39	47	5	14.7
<b>I don't know</b>	42	34.1	20	24.1	22	64.7

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	80.0	20.0
<b>Would you encourage your friends to breastfeed? (Q42)</b>	89.3	10.7

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	52.7	19.5	27.8
<b>Breastfed babies are less likely to develop diabetes</b>	53.2	12.2	34.5
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	44.8	20.1	35.1
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	72.1	6.5	21.4
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	55.8	9.8	34.4
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	81.7	2.9	15.5
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	56.7	11.9	31.4
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	53.4	5.4	41.2
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	38.5	6.2	55.3

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited breastmilkcounts.com</b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	9.1	9.0	11.6
<b>No</b>	90.1	91.0	87.3
<b>I don't know</b>	0.8	0.0	1.2

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 6**

**How many surveys are included in this report? N=1,865**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,393	85.4
<b>No</b>	239	14.6

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	93	5.3
<b>18-24</b>	771	43.8
<b>25-29</b>	415	23.6
<b>30-34</b>	314	17.8
<b>35-39</b>	122	6.9
<b>40 and older</b>	47	2.7

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	2 months
<b>Less than 3 months</b>	287 (16.5%)
<b>3 or more months *</b>	1,448 (83.5%)
<b>6 or more months*</b>	962 (55.4%)
<b>12 or more months*</b>	176 (10.1%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	272	15
Black	253	13.9
Hispanic	1,253	68.9
Other	41	2.3

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	763	41.3
Spanish	646	35.0
English and Spanish	419	22.7
Other language	18	1.0

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	1,040	57.0
Mexico	578	31.7
Other country	205	11.2

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	569	31.9
High school diploma or GED	724	40.6
Some college credit, but no degree	358	20.1
Associate's degree	63	3.5
Bachelor's degree	55	3.1
Postgraduate degree	14	0.8

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	226	14.0

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	59	5.5
<b>1 to 3 months</b>	74	6.8
<b>More than 3 months but fewer than 6 months</b>	580	53.7
<b>6 months</b>	265	24.5
<b>7 or more months</b>	103	9.5

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	698	40
<b>No</b>	1,049	60

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	68	4.9	100	5.4
<b>Breastfeed or feed breast milk only</b>	453	32.9	607	33.1
<b>Formula feed only</b>	170	12.3	234	12.7
<b>Both breast and formula feed</b>	678	49.2	880	47.9
<b>I don't know</b>	8	0.6	15	0.8

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,444	81.9
<b>No</b>	319	18.1

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	65	21.6
<b>I did not think I would like breastfeeding</b>	47	15.6
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	44	14.6
<b>I was sick or taking medication</b>	36	12.0
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	21	7.0
<b>I thought I wouldn't have enough milk</b>	20	6.6
<b>A health professional said I should not breastfeed for medical reasons</b>	16	5.3
<b>People told me it was hard to breastfeed</b>	11	3.7
<b>I had too many other things to do</b>	9	3.0
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	8	2.7
<b>I did not think that my baby would be able to breastfeed</b>	7	2.3
<b>My baby was sick and could not breastfeed</b>	5	1.7
<b>My baby's father didn't want me to breastfeed</b>	4	1.3
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	3	1.0
<b>The baby's grandmother didn't want me to breastfeed</b>	2	0.7
<b>I wanted or needed someone else to feed my baby</b>	2	0.7
<b>I didn't know if I could get help with breastfeeding</b>	1	0.3

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	262	30.5
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	28	17.9

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 346 clients (24.0%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years and 6 months
<b>Average (mean) response</b>	2 months, 2 weeks and 3 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month, 1 week and 5 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	209	16.5
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	53	6.3

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	1295	93.4

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	355	18.5
My baby had trouble sucking or latching on	344	17.9
Breast milk alone did not satisfy my baby	316	16.5
I was going back to work or school outside of the home	191	10.0
My baby lost interest in nursing or began to wean him or herself	121	6.3
I could not tell how much my baby ate	113	5.9
Breastfeeding was too painful	107	5.6
I was not able to make enough milk after I went back to work	85	4.4
A health professional said I should feed my baby formula	62	3.2
My baby began to bite	51	2.7
I did not want to breastfeed in public	51	2.7
My baby became sick and could not breastfeed	44	2.3
I did not like breastfeeding	43	2.2
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	34	1.8

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	363	46.1	464	45.6
<b>No</b>	425	53.9	554	54.4

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	553	30.5
<b>No</b>	1,261	69.5

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	224	12.1
<b>No</b>	1,606	87.1
<b>Unknown</b>	14	0.8

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	56.7	57.3	58.5
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	65.3	65.1	66.2
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			53.0

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	62.8	62.9	64.3
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	58.5	58.9	60.3

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	79.8	80.5	82.7
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	88.0	89.1	88.8
Hospital staff told me to breastfeed my baby whenever my baby wanted	71.4	71.4	74.4
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	34.1	33.7	31.8
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	56.1	56.2	58.8
My baby was NOT given a pacifier while in the hospital	27.7	27.9	30.7

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	55.2	55.4	65.5
Hospital staff encouraged me to give my baby only breast milk	71.1	71.4	73.3
Hospital staff DID NOT provide or offer formula	21.8	20.3	21.1

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	62.9	64.1	65.4
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	61.8	62.2	63.9

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	323	21.4
<b>Formula only</b>	469	31.1
<b>Both breast milk and formula</b>	718	47.5
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	443	24.9
<b>Formula only</b>	544	30.6
<b>Both breast milk and formula</b>	792	44.5

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	19.9	20.6
<b>Formula was available in my room without me asking for it</b>	26.4	30.4
<b>Hospital staff brought me the formula without me asking for it</b>	31.0	28.8
<b>Hospital staff fed my baby the formula without me asking for it</b>	22.7	20.1

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	53.1	60.4
<b>No</b>	42.7	34.3
<b>I don't know</b>	4.2	5.2

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	1,537	87.0	1,181	86.0	279	89.4
<b>From a doctor or other healthcare provider outside the hospital</b>	341	24.9	261	24.4	69	26.6
<b>Through the mail</b>	311	23.0	245	23.1	55	22.0

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	116	60.4	104	63.8
<b>No</b>	73	38.0	57	35.0

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	164	84.5	148	89.2
<b>No</b>	27	13.9	15	9.0

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	136	72.3	125	78.1
<b>No</b>	51	27.1	34	21.3

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	142	74.3	128	79.5
<b>No</b>	48	25.1	32	19.9

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	70	39.8
<b>No</b>	106	60.2

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	10	14.5
1-2 days	16	23.2
3-4 days	20	29.0
5-6 days	3	4.3
7 or more days	20	29.0

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	67.9
A WIC peer counselor visited me in the hospital	11.4
I met with a WIC peer counselor after my baby was born	64.6
WIC staff encouraged me to breastfeed	88.4
WIC staff told me about how to breastfeed my baby	86.2
WIC staff told me about the benefits of the food package for breastfeeding mothers	89.8
WIC staff told me that breast pumps are available from WIC	80.6
I got a breast pump from my WIC clinic	36.8
WIC staff told me about the benefits of breastfeeding	95.1
WIC staff told me about when to begin giving cereal and other foods	70.1

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	591	16.6	462	16.7	109	14.2
<b>My baby wouldn't wake up to nurse regularly</b>	162	4.5	124	4.5	42	5.5
<b>My baby was not interested in nursing</b>	205	5.7	164	5.9	16	2.1
<b>I felt like my baby nursed too often</b>	149	4.2	112	4.0	42	5.5
<b>It seemed like it took too long for my milk to come in</b>	328	9.2	248	9.0	47	6.1
<b>I had trouble getting the milk flow to start</b>	350	9.8	267	9.6	40	5.2
<b>My baby didn't gain enough weight or lost too much weight</b>	83	2.3	63	2.3	22	2.9
<b>I didn't think I had enough milk</b>	415	11.6	320	11.6	83	10.8
<b>My nipples were sore, cracked, or bleeding</b>	410	11.5	314	11.3	129	16.8
<b>My breasts were overfull (engorged)</b>	281	7.9	224	8.1	76	9.9
<b>My breast was infected</b>	39	1.1	32	1.2	12	1.6
<b>My breasts leaked too much</b>	199	5.6	160	5.8	48	6.2
<b>I had some other problem</b>	97	2.7	70	2.5	16	2.1
<b>I had no problems</b>	261	7.3	207	7.5	88	11.4

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	687	56.1
No	537	43

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	677	62.1
No	414	37.9

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	25	22.3
No, not much	15	13.4
No opinion or don't know	32	28.6
Yes, a little	32	28.6
Yes, very much	8	7.1

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	132	7.5
Somewhat unsupportive	58	3.3
Neither unsupportive nor supportive	99	5.7
Somewhat supportive	296	16.9
Very supportive	712	40.7
I don't know	453	25.9

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	384	23.0
No	1,285	77.0

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	53	20.2
No	146	55.7
No longer breastfeeding at return to work and didn't need a pump	59	22.5

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	139	47.3
Fewer than 2 weeks	15	5.1
2 to 3 weeks	38	12.9
4 to 6 weeks	49	16.7
7 weeks to 12 weeks	42	14.3
More than 12 weeks	11	3.7

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	7	2.0
2 to 3 weeks	27	7.8
4 to 6 weeks	98	28.5
7 weeks to 12 weeks	165	48.0
More than 12 weeks	47	13.7

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	1	0.3
<b>2 to 3 weeks</b>	1	0.3
<b>4 to 6 weeks</b>	35	10.8
<b>7 weeks to 12 weeks</b>	120	37
<b>More than 12 weeks</b>	167	51.5

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	26	9.4	8	11.6
<b>10 to 19 hours per week</b>	25	9.0	5	7.2
<b>20 to 29 hours per week</b>	48	17.3	10	14.5
<b>30 to 39 hours per week</b>	65	23.4	19	27.5
<b>40 hours per week</b>	95	34.2	22	31.9
<b>More than 40 hours per week</b>	19	6.8	5	7.2

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	68	11.3	61	13.1	7	6.4
<b>Somewhat unsupportive</b>	20	3.3	16	3.4	3	2.8
<b>Neither unsupportive nor supportive</b>	74	12.3	57	12.3	13	11.9
<b>Somewhat supportive</b>	69	11.5	59	12.7	7	6.4
<b>Very supportive</b>	144	23.9	120	25.8	15	13.8
<b>I don't know</b>	227	37.7	152	32.7	64	58.7

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	171	29.0	141	30.7	22	22.2
<b>No</b>	359	60.8	276	60.0	63	63.6
<b>I don't know</b>	60	10.2	43	9.3	14	14.1

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	181	32.8	159	37.1	13	13.5
<b>No</b>	267	48.4	203	47.3	51	53.1
<b>I don't know</b>	104	18.8	67	15.6	32	33.3

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	49	9.0	41	9.7	3	3.1
<b>No</b>	339	62.4	268	63.5	57	58.8
<b>I don't know</b>	155	28.5	113	26.8	37	38.1

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	202	37.1	161	38.3	33	33.7
<b>No</b>	245	45.0	196	46.7	36	36.7
<b>I don't know</b>	97	17.8	63	15.0	29	29.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	48	9.0	37	8.9	9	9.4
<b>No</b>	403	75.5	320	76.7	66	68.8
<b>I don't know</b>	83	15.5	60	14.4	21	21.9

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	17	5.6	1	1.3
<b>My baby was cared for by the baby's father</b>	67	22.1	17	22.7
<b>My baby was cared for by another family member</b>	170	56.1	38	50.7
<b>My baby was cared for in a private home by someone else not in my family</b>	24	7.9	9	12.0
<b>My baby was cared for in a childcare center by someone else not in my family</b>	25	8.3	10	13.3

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	60	8.5	53	9.8	7	5.8
<b>Somewhat unsupportive</b>	13	1.8	10	1.8	3	2.5
<b>Neither unsupportive nor supportive</b>	31	4.4	18	3.3	10	8.3
<b>Somewhat supportive</b>	64	9.1	52	9.6	9	7.4
<b>Very supportive</b>	364	51.6	309	56.9	32	26.4
<b>I don't know</b>	174	24.6	101	18.6	60	49.6

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	79.8	20.2
<b>Would you encourage your friends to breastfeed? (Q42)</b>	93.9	6.1

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	55.4	20.0	24.6
<b>Breastfed babies are less likely to develop diabetes</b>	54.3	13.8	31.9
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	43.5	18.9	37.6
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	72.3	6.7	21.0
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	60.6	10.3	29.1
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	84.7	3.2	12.0
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	59.6	9.2	31.3
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	54.4	3.6	42.0
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	31.7	6.0	62.3

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	7.8	8.3	8.9
<b>No</b>	90.6	90.1	89.6
<b>I don't know</b>	1.5	1.6	1.5

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 7**

**How many surveys are included in this report? N=966**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	711	82.2
<b>No</b>	154	17.8

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	50	5.4
<b>18-24</b>	400	42.9
<b>25-29</b>	254	27.3
<b>30-34</b>	133	14.3
<b>35-39</b>	76	8.2
<b>40 and older</b>	19	2.0

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	6 months
<b>Most frequently reported age in months (Mode)</b>	3 months
<b>Less than 3 months</b>	119 (13.1%)
<b>3 or more months *</b>	790 (86.9%)
<b>6 or more months*</b>	474 (52.1%)
<b>12 or more months*</b>	39 (4.3%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	231	24.3
Black	120	12.6
Hispanic	570	60.1
Other	28	3.0

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	508	53.2
Spanish	296	31.0
English and Spanish	145	15.2
Other language	6	0.6

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	604	64.1
Mexico	290	30.8
Other country	49	5.2

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	299	32.6
High school diploma or GED	342	37.3
Some college credit, but no degree	205	22.4
Associate's degree	34	3.7
Bachelor's degree	29	3.2
Postgraduate degree	7	0.8

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	131	15.5

**Clients reported the following infant feeding experiences:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	21	3.7
<b>1 to 3 months</b>	27	4.8
<b>More than 3 months but fewer than 6 months</b>	316	56.2
<b>6 months</b>	151	26.9
<b>7 or more months</b>	47	8.4

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	289	31.2
<b>No</b>	638	68.8

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	34	4.8	49	5.1
<b>Breastfeed or feed breast milk only</b>	292	41.4	403	42.1
<b>Formula feed only</b>	88	12.5	115	12.0
<b>Both breast and formula feed</b>	287	40.7	385	40.2
<b>I don't know</b>	5	0.7	6	0.6

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	790	85.1
<b>No</b>	138	14.9

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	33	25.0
<b>I did not think I would like breastfeeding</b>	21	15.9
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	19	14.4
<b>I was sick or taking medication</b>	16	12.1
<b>I thought I wouldn't have enough milk</b>	8	6.1
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	6	4.5
<b>People told me it was hard to breastfeed</b>	5	3.8
<b>A health professional said I should not breastfeed for medical reasons</b>	4	3.0
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	4	3.0
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	4	3.0
<b>My baby was sick and could not breastfeed</b>	3	2.3
<b>I did not think that my baby would be able to breastfeed</b>	2	1.5
<b>I had too many other things to do</b>	2	1.5
<b>My baby's father didn't want me to breastfeed</b>	2	1.5
<b>The baby's grandmother didn't want me to breastfeed</b>	2	1.5
<b>I wanted or needed someone else to feed my baby</b>	1	0.8
<b>I didn't know if I could get help with breastfeeding</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	149	34.7
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	5	13.9

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 238 clients (30.1%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years and 1 month
<b>Average (mean) response</b>	2 months, 1 week and 5 days
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	2 months
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	152	21.4
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	37	8.7

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	683	89.3

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	177	19.5
My baby had trouble sucking or latching on	157	17.3
Breast milk alone did not satisfy my baby	145	16.0
I was going back to work or school outside of the home	83	9.2
I could not tell how much my baby ate	60	6.6
My baby lost interest in nursing or began to wean him or herself	56	6.2
I was not able to make enough milk after I went back to work	45	5.0
Breastfeeding was too painful	40	4.4
A health professional said I should feed my baby formula	33	3.6
I did not want to breastfeed in public	32	3.5
My baby began to bite	23	2.5
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	21	2.3
I did not like breastfeeding	21	2.3
My baby became sick and could not breastfeed	14	1.5

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	176	46.1	235	45.9
<b>No</b>	206	53.9	277	54.1

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	262	27.9
<b>No</b>	678	72.1

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	85	8.9
<b>No</b>	860	90.0
<b>Unknown</b>	11	1.2

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	60.8	60.3	61.6
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	73.1	74.4	73.9
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			58.4

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	82.2	83.5	83.4
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	77.6	78.2	79.3

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	87.2	88.2	88.4
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	91.4	92.7	91.4
Hospital staff told me to breastfeed my baby whenever my baby wanted	76.7	77.9	77.3
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	38.9	38.1	38.5
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	61.5	63.9	62.8
My baby was NOT given a pacifier while in the hospital	33.8	34.7	37.3

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	70.5	69.1	82.4
Hospital staff encouraged me to give my baby only breast milk	75.6	75.9	76.0
Hospital staff DID NOT provide or offer formula	28.2	27.8	27.7

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	76.5	77.8	78.1
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	76.5	78.8	77.5

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	297	37.6
<b>Formula only</b>	163	20.7
<b>Both breast milk and formula</b>	329	41.7
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	365	39.3
<b>Formula only</b>	202	21.7
<b>Both breast milk and formula</b>	362	39.0

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	26.1	40.1
<b>Formula was available in my room without me asking for it</b>	39.1	29.3
<b>Hospital staff brought me the formula without me asking for it</b>	30.4	23.8
<b>Hospital staff fed my baby the formula without me asking for it</b>	4.3	6.8

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	58.4	63.1
<b>No</b>	35.4	31.5
<b>I don't know</b>	6.2	5.4

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	583	64.0	463	61.7	108	80.6
<b>From a doctor or other healthcare provider outside the hospital</b>	197	25.8	171	27.0	22	19.3
<b>Through the mail</b>	183	24.3	163	26.3	17	14.5

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	81	73.0	70	73.7
<b>No</b>	29	26.1	24	25.3

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	92	79.3	79	81.4
<b>No</b>	22	19.0	16	16.5

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	83	72.8	77	78.6
<b>No</b>	30	26.3	20	20.4

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	81	73.0	75	77.3
<b>No</b>	29	26.1	21	21.6

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	34	34.7
<b>No</b>	64	65.3

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	6	18.8
1-2 days	7	21.9
3-4 days	4	12.5
5-6 days	3	9.4
7 or more days	12	37.5

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	67.2
A WIC peer counselor visited me in the hospital	13.2
I met with a WIC peer counselor after my baby was born	65.9
WIC staff encouraged me to breastfeed	89.5
WIC staff told me about how to breastfeed my baby	85.1
WIC staff told me about the benefits of the food package for breastfeeding mothers	90.3
WIC staff told me that breast pumps are available from WIC	83.8
I got a breast pump from my WIC clinic	40.8
WIC staff told me about the benefits of breastfeeding	98.0
WIC staff told me about when to begin giving cereal and other foods	74.0

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	312	15.3	224	15.2	90	11.8
<b>My baby wouldn't wake up to nurse regularly</b>	126	6.2	97	6.6	51	6.7
<b>My baby was not interested in nursing</b>	102	5.0	75	5.1	13	1.7
<b>I felt like my baby nursed too often</b>	100	4.9	74	5.0	61	8.0
<b>It seemed like it took too long for my milk to come in</b>	181	8.9	140	9.5	39	5.1
<b>I had trouble getting the milk flow to start</b>	177	8.7	125	8.5	44	5.8
<b>My baby didn't gain enough weight or lost too much weight</b>	77	3.8	52	3.5	33	4.3
<b>I didn't think I had enough milk</b>	246	12.1	175	11.9	79	10.3
<b>My nipples were sore, cracked, or bleeding</b>	238	11.7	172	11.7	119	15.6
<b>My breasts were overfull (engorged)</b>	154	7.6	112	7.6	81	10.6
<b>My breast was infected</b>	18	0.9	11	0.7	10	1.3
<b>My breasts leaked too much</b>	102	5.0	74	5.0	52	6.8
<b>I had some other problem</b>	51	2.5	31	2.1	14	1.8
<b>I had no problems</b>	149	7.3	108	7.3	79	10.3

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	407	62.0
<b>No</b>	249	38.0

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	402	67.1
<b>No</b>	197	32.9

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
<b>No, not at all</b>	10	17.5
<b>No, not much</b>	7	12.3
<b>No opinion or don't know</b>	15	26.3
<b>Yes, a little</b>	19	33.3
<b>Yes, very much</b>	6	10.5

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
<b>Very unsupportive</b>	98	10.5
<b>Somewhat unsupportive</b>	43	4.6
<b>Neither unsupportive nor supportive</b>	46	4.9
<b>Somewhat supportive</b>	131	14.0
<b>Very supportive</b>	380	40.7
<b>I don't know</b>	236	25.3

**Clients reported the following experiences with working and breastfeeding:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	229	25.9
No	655	74.1

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	42	27.1
No	71	45.8
No longer breastfeeding at return to work and didn't need a pump	41	26.5

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	101	55.8
Fewer than 2 weeks	8	4.4
2 to 3 weeks	15	8.3
4 to 6 weeks	29	16.0
7 weeks to 12 weeks	22	12.2
More than 12 weeks	6	3.3

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	4	2.0
2 to 3 weeks	17	8.5
4 to 6 weeks	63	31.5
7 weeks to 12 weeks	86	43.0
More than 12 weeks	30	15.0

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	3	1.6
2 to 3 weeks	1	0.5
4 to 6 weeks	25	13
7 weeks to 12 weeks	64	33.2
More than 12 weeks	100	51.8

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
1 to 9 hours per week	13	7.8	0	0.0
10 to 19 hours per week	22	13.3	5	11.9
20 to 29 hours per week	39	23.5	11	26.2
30 to 39 hours per week	31	18.7	7	16.7
40 hours per week	57	34.3	16	38.1
More than 40 hours per week	4	2.4	3	7.1

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
Very unsupportive	37	11.9	29	11.7	7	12.5
Somewhat unsupportive	11	3.5	9	3.6	2	3.6
Neither unsupportive nor supportive	41	13.1	36	14.5	5	8.9
Somewhat supportive	28	9	21	8.5	4	7.1
Very supportive	73	23.4	66	26.6	4	7.1
I don't know	122	39.1	87	35.1	34	60.7

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	87	27.9	80	32.9	4	6.9
<b>No</b>	189	60.6	141	58	42	72.4
<b>I don't know</b>	36	11.5	22	9.1	12	20.7

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	102	35.2	93	40.8	7	13.2
<b>No</b>	118	40.7	89	39	26	49.1
<b>I don't know</b>	70	24.1	46	20.2	20	37.7

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	24	8.3	22	9.7	2	3.7
<b>No</b>	178	61.4	142	62.8	29	53.7
<b>I don't know</b>	88	30.3	62	27.4	23	42.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	115	39.5	97	43.1	14	25.9
<b>No</b>	116	39.9	87	38.7	24	44.4
<b>I don't know</b>	60	20.6	41	18.2	16	29.6

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	22	7.7	21	9.4	1	1.9
<b>No</b>	231	81.1	178	79.8	44	84.6
<b>I don't know</b>	32	11.2	24	10.8	7	13.5

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	10	5.4	0	0.0
<b>My baby was cared for by the baby's father</b>	58	31.4	9	20.5
<b>My baby was cared for by another family member</b>	84	45.4	27	61.4
<b>My baby was cared for in a private home by someone else not in my family</b>	15	8.1	4	9.1
<b>My baby was cared for in a childcare center by someone else not in my family</b>	18	9.7	4	9.1

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	36	10.3	31	11.5	4	6.3
<b>Somewhat unsupportive</b>	5	1.4	5	1.9	0	0.0
<b>Neither unsupportive nor supportive</b>	17	4.9	14	5.2	3	4.8
<b>Somewhat supportive</b>	27	7.8	19	7	6	9.5
<b>Very supportive</b>	163	46.8	138	51.1	18	28.6
<b>I don't know</b>	100	28.7	63	23.3	32	50.8

**Clients reported the following attitudes and beliefs about breastfeeding:**

Note: Results with small numbers are less reliable and should be interpreted with caution.

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	87.0	13.0
<b>Would you encourage your friends to breastfeed? (Q42)</b>	94.6	5.4

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	56.0	18.0	26.0
<b>Breastfed babies are less likely to develop diabetes</b>	57.1	13.2	29.7
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	43.3	19.0	37.6
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	77.2	4.3	18.4
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	62.2	9.0	28.7
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	87.9	3.3	8.8
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	62.4	7.3	30.3
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	60.6	1.9	37.5
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	38.5	4.4	57.2

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	8.1	8	9.2
<b>No</b>	89.7	90.4	88.7
<b>I don't know</b>	2.2	1.6	2.1

**2011 Texas WIC Infant Feeding Practices Survey**  
**Administered October 3-November 7, 2011**  
**Report for Public Health Region 8**

**How many surveys are included in this report? N=991**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	779	85.8
<b>No</b>	129	14.2

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	37	3.9
<b>18-24</b>	462	48.2
<b>25-29</b>	242	25.3
<b>30-34</b>	137	14.3
<b>35-39</b>	59	6.2
<b>40 and older</b>	21	2.2

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months</b> (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	83 (8.7%)
<b>3 or more months *</b>	866 (91.3%)
<b>6 or more months*</b>	552 (58.2%)
<b>12 or more months*</b>	49 (5.2%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	131	13.4
Black	52	5.3
Hispanic	777	79.7
Other	15	1.5

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	574	58.3
Spanish	193	19.6
English and Spanish	213	21.6
Other language	5	0.5

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	723	73.6
Mexico	230	23.4
Other country	30	3.1

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	256	26.6
High school diploma or GED	385	40.1
Some college credit, but no degree	239	24.9
Associate's degree	47	4.9
Bachelor's degree	30	3.1
Postgraduate degree	4	0.4

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	128	14.9

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	22	3.4
<b>1 to 3 months</b>	26	4
<b>More than 3 months but fewer than 6 months</b>	335	51.1
<b>6 months</b>	196	29.9
<b>7 or more months</b>	77	11.7

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	326	33.9
<b>No</b>	637	66.1

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	43	5.6	60	6.1
<b>Breastfeed or feed breast milk only</b>	271	35.0	359	36.5
<b>Formula feed only</b>	122	15.8	145	14.7
<b>Both breast and formula feed</b>	336	43.4	417	42.4
<b>I don't know</b>	2	0.3	3	0.3

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	760	78.6
<b>No</b>	207	21.4

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	39	20.3
<b>I did not think I would like breastfeeding</b>	29	15.1
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	28	14.6
<b>I was sick or taking medication</b>	19	9.9
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	17	8.9
<b>I thought I wouldn't have enough milk</b>	13	6.8
<b>A health professional said I should not breastfeed for medical reasons</b>	9	4.7
<b>People told me it was hard to breastfeed</b>	9	4.7
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	8	4.2
<b>I had too many other things to do</b>	7	3.6
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	4	2.1
<b>My baby was sick and could not breastfeed</b>	3	1.6
<b>I did not think that my baby would be able to breastfeed</b>	3	1.6
<b>I didn't know if I could get help with breastfeeding</b>	2	1.0
<b>My baby's father didn't want me to breastfeed</b>	1	0.5
<b>I wanted or needed someone else to feed my baby</b>	1	0.5
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	113	21.9
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	9	20.9

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 158 clients (20.8%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 2 years and 6 months
<b>Average (mean) response</b>	2 months and 1 day
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month, 1 week and 5 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	106	13.2
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	23	4.5

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	713	95.4

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
<b>My baby had trouble sucking or latching on</b>	188	19.2
<b>I didn't think I had enough milk</b>	172	17.6
<b>Breast milk alone did not satisfy my baby</b>	153	15.6
<b>I was going back to work or school outside of the home</b>	106	10.8
<b>I could not tell how much my baby ate</b>	58	5.9
<b>My baby lost interest in nursing or began to wean him or herself</b>	50	5.1
<b>I was not able to make enough milk after I went back to work</b>	49	5.0
<b>Breastfeeding was too painful</b>	39	4.0
<b>I did not want to breastfeed in public</b>	38	3.9
<b>I did not like breastfeeding</b>	31	3.2
<b>A health professional said I should feed my baby formula</b>	31	3.2
<b>My baby became sick and could not breastfeed</b>	30	3.1
<b>I felt that I breastfed long enough for my baby to get the benefits of breastfeeding</b>	21	2.1
<b>My baby began to bite</b>	14	1.4

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	175	39.1	227	39.3
<b>No</b>	273	60.9	350	60.7

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	348	35.9
<b>No</b>	622	64.1

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	119	12.1
<b>No</b>	857	87.0
<b>Unknown</b>	9	0.9

**Clients reported experiencing the following maternity practices in infant nutrition and care**

**in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	44.7	45.0	44.8
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	59.3	58.8	60.3
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			46.7

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	73.2	72.5	72.6
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	74.6	74.5	74.7

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	81.4	81.4	82.5
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	89.5	90.7	89.9
Hospital staff told me to breastfeed my baby whenever my baby wanted	74.7	75.2	75.5
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	30.9	30.8	29.8
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	62.5	63.6	63.4
My baby was NOT given a pacifier while in the hospital	24.5	23.8	27.7

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	51.7	49.8	64.2
Hospital staff encouraged me to give my baby only breast milk	71.7	71.1	72.8
Hospital staff DID NOT provide or offer formula	15.7	14.6	15.5

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	65.9	67.6	66.7
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	66.7	69.7	67.4

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	158	19.5
<b>Formula only</b>	272	33.6
<b>Both breast milk and formula</b>	380	46.9
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	248	25.6
<b>Formula only</b>	330	34.1
<b>Both breast milk and formula</b>	391	40.4

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	16.5	24.1
<b>Formula was available in my room without me asking for it</b>	31.0	31.5
<b>Hospital staff brought me the formula without me asking for it</b>	36.9	27.1
<b>Hospital staff fed my baby the formula without me asking for it</b>	15.7	17.3

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	51.4	63.7
<b>No</b>	42.7	31.1
<b>I don't know</b>	5.9	5.2

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	861	89.0	657	88.0	186	92.5
<b>From a doctor or other healthcare provider outside the hospital</b>	173	21.0	141	22.1	30	17.4
<b>Through the mail</b>	166	20.5	142	22.6	22	12.9

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	74	54.8	64	59.8
<b>No</b>	60	44.4	42	39.3

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	107	78.7	92	84.4
<b>No</b>	27	19.9	15	13.8

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	90	67.7	83	79.0
<b>No</b>	43	32.3	22	21.0

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	92	68.1	86	80.4
<b>No</b>	43	31.9	21	19.6

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	45	40.5
<b>No</b>	66	59.5

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
<b>The day I was discharged</b>	14	31.8
<b>1-2 days</b>	8	18.2
<b>3-4 days</b>	6	13.6
<b>5-6 days</b>	1	2.3
<b>7 or more days</b>	15	34.1

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
<b>I met with a WIC peer counselor during pregnancy</b>	68.3
<b>A WIC peer counselor visited me in the hospital</b>	7.2
<b>I met with a WIC peer counselor after my baby was born</b>	65.0
<b>WIC staff encouraged me to breastfeed</b>	89.5
<b>WIC staff told me about how to breastfeed my baby</b>	86.3
<b>WIC staff told me about the benefits of the food package for breastfeeding mothers</b>	89.0
<b>WIC staff told me that breast pumps are available from WIC</b>	82.2
<b>I got a breast pump from my WIC clinic</b>	38.9
<b>WIC staff told me about the benefits of breastfeeding</b>	94.9
<b>WIC staff told me about when to begin giving cereal and other foods</b>	71.4

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	329	16.9	262	17.2	63	13.7
<b>My baby wouldn't wake up to nurse regularly</b>	109	5.6	84	5.5	33	7.2
<b>My baby was not interested in nursing</b>	104	5.3	83	5.4	6	1.3
<b>I felt like my baby nursed too often</b>	87	4.5	72	4.7	32	7.0
<b>It seemed like it took too long for my milk to come in</b>	173	8.9	130	8.5	28	6.1
<b>I had trouble getting the milk flow to start</b>	212	10.9	162	10.6	39	8.5
<b>My baby didn't gain enough weight or lost too much weight</b>	48	2.5	37	2.4	16	3.5
<b>I didn't think I had enough milk</b>	222	11.4	173	11.3	41	8.9
<b>My nipples were sore, cracked, or bleeding</b>	227	11.6	172	11.3	71	15.4
<b>My breasts were overfull (engorged)</b>	150	7.7	124	8.1	51	11.1
<b>My breast was infected</b>	8	0.4	5	0.3	2	0.4
<b>My breasts leaked too much</b>	111	5.7	95	6.2	34	7.4
<b>I had some other problem</b>	52	2.7	39	2.6	13	2.8
<b>I had no problems</b>	118	6.1	88	5.8	31	6.7

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	395	59.5
No	269	40.5

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	402	66.3
No	204	33.7

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	3	8.3
No, not much	5	13.9
No opinion or don't know	16	44.4
Yes, a little	7	19.4
Yes, very much	5	13.9

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	85	8.8
Somewhat unsupportive	45	4.7
Neither unsupportive nor supportive	55	5.7
Somewhat supportive	181	18.8
Very supportive	348	36.1
I don't know	250	25.9

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	265	28.3
No	670	71.7

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	38	18.8
No	110	54.5
No longer breastfeeding at return to work and didn't need a pump	50	24.8

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	114	56.2
Fewer than 2 weeks	16	7.9
2 to 3 weeks	14	6.9
4 to 6 weeks	30	14.8
7 weeks to 12 weeks	22	10.8
More than 12 weeks	7	3.4

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	3	1.2
2 to 3 weeks	14	5.8
4 to 6 weeks	65	27.0
7 weeks to 12 weeks	125	51.9
More than 12 weeks	34	14.1

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	2	0.9
<b>2 to 3 weeks</b>	21	9
<b>4 to 6 weeks</b>	84	35.9
<b>7 weeks to 12 weeks</b>	127	54.3
<b>More than 12 weeks</b>	2	0.9

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	11	5.7	3	5.8
<b>10 to 19 hours per week</b>	22	11.4	6	11.5
<b>20 to 29 hours per week</b>	44	22.8	8	15.4
<b>30 to 39 hours per week</b>	40	20.7	12	23.1
<b>40 hours per week</b>	60	31.1	21	40.4
<b>More than 40 hours per week</b>	16	8.3	2	3.8

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	39	11.3	36	13.1	3	4.6
<b>Somewhat unsupportive</b>	11	3.2	7	2.6	4	6.2
<b>Neither unsupportive nor supportive</b>	51	14.8	42	15.3	9	13.8
<b>Somewhat supportive</b>	32	9.3	28	10.2	4	6.2
<b>Very supportive</b>	81	23.5	67	24.5	11	16.9
<b>I don't know</b>	131	38	94	34.3	34	52.3

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	102	29.8	83	31.1	16	23.2
<b>No</b>	213	62.3	167	62.5	43	62.3
<b>I don't know</b>	27	7.9	17	6.4	10	14.5

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	116	34.5	96	36.5	16	23.9
<b>No</b>	146	43.5	110	41.8	34	50.7
<b>I don't know</b>	74	22	57	21.7	17	25.4

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	26	7.8	21	8	4	6.1
<b>No</b>	196	59	155	59.4	38	57.6
<b>I don't know</b>	110	33.1	85	32.6	24	36.4

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	124	36.5	96	35.8	24	36.4
<b>No</b>	142	41.8	114	42.5	26	39.4
<b>I don't know</b>	74	21.8	58	21.6	16	24.2

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	31	9.5	25	9.7	5	7.7
<b>No</b>	252	76.8	199	77.1	49	75.4
<b>I don't know</b>	45	13.7	34	13.2	11	16.9

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	12	5.6	3	5.6
<b>My baby was cared for by the baby's father</b>	64	29.8	12	22.2
<b>My baby was cared for by another family member</b>	111	51.6	34	63.0
<b>My baby was cared for in a private home by someone else not in my family</b>	12	5.6	0	0.0
<b>My baby was cared for in a childcare center by someone else not in my family</b>	16	7.4	5	9.3

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	32	8.4	27	9	4	5.4
<b>Somewhat unsupportive</b>	7	1.8	3	1.0	4	5.4
<b>Neither unsupportive nor supportive</b>	16	4.2	10	3.3	5	6.8
<b>Somewhat supportive</b>	37	9.8	28	9.4	9	12.2
<b>Very supportive</b>	182	48	155	51.8	24	32.4
<b>I don't know</b>	105	27.7	76	25.4	28	37.8

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	83.9	16.1
<b>Would you encourage your friends to breastfeed? (Q42)</b>	93.7	6.3

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	56.0	20.3	23.7
<b>Breastfed babies are less likely to develop diabetes</b>	58.5	14.8	26.7
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	43.6	22.5	33.9
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	76.4	6.1	17.5
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	63.1	10.7	26.2
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	89.4	2.8	7.8
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	57.7	10.1	32.3
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	60.0	2.5	37.4
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	35.4	6.3	58.4

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited breastmilkcounts.com</b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	7.4	7.3	9.0
<b>No</b>	90.9	91.2	89.3
<b>I don't know</b>	1.7	1.5	1.7

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 9**

**How many surveys are included in this report? N=167**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	114	78.1
<b>No</b>	32	21.9

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	8	5.2
<b>18-24</b>	84	54.2
<b>25-29</b>	38	24.5
<b>30-34</b>	19	12.3
<b>35-39</b>	5	3.2
<b>40 and older</b>	1	0.6

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	5 months
<b>Less than 3 months</b>	11 (7.2%)
<b>3 or more months *</b>	142 (92.8%)
<b>6 or more months*</b>	88 (57.5%)
<b>12 or more months*</b>	7 (4.6%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	36	21.7
Black	9	5.4
Hispanic	114	68.7
Other	7	4.2

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	95	57.9
Spanish	23	14.0
English and Spanish	46	28.0
Other language	0	0.0

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	141	84.9
Mexico	24	14.5
Other country	1	0.6

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	40	24.7
High school diploma or GED	88	54.3
Some college credit, but no degree	23	14.2
Associate's degree	8	4.9
Bachelor's degree	3	1.9
Postgraduate degree	0	0.0

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	16	11.0

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	7	6.3
<b>1 to 3 months</b>	2	1.8
<b>More than 3 months but fewer than 6 months</b>	65	58.6
<b>6 months</b>	27	24.3
<b>7 or more months</b>	10	9

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	58	36.7
<b>No</b>	100	63.3

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	14	12.4	19	11.4
<b>Breastfeed or feed breast milk only</b>	45	39.8	67	40.4
<b>Formula feed only</b>	16	14.2	24	14.5
<b>Both breast and formula feed</b>	38	33.6	56	33.7
<b>I don't know</b>	0	0.0	0	0.0

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	127	78.4
<b>No</b>	35	21.6

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	11	37.9
<b>I did not think I would like breastfeeding</b>	4	13.8
<b>A health professional said I should not breastfeed for medical reasons</b>	3	10.3
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	3	10.3
<b>People told me it was hard to breastfeed</b>	3	10.3
<b>My baby was sick and could not breastfeed</b>	2	6.9
<b>I did not think that my baby would be able to breastfeed</b>	1	3.4
<b>I had too many other things to do</b>	1	3.4
<b>I wanted or needed someone else to feed my baby</b>	1	3.4
<b>I was sick or taking medication</b>	0	0.0
<b>I thought I wouldn't have enough milk</b>	0	0.0
<b>I didn't know if I could get help with breastfeeding</b>	0	0.0
<b>My baby's father didn't want me to breastfeed</b>	0	0.0
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	0	0.0
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	0	0.0
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	14	17.7
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	1	16.7

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 19 clients (15.0%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 1 year
<b>Average (mean) response</b>	1 month and 3 weeks
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month and 6 days
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	22	16.9
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	5	6.4

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	110	91.7

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
<b>My baby had trouble sucking or latching on</b>	40	25.6
<b>I didn't think I had enough milk</b>	28	17.9
<b>Breast milk alone did not satisfy my baby</b>	24	15.4
<b>I was going back to work or school outside of the home</b>	13	8.3
<b>My baby lost interest in nursing or began to wean him or herself</b>	8	5.1
<b>I could not tell how much my baby ate</b>	8	5.1
<b>I was not able to make enough milk after I went back to work</b>	7	4.5
<b>I did not like breastfeeding</b>	6	3.8
<b>Breastfeeding was too painful</b>	6	3.8
<b>I did not want to breastfeed in public</b>	6	3.8
<b>I felt that I breastfed long enough for my baby to get the benefits of breastfeeding</b>	4	2.6
<b>My baby became sick and could not breastfeed</b>	2	1.3
<b>My baby began to bite</b>	2	1.3
<b>A health professional said I should feed my baby formula</b>	2	1.3

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	24	34.8	36	36.0
<b>No</b>	45	65.2	64	64.0

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	54	32.9
<b>No</b>	110	67.1

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	24	14.4
<b>No</b>	140	83.8
<b>Unknown</b>	3	1.8

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	38.5	31.3	42.3
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	54.0	50.5	55.7
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			33.7

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	54.8	50.0	55.8
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	61.9	60.4	66.0

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	80.3	78.3	84.5
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	87.4	88.0	89.2
Hospital staff told me to breastfeed my baby whenever my baby wanted	63.6	60.2	68.2
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	28.6	31.3	25.2
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	62.5	63.6	63.4
My baby was NOT given a pacifier while in the hospital	19.7	20.4	20.8

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	59.3	56.7	73.6
Hospital staff encouraged me to give my baby only breast milk	70.8	67.9	73.9
Hospital staff DID NOT provide or offer formula	21.0	21.7	20.7

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	71.2	71.1	73.9
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	66.9	63.9	69.1

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	35	24.3
<b>Formula only</b>	47	32.6
<b>Both breast milk and formula</b>	62	43.1
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	49	31.2
<b>Formula only</b>	58	36.9
<b>Both breast milk and formula</b>	50	31.8

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	28.6	23.7
<b>Formula was available in my room without me asking for it</b>	16.7	32.2
<b>Hospital staff brought me the formula without me asking for it</b>	33.3	23.7
<b>Hospital staff fed my baby the formula without me asking for it</b>	21.4	20.3

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	37.2	64.5
<b>No</b>	48.8	29.0
<b>I don't know</b>	14.0	6.5

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	128	80.5	97	80.8	28	82.4
<b>From a doctor or other healthcare provider outside the hospital</b>	29	21	24	23.1	4	13.8
<b>Through the mail</b>	33	23.9	28	26.9	5	17.2

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	3	23.1	2	28.6
<b>No</b>	8	61.5	4	57.1

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	6	50.0	5	71.4
<b>No</b>	5	41.7	1	14.3

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	7	53.8	5	62.5
<b>No</b>	6	46.2	3	37.5

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	6	50.0	4	57.1
<b>No</b>	6	50.0	3	42.9

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	2	28.6
<b>No</b>	5	71.4

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	1	50.0
1-2 days	0	0.0
3-4 days	0	0.0
5-6 days	0	0.0
7 or more days	1	50.0

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	74.1
A WIC peer counselor visited me in the hospital	6.4
I met with a WIC peer counselor after my baby was born	70.9
WIC staff encouraged me to breastfeed	88.4
WIC staff told me about how to breastfeed my baby	87.3
WIC staff told me about the benefits of the food package for breastfeeding mothers	92.0
WIC staff told me that breast pumps are available from WIC	85.5
I got a breast pump from my WIC clinic	33.3
WIC staff told me about the benefits of breastfeeding	95.5
WIC staff told me about when to begin giving cereal and other foods	80.4

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	55	18.3	41	19.0	10	11.6
<b>My baby wouldn't wake up to nurse regularly</b>	14	4.7	12	5.6	3	3.5
<b>My baby was not interested in nursing</b>	19	6.3	10	4.6	4	4.7
<b>I felt like my baby nursed too often</b>	13	4.3	11	5.1	5	5.8
<b>It seemed like it took too long for my milk to come in</b>	27	9.0	16	7.4	6	7.0
<b>I had trouble getting the milk flow to start</b>	24	8.0	18	8.3	5	5.8
<b>My baby didn't gain enough weight or lost too much weight</b>	9	3.0	6	2.8	4	4.7
<b>I didn't think I had enough milk</b>	30	10.0	26	12.0	11	12.8
<b>My nipples were sore, cracked, or bleeding</b>	33	11.0	22	10.2	13	15.1
<b>My breasts were overfull (engorged)</b>	26	8.6	20	9.3	8	9.3
<b>My breast was infected</b>	5	1.7	4	1.9	3	3.5
<b>My breasts leaked too much</b>	12	4.0	8	3.7	4	4.7
<b>I had some other problem</b>	10	3.3	7	3.2	1	1.2
<b>I had no problems</b>	24	8.0	15	6.9	9	10.5

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	63	61.8
No	39	38.2

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	59	62.8
No	35	37.2

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	2	25.0
No, not much	3	37.5
No opinion or don't know	2	25.0
Yes, a little	1	12.5
Yes, very much	2	25.0

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	16	10.0
Somewhat unsupportive	8	5.0
Neither unsupportive nor supportive	4	2.5
Somewhat supportive	31	19.4
Very supportive	52	32.5
I don't know	49	30.6

**Clients reported the following experiences with working and breastfeeding:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	39	25.7
No	113	74.3

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	3	12.0
No	14	56.0
No longer breastfeeding at return to work and didn't need a pump	8	32.0

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	23	76.7
Fewer than 2 weeks	0	0.0
2 to 3 weeks	0	0.0
4 to 6 weeks	6	20.0
7 weeks to 12 weeks	1	3.3
More than 12 weeks	1	3.3

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	1	2.7
2 to 3 weeks	3	8.1
4 to 6 weeks	12	32.4
7 weeks to 12 weeks	12	32.4
More than 12 weeks	9	24.3

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	0	0.0
<b>2 to 3 weeks</b>	1	3.1
<b>4 to 6 weeks</b>	2	6.3
<b>7 weeks to 12 weeks</b>	12	37.5
<b>More than 12 weeks</b>	17	53.1

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	1	4.0	0	0.0
<b>10 to 19 hours per week</b>	5	20.0	0	0.0
<b>20 to 29 hours per week</b>	4	16.0	2	18.2
<b>30 to 39 hours per week</b>	5	20.0	1	9.1
<b>40 hours per week</b>	8	32.0	7	63.6
<b>More than 40 hours per week</b>	2	8.0	1	9.1

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	10	20.8	10	29.4	0	0.0
<b>Somewhat unsupportive</b>	2	4.2	2	5.9	0	0.0
<b>Neither unsupportive nor supportive</b>	5	10.4	4	11.8	1	8.3
<b>Somewhat supportive</b>	4	8.3	1	2.9	3	25
<b>Very supportive</b>	8	16.7	4	11.8	4	33.3
<b>I don't know</b>	19	39.6	13	38.2	4	33.3

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	11	21.2	9	26.5	2	12.5
<b>No</b>	28	53.8	17	50	10	62.5
<b>I don't know</b>	13	25	8	23.5	4	25

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	11	21.2	9	25.7	2	13.3
<b>No</b>	24	46.2	18	51.4	6	40.0
<b>I don't know</b>	17	32.7	8	22.9	7	46.7

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	5	10.0	4	11.8	1	6.7
<b>No</b>	30	60.0	20	58.8	10	66.7
<b>I don't know</b>	15	30.0	10	29.4	4	26.7

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	19	37.3	11	32.4	8	53.3
<b>No</b>	19	37.3	15	44.1	4	26.7
<b>I don't know</b>	13	25.5	8	23.5	3	20.0

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	6	11.8	5	14.7	1	6.7
<b>No</b>	34	66.7	24	70.6	9	60.0
<b>I don't know</b>	11	21.6	5	14.7	5	33.3

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	1	3.7	1	9.1
<b>My baby was cared for by the baby's father</b>	6	22.2	1	9.1
<b>My baby was cared for by another family member</b>	18	66.7	4	36.4
<b>My baby was cared for in a private home by someone else not in my family</b>	1	3.7	2	18.2
<b>My baby was cared for in a childcare center by someone else not in my family</b>	1	3.7	3	27.3

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	10	20.8	10	29.4	0	0.0
<b>Somewhat unsupportive</b>	2	4.2	2	5.9	0	0.0
<b>Neither unsupportive nor supportive</b>	5	10.4	4	11.8	1	8.3
<b>Somewhat supportive</b>	4	8.3	1	2.9	3	25.0
<b>Very supportive</b>	8	16.7	4	11.8	4	33.3
<b>I don't know</b>	19	39.6	13	38.2	4	33.3

**Clients reported the following attitudes and beliefs about breastfeeding:**

Note: Results with small numbers are less reliable and should be interpreted with caution.

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc? (Q41)</b>	84.5	15.5
<b>Would you encourage your friends to breastfeed? (Q42)</b>	96.8	3.2

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	58.1	16.8	25.2
<b>Breastfed babies are less likely to develop diabetes</b>	57.4	11.0	31.6
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	41.8	20.3	37.9
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	70.6	5.2	24.2
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	55.9	9.2	34.9
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	88.3	0.0	11.7
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	54.9	11.1	34.0
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	58.2	2.6	39.2
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	35.8	6.0	58.3

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	8.3	8.0	9.1
<b>No</b>	90.3	90.0	90.0
<b>I don't know</b>	1.4	2.0	0.9

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 10**

**How many surveys are included in this report? N=544**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	405	81.8
<b>No</b>	90	18.2

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	29	5.4
<b>18-24</b>	230	42.9
<b>25-29</b>	131	24.4
<b>30-34</b>	88	16.4
<b>35-39</b>	44	8.2
<b>40 and older</b>	14	2.6

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months</b> (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	2 months
<b>Less than 3 months</b>	77 (14.7%)
<b>3 or more months *</b>	448 (85.3%)
<b>6 or more months*</b>	309 (58.9%)
<b>12 or more months*</b>	37 (7.0%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	40	7.5
Black	9	1.7
Hispanic	479	89.7
Other	6	1.1

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	134	25.0
Spanish	222	41.3
English and Spanish	181	33.7
Other language	0	0.0

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	330	61.2
Mexico	207	38.4
Other country	2	0.4

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	156	29.4
High school diploma or GED	164	30.9
Some college credit, but no degree	150	28.3
Associate's degree	26	4.9
Bachelor's degree	28	5.3
Postgraduate degree	6	1.1

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	89	18.9

**Clients reported the following infant feeding experiences:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	16	4.4
<b>1 to 3 months</b>	29	7.9
<b>More than 3 months but fewer than 6 months</b>	205	55.9
<b>6 months</b>	86	23.4
<b>7 or more months</b>	31	8.4

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	142	26.6
<b>No</b>	392	73.4

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	24	6.0	30	5.5
<b>Breastfeed or feed breast milk only</b>	174	43.2	224	41.3
<b>Formula feed only</b>	55	13.6	69	12.7
<b>Both breast and formula feed</b>	150	37.2	219	40.4
<b>I don't know</b>	0	0.0	0	0.0

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	451	85.7
<b>No</b>	75	14.3

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I planned to go back to work or school</b>	15	25.0
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	11	18.3
<b>A health professional said I should not breastfeed for medical reasons</b>	9	15.0
<b>I was sick or taking medication</b>	7	11.7
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	6	10.0
<b>I did not think I would like breastfeeding</b>	4	6.7
<b>My baby was sick and could not breastfeed</b>	2	3.3
<b>I thought I wouldn't have enough milk</b>	2	3.3
<b>People told me it was hard to breastfeed</b>	2	3.3
<b>I had too many other things to do</b>	1	1.7
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	1	1.7
<b>I didn't know if I could get help with breastfeeding</b>	0	0.0
<b>I did not think that my baby would be able to breastfeed</b>	0	0.0
<b>My baby's father didn't want me to breastfeed</b>	0	0.0
<b>The baby's grandmother didn't want me to breastfeed</b>	0	0.0
<b>I wanted or needed someone else to feed my baby</b>	0	0.0
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	0	0.0

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	90	31.7
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	9	27.3

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 106 clients (23.5%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 1 year and 1 month
<b>Average (mean) response</b>	2 months and 1 week
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	1 month
<b>Mode (the most common response)</b>	1 month

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	72	17.6
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	21	7.6

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	393	90.1

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
I didn't think I had enough milk	116	20.9
Breast milk alone did not satisfy my baby	113	20.4
My baby had trouble sucking or latching on	93	16.8
I was going back to work or school outside of the home	38	6.9
I could not tell how much my baby ate	31	5.6
Breastfeeding was too painful	29	5.2
My baby lost interest in nursing or began to wean him or herself	27	4.9
A health professional said I should feed my baby formula	20	3.6
My baby became sick and could not breastfeed	18	3.2
I did not want to breastfeed in public	18	3.2
I was not able to make enough milk after I went back to work	16	2.9
I did not like breastfeeding	14	2.5
I felt that I breastfed long enough for my baby to get the benefits of breastfeeding	11	2.0
My baby began to bite	10	1.8

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
Yes	110	44.7	155	47.7
No	136	55.3	170	52.3

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	198	37.6
<b>No</b>	329	62.4

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	65	12.0
<b>No</b>	471	87.2
<b>Unknown</b>	4	0.7

**Clients reported experiencing the following maternity practices in infant nutrition and care**

**in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	59.8	59.4	61.0
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	54.8	56.0	54.9
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			49.0

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	71.0	69.3	70.6
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	79.5	78.2	80.5

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	84.8	85.8	86.3
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	90.0	91.1	90.6
Hospital staff told me to breastfeed my baby whenever my baby wanted	75.9	73.9	77.9
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	37.7	37.6	36.5
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	58.5	59.6	60.1
My baby was NOT given a pacifier while in the hospital 	67.7	66.0	70.5

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	63.5	61.4	71.9
Hospital staff encouraged me to give my baby only breast milk	80.2	79.4	82.9
Hospital staff DID NOT provide or offer formula	23.3	22.2	23.3

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	65.3	64.7	67.8
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	67.8	67.2	70.0

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	152	32.9
<b>Formula only</b>	106	22.9
<b>Both breast milk and formula</b>	204	44.2
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	184	34.6
<b>Formula only</b>	135	25.4
<b>Both breast milk and formula</b>	213	40.0

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	27.6	31.0
<b>Formula was available in my room without me asking for it</b>	25.5	20.0
<b>Hospital staff brought me the formula without me asking for it</b>	32.7	29.5
<b>Hospital staff fed my baby the formula without me asking for it</b>	14.3	19.5

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	54.0	57.1
<b>No</b>	45.0	40.9
<b>I don't know</b>	1.0	2.0

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	400	74.9	327	73.8	63	85.1
<b>From a doctor or other healthcare provider outside the hospital</b>	127	28.9	108	29.6	14	23.0
<b>Through the mail</b>	69	15.9	57	15.7	9	15.0

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	37	59.7	33	61.1
<b>No</b>	25	40.3	21	38.9

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	54	85.7	47	85.5
<b>No</b>	9	14.3	8	14.5

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	55	80.9	48	81.4
<b>No</b>	13	19.1	11	18.6

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	51	81.0	45	81.8
<b>No</b>	12	19.0	10	18.2

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	20	33.3
<b>No</b>	40	66.7

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
<b>The day I was discharged</b>	6	31.6
<b>1-2 days</b>	5	26.3
<b>3-4 days</b>	3	15.8
<b>5-6 days</b>	1	5.3
<b>7 or more days</b>	4	21.1

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
<b>I met with a WIC peer counselor during pregnancy</b>	63.9
<b>A WIC peer counselor visited me in the hospital</b>	18.3
<b>I met with a WIC peer counselor after my baby was born</b>	64.5
<b>WIC staff encouraged me to breastfeed</b>	86.3
<b>WIC staff told me about how to breastfeed my baby</b>	86.7
<b>WIC staff told me about the benefits of the food package for breastfeeding mothers</b>	91.9
<b>WIC staff told me that breast pumps are available from WIC</b>	81.1
<b>I got a breast pump from my WIC clinic</b>	44.8
<b>WIC staff told me about the benefits of breastfeeding</b>	95.2
<b>WIC staff told me about when to begin giving cereal and other foods</b>	69.1

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	171	14.7	137	15.7	49	13.2
<b>My baby wouldn't wake up to nurse regularly</b>	52	4.5	40	4.6	19	5.1
<b>My baby was not interested in nursing</b>	47	4.0	37	4.2	5	1.3
<b>I felt like my baby nursed too often</b>	68	5.9	45	5.2	25	6.7
<b>It seemed like it took too long for my milk to come in</b>	119	10.2	93	10.7	32	8.6
<b>I had trouble getting the milk flow to start</b>	118	10.2	89	10.2	26	7.0
<b>My baby didn't gain enough weight or lost too much weight</b>	38	3.3	30	3.4	15	4.0
<b>I didn't think I had enough milk</b>	145	12.5	109	12.5	45	12.1
<b>My nipples were sore, cracked, or bleeding</b>	139	12.0	99	11.3	64	17.2
<b>My breasts were overfull (engorged)</b>	75	6.5	58	6.6	28	7.5
<b>My breast was infected</b>	10	0.9	6	0.7	3	0.8
<b>My breasts leaked too much</b>	67	5.8	52	6.0	23	6.2
<b>I had some other problem</b>	33	2.8	24	2.7	3	0.8
<b>I had no problems</b>	79	6.8	54	6.2	35	9.4

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	216	57.1
No	162	42.9

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	213	61.7
No	132	38.3

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	5	19.2
No, not much	3	11.5
No opinion or don't know	12	46.2
Yes, a little	3	11.5
Yes, very much	3	11.5

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	49	9.2
Somewhat unsupportive	14	2.6
Neither unsupportive nor supportive	33	6.2
Somewhat supportive	98	18.4
Very supportive	226	42.5
I don't know	112	21.1

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	97	18.7
No	421	81.3

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	11	15.1
No	49	67.1
No longer breastfeeding at return to work and didn't need a pump	11	15.1

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	41	56.9
Fewer than 2 weeks	2	2.8
2 to 3 weeks	4	5.6
4 to 6 weeks	14	19.4
7 weeks to 12 weeks	11	15.3
More than 12 weeks	4	5.6

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	1	1.1
2 to 3 weeks	8	8.8
4 to 6 weeks	22	24.2
7 weeks to 12 weeks	49	53.8
More than 12 weeks	11	12.1

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	1	1.1
<b>2 to 3 weeks</b>	1	1.1
<b>4 to 6 weeks</b>	11	12.4
<b>7 weeks to 12 weeks</b>	28	31.5
<b>More than 12 weeks</b>	48	53.9

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	7	9.5	2	11.8
<b>10 to 19 hours per week</b>	5	6.8	3	17.6
<b>20 to 29 hours per week</b>	17	23.0	4	23.5
<b>30 to 39 hours per week</b>	13	17.6	4	23.5
<b>40 hours per week</b>	28	37.8	4	23.5
<b>More than 40 hours per week</b>	4	5.4	0	0.0

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	25	18.7	23	21.7	1	4.2
<b>Somewhat unsupportive</b>	6	4.5	6	5.7	0	0.0
<b>Neither unsupportive nor supportive</b>	16	11.9	12	11.3	4	16.7
<b>Somewhat supportive</b>	16	11.9	13	12.3	3	12.5
<b>Very supportive</b>	26	19.4	22	20.8	4	16.7
<b>I don't know</b>	45	33.6	30	28.3	12	50

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	43	30.7	36	32.4	5	21.7
<b>No</b>	83	59.3	65	58.6	15	65.2
<b>I don't know</b>	14	10	10	9	3	13

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	43	31.4	35	32.1	6	27.3
<b>No</b>	73	53.3	57	52.3	13	59.1
<b>I don't know</b>	21	15.3	17	15.6	3	13.6

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	6	4.5	6	5.8	0.0	0.0
<b>No</b>	91	68.9	73	70.2	14	63.6
<b>I don't know</b>	35	26.5	25	24	8	36.4

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	41	30.6	34	32.1	6	27.3
<b>No</b>	70	52.2	57	53.8	11	50
<b>I don't know</b>	23	17.2	15	14.2	5	22.7

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	8	6.1	8	7.7	0.0	0.0
<b>No</b>	111	84.1	86	82.7	21	95.5
<b>I don't know</b>	13	9.8	10	9.6	1	4.5

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	5	5.9	1	5.3
<b>My baby was cared for by the baby's father</b>	20	23.5	8	42.1
<b>My baby was cared for by another family member</b>	50	58.8	8	42.1
<b>My baby was cared for in a private home by someone else not in my family</b>	1	1.2	1	5.3
<b>My baby was cared for in a childcare center by someone else not in my family</b>	9	10.6	1	5.3

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	20	11.9	16	12.1	4	14.3
<b>Somewhat unsupportive</b>	0	0.0	0	0.0	0	0.0
<b>Neither unsupportive nor supportive</b>	8	4.8	3	2.3	5	17.9
<b>Somewhat supportive</b>	23	13.7	17	12.9	6	21.4
<b>Very supportive</b>	83	49.4	74	56.1	7	25
<b>I don't know</b>	34	20.2	22	16.7	6	21.4

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc.? (Q41)</b>	80.0	20.0
<b>Would you encourage your friends to breastfeed? (Q42)</b>	96.4	3.6

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	62.0	19.1	18.9
<b>Breastfed babies are less likely to develop diabetes</b>	60.1	14.2	25.7
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	46.4	19.8	33.8
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	79.6	5.4	15.0
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	70.2	9.1	20.7
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	91.1	2.7	6.2
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	56.8	12.3	30.9
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	44.5	3.9	51.7
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	27.8	6.2	66.1

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited <a href="http://breastmilkcounts.com">breastmilkcounts.com</a></b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	6.4	6.6	7.2
<b>No</b>	93.0	92.8	92.1
<b>I don't know</b>	0.6	0.6	0.7

**2011 Texas WIC Infant Feeding Practices Survey  
Administered October 3-November 7, 2011  
Report for Public Health Region 11**

**How many surveys are included in this report? N=1,647**

The target study population was biological mothers of infants who were 3 to 12 months of age at the time of the survey administration. Note that surveys completed by the biological mother for a child born in the years 2009, 2010, or 2011 were included in this report.

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Information about the clients who answered this survey (Demographics):**

**Q1. Were you enrolled in WIC at any time during your pregnancy with this child?**

<b>Enrolled in WIC at any time during pregnancy with this child?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,339	88.0
<b>No</b>	182	12.0

**Q5. How many years old are you?**

<b>Years old at time of survey</b>	<b># of clients</b>	<b>Percent</b>
<b>Less than 18</b>	94	5.9
<b>18-24</b>	670	41.9
<b>25-29</b>	374	23.4
<b>30-34</b>	277	17.3
<b>35-39</b>	142	8.9
<b>40 and older</b>	42	2.6

**Q6. How many months old is your baby today? (On the date of survey)** Note: Responses ranged from 0 months to more than 24 weeks months

<b>Age in months (*Note: Marked categories are not mutually exclusive-clients may fall in more than one category)</b>	
<b>Average age in months (Mean)</b>	7 months
<b>Most frequently reported age in months (Mode)</b>	8 months
<b>Less than 3 months</b>	205 (13.0%)
<b>3 or more months *</b>	1,368 (87.0%)
<b>6 or more months*</b>	941 (59.8%)
<b>12 or more months*</b>	82 (5.2%)

**Q3. What is your race/ethnicity?**

<b>Race/Ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	111	7.0
Black	7	0.4
Hispanic	1,455	91.3
Other	21	1.3

**Q7. What language do you usually speak at home?**

<b>Language usually spoken at home</b>	<b># of clients</b>	<b>Percent</b>
English	404	24.7
Spanish	684	41.8
English and Spanish	548	33.5
Other language	2	0.1

**Q8. Where were you born?**

<b>Country of birth</b>	<b># of clients</b>	<b>Percent</b>
United States	965	59.3
Mexico	646	39.7
Other country	17	1.0

**Q2. What is the highest level of education you have completed?**

<b>Highest level of education</b>	<b># of clients</b>	<b>Percent</b>
Less than high school diploma	576	37.0
High school diploma or GED	525	33.7
Some college credit, but no degree	311	20.0
Associate's degree	61	3.9
Bachelor's degree	73	4.7
Postgraduate degree	12	0.8

**Q4. Are you currently in school?**

<b>Currently in school?</b>	<b># of clients</b>	<b>Percent</b>
Yes	208	14.7

**Clients reported the following infant feeding experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q22. How old was your baby when he or she first had any foods or liquids other than breast milk or formula?**

<b>Age of baby when he or she first had foods or liquids other than breast milk or formula</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 1 month</b>	39	3.7
<b>1 to 3 months</b>	50	4.7
<b>More than 3 months but fewer than 6 months</b>	534	50.2
<b>6 months</b>	314	29.5
<b>7 or more months</b>	127	11.9

**Q40. Have you ever added cereal or other solids to your baby's bottle?**

<b>Added cereal or other solids in baby's bottle</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	571	35.4
<b>No</b>	1,044	64.6

**Q13. Thinking back to the time when you were pregnant, how did you plan to feed your baby during his or her first few weeks of life?**

<b>Planned feeding method during baby's first few weeks of life</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>I was not sure how I would feed my baby</b>	62	4.7	73	4.5
<b>Breastfeed or feed breast milk only</b>	371	27.9	466	28.5
<b>Formula feed only</b>	146	11.0	178	10.9
<b>Both breast and formula feed</b>	748	56.3	913	55.9
<b>I don't know</b>	2	0.2	4	0.2

**Q15. Was this child ever breastfed or fed breast milk even if only once?**

<b>Was child ever breastfed?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	1,340	84.1
<b>No</b>	253	15.9

**Q27. Below is a list of reasons why women may not breastfeed their babies. What was the main reason why you did not breastfeed? (Among women who reported they never breastfed)**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for not breastfeeding</b>	<b># of clients</b>	<b>Percent</b>
<b>I tried breastfeeding with a previous child and didn't like it or it didn't work out</b>	36	15.9
<b>I planned to go back to work or school</b>	36	15.9
<b>I was sick or taking medication</b>	35	15.4
<b>I did not think I would like breastfeeding</b>	31	13.7
<b>A health professional said I should not breastfeed for medical reasons</b>	18	7.9
<b>I thought I wouldn't have enough milk</b>	18	7.9
<b>I believe that formula is as good as breastfeeding or that formula is better</b>	13	5.7
<b>I wanted to use a birth control method that can't be used while breastfeeding</b>	12	5.3
<b>My baby was sick and could not breastfeed</b>	6	2.6
<b>People told me it was hard to breastfeed</b>	5	2.2
<b>I had too many other things to do</b>	5	2.2
<b>I didn't know if I could get help with breastfeeding</b>	3	1.3
<b>I did not think that my baby would be able to breastfeed</b>	3	1.3
<b>My baby's father didn't want me to breastfeed</b>	2	0.9
<b>I wanted or needed someone else to feed my baby</b>	2	0.9
<b>The baby's grandmother didn't want me to breastfeed</b>	1	0.4
<b>I wanted to smoke again or smoke more than I should while breastfeeding</b>	1	0.4

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk? [Of infants who were ever breastfed]**

<b>How long was the child breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed for 6 or more months (of infants were 6 or more months old at the time of the survey)	228	26.8
Breastfed for 12 or more months (of infants were 12 or more months old at the time of the survey)*	7	9.7

**Q22. How old was your baby when he or she completely stopped breastfeeding or being fed breast milk?**

Note: Of clients who reported they had ever breastfed their baby, 325 clients (24.3%) were still breastfeeding at the time of the survey.

<b>Duration of breastfeeding for clients who reported their baby had ever breastfed but had completely stopped breastfeeding or being fed breastmilk.</b>	
<b>Range of responses</b>	From 1 day to 1 year
<b>Average (mean) response</b>	2 months, 1 week and 1 day
<b>Median (the half-way point of all the responses; half the responses are above this number and half the responses are below this number) response</b>	2 months
<b>Mode (the most common response)</b>	2 months

**Exclusive breastfeeding of infants who were ever breastfed (Q15, 22, 25, 39)**

<b>How long was the child <u>exclusively</u> breastfed?</b>	<b># of clients</b>	<b>Percent</b>
Breastfed exclusively for 3 months or longer (of infants were 3 or more months old at the time of the survey)	177	14.4
Breastfed exclusively for 6 months or longer (of infants were 6 or more months old at the time of the survey)	40	4.8

**Q24. Was your baby ever given formula? (Among infants who were ever breastfed):**

<b>Was breastfed child ever given formula?</b>	<b># of clients</b>	<b>Percent</b>
Yes	1,257	96.0

**Q26. Below is a list of reasons why women may begin feeding their babies formula. What was the main reason that you started feeding your baby formula? [Among women who ever breastfed (Q15) and also reported their baby was ever given formula (Q24)]**

Note: Women who selected “other” or selected multiple options have been excluded and are not represented in the below results.

<b>Main reported reason for giving formula to a breastfed baby</b>	<b># of clients</b>	<b>Percent</b>
<b>My baby had trouble sucking or latching on</b>	374	20.6
<b>Breast milk alone did not satisfy my baby</b>	337	18.5
<b>I didn't think I had enough milk</b>	283	15.6
<b>I was going back to work or school outside of the home</b>	176	9.7
<b>My baby lost interest in nursing or began to wean him or herself</b>	128	7.0
<b>I could not tell how much my baby ate</b>	107	5.9
<b>Breastfeeding was too painful</b>	88	4.8
<b>I did not want to breastfeed in public</b>	70	3.8
<b>I was not able to make enough milk after I went back to work</b>	59	3.2
<b>My baby became sick and could not breastfeed</b>	47	2.6
<b>A health professional said I should feed my baby formula</b>	46	2.5
<b>I did not like breastfeeding</b>	41	2.3
<b>I felt that I breastfed long enough for my baby to get the benefits of breastfeeding</b>	34	1.9
<b>My baby began to bite</b>	29	1.6

**Q23. Did you breastfeed for as long as you wanted to? [of mothers who ever breastfed and stopped breastfeeding]**

<b>Breastfed for as long as wanted?</b>	<b># Born to WIC</b>	<b>% Born to WIC</b>	<b># all clients</b>	<b>Percent all clients</b>
<b>Yes</b>	376	48.1	474	48.9
<b>No</b>	406	51.9	496	51.1

**Clients reported the following birth experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q10. Was your baby delivered by cesarean section (C-section)?**

<b>Cesarean (C-section) delivery?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	732	45.4
<b>No</b>	880	54.6

**Q9. Was your baby born prematurely (before the 37th week of pregnancy)?**

<b>Baby born before 37 weeks of pregnancy?</b>	<b># of clients</b>	<b>Percent</b>
<b>Yes</b>	218	13.4
<b>No</b>	1,396	85.5
<b>Unknown</b>	18	1.1

**Clients reported experiencing the following maternity practices in infant nutrition and care in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Labor and Delivery Care (Q32, Q16)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>My baby was placed on my stomach or chest immediately after birth</b>	54.0	54.4	54.3
<b>I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth</b>	53.2	53.1	53.8
<b>Breastfed or tried to breastfeed within the first hour after delivery</b>			45.8

**Contact Between Mother and Infant (Q32)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (%)</b>	<b>All Born-to-WIC (%)</b>	<b>All clients who ever breastfed (%)</b>
<b>My baby stayed in the same room as me at all times except for surgical procedures</b>	60.4	62.1	60.4
<b>My baby DID NOT spent one night or more away from me in the nursery</b>	65.6	66.9	66.2

**Breastfeeding Assistance (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
Hospital staff helped me with breastfeeding by showing me how or talking to me about breastfeeding	77.6	78.0	79.1
Hospital staff told me how to know when my baby is hungry, such as when baby sucks on his/her tongue, lips, hands or fingers	87.5	88.5	88.2
Hospital staff told me to breastfeed my baby whenever my baby wanted	73.2	72.9	74.7
Hospital staff DID NOT tell me to limit the length of time my baby breastfed (for example, tell me to breastfeed for only 10 or 15 minutes per breast)	34.3	34.8	33.5
Hospital staff showed me how to hand express (use my hands to remove milk from my breast)	58.6	59.4	59.8
My baby was NOT given a pacifier while in the hospital	28.2	27.7	28.8

**Feeding of Infants (Q32, Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
My baby received breast milk at the very first feeding	47.8	48.2	54.7
Hospital staff encouraged me to give my baby only breast milk	70.9	71.1	72.4
Hospital staff DID NOT provide or offer formula	19.8	19.7	19.5

**Facility Discharge Care (Q17)**

<b>The respondent reported the following things happened while in the hospital or birthing center when the baby was born</b>	<b>All clients (Percent)</b>	<b>All Born-to-WIC (Percent)</b>	<b>All clients who ever breastfed (Percent)</b>
<b>Hospital staff gave me a telephone number that I could call for help with breastfeeding once I left the hospital.</b>	62.3	62.9	63.4
<b>Hospital staff gave me information about any breastfeeding support groups or services for help with breastfeeding once I left the hospital.</b>	66.2	66.9	67.2

**Clients reported the following experiences with formula use in the hospital where they gave birth:** *Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Infant feeding during the hospital stay and at discharge**

<b>What was client's baby fed while in the hospital or birth center? (Q33)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	193	14.0
<b>Formula only</b>	479	34.7
<b>Both breast milk and formula</b>	708	51.3
<b>What was client's baby fed when baby left the hospital or birth center? (Q36)</b>	<b># of clients</b>	<b>Percent</b>
<b>Breast milk only</b>	321	19.9
<b>Formula only</b>	509	31.6
<b>Both breast milk and formula</b>	781	48.5

**Q34. How did you get the formula for your baby the first time your baby was given formula in the hospital? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>How did clients get the formula that the baby was fed the first time the baby received formula while in the hospital?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>I asked for the formula</b>	15.5	14.5
<b>Formula was available in my room without me asking for it</b>	20.4	26.4
<b>Hospital staff brought me the formula without me asking for it</b>	38.6	32.5
<b>Hospital staff fed my baby the formula without me asking for it</b>	25.5	26.6

**Q35. Before your baby was fed formula, did a nurse or doctor talk to you about the differences between breast milk and formula? (Among clients who reported that their baby was fed formula only or both breast milk and formula while in the hospital or birth center)**

<b>Did a nurse or doctor talk to respondent about the differences between breast milk and formula before giving formula?</b>	<b>Formula-fed only (Percent)</b>	<b>Fed both breast milk and formula (Percent)</b>
<b>Yes</b>	47.3	53.8
<b>No</b>	48.8	42.3
<b>I don't know</b>	3.9	3.9

**Clients reported the following experiences with formula marketing:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q38. Did you receive free samples of infant formula?**

<b>Clients received free samples of formula (Yes):</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>In a gift bag or diaper bag from the hospital or birth center</b>	1,493	92.2	1,214	92.0	234	93.2
<b>From a doctor or other healthcare provider outside the hospital</b>	262	20.4	214	20.4	38	18.7
<b>Through the mail</b>	195	15.3	163	15.6	29	14.1

**Clients with infants who spent time in the Neonatal Intensive Care Unit (NICU) reported the following experiences:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q29a. During the time your baby was in the NICU, I was encouraged to spend time holding my baby skin-to-skin.**

<b>Encouraged to hold baby skin-to-skin in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	106	55.2	90	58.8
<b>No</b>	82	42.7	62	40.5

**Q29b. During the time your baby was in the NICU, someone talked to me about the importance of breast milk for my baby.**

<b>Talked to about the importance of breast milk for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	150	78.1	130	83.3
<b>No</b>	37	19.3	25	16.0

**Q29c. During the time your baby was in the NICU, I was offered an electric breast pump while I was separated from my baby.**

<b>Offered an electric breast pump while separated from baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	104	55.0	91	59.9
<b>No</b>	83	43.9	59	38.8

**Q29d. During the time your baby was in the NICU, someone showed me how to use an electric breast pump.**

<b>Taught to use breast pump for baby in NICU</b>	<b># Total</b>	<b>% Total</b>	<b># ever breastfed</b>	<b>Percent ever breastfed</b>
<b>Yes</b>	103	55.4	94	62.7
<b>No</b>	82	44.1	55	36.7

**Q30. Did you receive an electric breast pump from WIC after you were discharged from the hospital? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) and who reported ever breastfeeding).**

<b>Received an electric breast pump from WIC after hospital discharge</b>	<b># clients</b>	<b>Percent clients</b>
<b>Yes</b>	65	41.1
<b>No</b>	93	58.9

**Q31. About how many days after you were discharged from the hospital did you receive the breast pump from WIC? (For clients whose baby had to spend any time in a hospital intensive care unit (NICU) that reported ever breastfeeding AND reported receiving a breast pump from WIC after hospital discharge).**

<b>Number of days after discharge until receiving a breast pump for infant in NICU</b>	<b># of clients</b>	<b>Percent</b>
The day I was discharged	17	27.0
1-2 days	16	25.4
3-4 days	11	17.5
5-6 days	4	6.3
7 or more days	15	23.8

**Clients reported the following experiences with WIC Staff:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q14. The following statements are experiences that you may have had with WIC Staff. Please indicate if you have had these experiences (Answer options: Yes, No, I Don't Know).**

<b>Client reported experiences with WIC staff</b>	<b>Percent of clients answering "Yes"</b>
I met with a WIC peer counselor during pregnancy	65.8
A WIC peer counselor visited me in the hospital	27.0
I met with a WIC peer counselor after my baby was born	67.2
WIC staff encouraged me to breastfeed	89.4
WIC staff told me about how to breastfeed my baby	93.4
WIC staff told me about the benefits of the food package for breastfeeding mothers	94.0
WIC staff told me that breast pumps are available from WIC	86.7
I got a breast pump from my WIC clinic	45.8
WIC staff told me about the benefits of breastfeeding	96.9
WIC staff told me about when to begin giving cereal and other foods	69.2

**Clients reported the following experiences with breastfeeding difficulties and support:***Note: Results with small numbers are less reliable and should be interpreted with caution.***Q18. Did you have any of the following problems breastfeeding your baby during the first 2 weeks of breastfeeding? (Among clients who reported ever breastfeeding?)**

<b>Client had the following breastfeeding problems during the first two weeks of breastfeeding:</b>	<b>Total #</b>	<b>Total %</b>	<b>Born-to-WIC #</b>	<b>Born-to-WIC %</b>	<b>Exclusively breastfed while in hospital #</b>	<b>Exclusively breastfed while in hospital %</b>
<b>My baby had trouble sucking or latching on</b>	576	17.1	484	17.8	61	12.1
<b>My baby wouldn't wake up to nurse regularly</b>	166	4.9	135	5.0	27	5.3
<b>My baby was not interested in nursing</b>	193	5.7	157	5.8	10	2.0
<b>I felt like my baby nursed too often</b>	137	4.1	110	4.0	40	7.9
<b>It seemed like it took too long for my milk to come in</b>	294	8.7	229	8.4	27	5.3
<b>I had trouble getting the milk flow to start</b>	318	9.5	255	9.4	32	6.3
<b>My baby didn't gain enough weight or lost too much weight</b>	47	1.4	37	1.4	12	2.4
<b>I didn't think I had enough milk</b>	361	10.7	287	10.6	48	9.5
<b>My nipples were sore, cracked, or bleeding</b>	336	10.0	267	9.8	71	14.1
<b>My breasts were overfull (engorged)</b>	294	8.7	242	8.9	58	11.5
<b>My breast was infected</b>	23	0.7	14	0.5	3	0.6
<b>My breasts leaked too much</b>	239	7.1	198	7.3	42	8.3
<b>I had some other problem</b>	91	2.7	74	2.7	18	3.6
<b>I had no problems</b>	286	8.5	230	8.5	56	11.1

**Q19. Did you ask for help with these problems from WIC, a health professional (a doctor, midwife, or nurse), a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Asked for help with breastfeeding problems?</b>	<b># of clients</b>	<b>Percent</b>
Yes	686	60.1
No	455	39.9

**Q20. Did you GET any help with these problems from WIC, a health professional, a lactation consultant, or a breastfeeding support group? (Among clients reporting they experienced breastfeeding problems within the first two weeks).**

<b>Got help with breastfeeding problems after asking for help?</b>	<b># of clients</b>	<b>Percent</b>
Yes	696	70.1
No	297	29.9

**Q21. Did the help you received solve the problem(s) or make them better? (Among clients reporting they experienced breastfeeding problems within the first two weeks and who reported getting help for their problems).**

<b>The help the client received solved their breastfeeding problems or made them better?</b>	<b># of clients</b>	<b>Percent</b>
No, not at all	18	24.0
No, not much	5	6.7
No opinion or don't know	25	33.3
Yes, a little	23	30.7
Yes, very much	4	5.3

**Q43. In general, how supportive of breastfeeding are people in your community?**

<b>In general, the people in the client's community are _____ of breastfeeding.</b>	<b># of clients</b>	<b>Percent</b>
Very unsupportive	116	7.2
Somewhat unsupportive	59	3.7
Neither unsupportive nor supportive	67	4.2
Somewhat supportive	270	16.8
Very supportive	717	44.6
I don't know	377	23.5

**Clients reported the following experiences with working and breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

**Q44. Did you work for pay at any time after your baby was born?**

<b>Did client work for pay after baby was born?</b>	<b># of clients</b>	<b>Percent</b>
Yes	297	19.1
No	1,257	80.9

**Q49. Did you receive an electric breast pump from WIC before you went back to work?**

<b>Received an electric breast pump from WIC before returning to work</b>	<b># of clients</b>	<b>Percent</b>
Yes	61	27.6
No	118	53.4
No longer breastfeeding at return to work and didn't need a pump	38	17.2

**Q45. Thinking back to the time you took off from work to have your baby, how many weeks were you able to receive full- or partial-paid leave including sick leave, vacation, short-term disability, and other accrued paid time off? (Of clients who reported ever working for pay after their babies were born and who also worked during their pregnancy).**

<b>Weeks of leave the client took off from work after the baby's birth that were all or partially paid</b>	<b># of clients</b>	<b>Percent</b>
None	112	50.0
Fewer than 2 weeks	16	7.1
2 to 3 weeks	18	8.0
4 to 6 weeks	31	13.8
7 weeks to 12 weeks	38	17.0
More than 12 weeks	9	4.0

**Q46. How old was your baby when you started working after your delivery?**

<b>Age of baby when client started to work after birth</b>	<b># of clients</b>	<b>Percent</b>
Fewer than 2 weeks	8	3.0
2 to 3 weeks	19	7.0
4 to 6 weeks	82	30.3
7 weeks to 12 weeks	129	47.6
More than 12 weeks	33	12.2

**Q47. How long would you have preferred to stay at home with your baby before returning to work?**

<b>Length of time client would have preferred to stay at home with baby before returning to work after birth</b>	<b># of clients</b>	<b>Percent</b>
<b>Fewer than 2 weeks</b>	3	1.2
<b>2 to 3 weeks</b>	4	1.6
<b>4 to 6 weeks</b>	23	9.5
<b>7 weeks to 12 weeks</b>	81	33.3
<b>More than 12 weeks</b>	132	54.3

**Q48. When you first started working after your delivery, about how many hours per week did you usually work?**

<b>Number of hours worked per week after returning to work</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>1 to 9 hours per week</b>	26	11.5	4	9.3
<b>10 to 19 hours per week</b>	25	11.0	8	18.6
<b>20 to 29 hours per week</b>	48	21.1	8	18.6
<b>30 to 39 hours per week</b>	43	18.9	9	20.9
<b>40 hours per week</b>	73	32.2	13	30.2
<b>More than 40 hours per week</b>	12	5.3	1	2.3

**Q50. Think back to where you worked after your baby was born. In your opinion, how supportive of breastfeeding was the place where you worked?**

<b>Client reported the worksite had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	45	9.8	41	11.1	4	5.5
<b>Somewhat unsupportive</b>	20	4.4	18	4.9	2	2.7
<b>Neither unsupportive nor supportive</b>	50	10.9	39	10.6	10	13.7
<b>Somewhat supportive</b>	51	11.1	42	11.4	7	9.6
<b>Very supportive</b>	118	25.8	100	27.1	11	15.1
<b>I don't know</b>	174	38.0	129	35.0	39	53.4

**Q51a. Think back to where you worked after your baby was born. Did the place you worked have a private place (not a bathroom) to pump breast milk?**

<b>Workplace had a private place (not a bathroom) to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	136	28.9	124	32.3	9	13.0
<b>No</b>	286	60.9	226	58.9	48	69.6
<b>I don't know</b>	48	10.2	34	8.9	12	17.4

**Q51b. Think back to where you worked after your baby was born. Did the place you worked allow break time to pump breast milk?**

<b>Workplace allowed break time to pump breast milk</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	147	34.0	129	36.6	12	17.9
<b>No</b>	197	45.6	162	46.0	30	44.8
<b>I don't know</b>	88	20.4	61	17.3	25	37.3

**Q51c. Think back to where you worked after your baby was born. Did the place you worked have a written employee policy about working and breastfeeding?**

<b>Workplace had a written employee policy about working and breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	41	9.6	38	10.9	3	4.5
<b>No</b>	277	64.6	224	64.4	42	63.6
<b>I don't know</b>	111	25.9	86	24.7	21	31.8

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow flexible scheduling so that breaks could be taken when needed?**

<b>Workplace allowed flexible scheduling so that breaks could be taken when needed</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	162	37.6	134	38.3	19	28.8
<b>No</b>	194	45.0	163	46.6	27	40.9
<b>I don't know</b>	75	17.4	53	15.1	20	30.3

**Q51d. Think back to where you worked after your baby was born. Did the place you worked allow employees to work from home OR bring their babies to work?**

<b>Workplace allowed employees to work from home OR bring their babies to work</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Yes</b>	53	12.4	47	13.5	3	4.5
<b>No</b>	312	72.9	253	72.9	49	74.2
<b>I don't know</b>	63	14.7	47	13.5	14	21.2

**Q52. Who took care of your baby while you were working?**

<b>Who took care of baby while client was working?</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>I kept my baby with me while I was working</b>	23	9.3	4	8.2
<b>My baby was cared for by the baby's father</b>	65	26.2	14	28.6
<b>My baby was cared for by another family member</b>	124	50	27	55.1
<b>My baby was cared for in a private home by someone else not in my family</b>	11	4.4	1	2.0
<b>My baby was cared for in a childcare center by someone else not in my family</b>	25	10.1	3	6.1

**Q53. In your opinion, how supportive of breastfeeding is your child care provider?**

<b>Client reported the child care provider had the following level of support for breastfeeding</b>	<b>Total #</b>	<b>Total %</b>	<b># Ever breastfed</b>	<b>% Ever breastfed</b>	<b># Never breastfed</b>	<b>% Never breastfed</b>
<b>Very unsupportive</b>	42	8.0	40	9.3	2	2.7
<b>Somewhat unsupportive</b>	3	0.6	2	0.5	0	0.0
<b>Neither unsupportive nor supportive</b>	25	4.8	18	4.2	4	5.5
<b>Somewhat supportive</b>	37	7.0	29	6.7	6	8.2
<b>Very supportive</b>	276	52.5	242	56.3	23	31.5
<b>I don't know</b>	143	27.2	99	23.0	38	52.1

**Clients reported the following attitudes and beliefs about breastfeeding:**

*Note: Results with small numbers are less reliable and should be interpreted with caution.*

<b>Client attitudes about breastfeeding</b>	<b>Yes (%)</b>	<b>No (%)</b>
<b>Do you think it is okay for women to breastfeed in public places like restaurants, parks, etc.? (Q41)</b>	80.4	19.6
<b>Would you encourage your friends to breastfeed? (Q42)</b>	95.6	4.4

**Q55. Do you believe the following statements about breastfeeding are true or false?**

<b>Statement about breastfeeding</b>	<b>True %</b>	<b>False %</b>	<b>Don't Know %</b>
<b>Breastfed babies are less likely to become obese children and adults</b>	59.4	19.0	21.5
<b>Breastfed babies are less likely to develop diabetes</b>	58.6	13.8	27.5
<b>Breastfed babies are less likely to die from sudden infant death syndrome (SIDS)</b>	45.8	18.8	35.4
<b>Breastfeeding benefits children even after they stop nursing (higher IQ, better health, etc.)</b>	75.0	6.9	18.1
<b>Mothers who breastfeed are less likely to get breast or ovarian cancer</b>	69.4	11.2	19.5
<b>Breastfeeding mothers burn more calories making it easier to lose pregnancy weight</b>	89.5	2.8	7.7
<b>Breastfeeding mothers get more food on WIC than non-breastfeeding mothers</b>	60.0	9.8	30.2
<b>In Texas, there is a law that gives women the right to breastfeed their babies in public</b>	61.2	3.1	35.7
<b>There is a law that requires employers to give their breastfeeding employees enough break time and a clean, private place to pump milk during the work day</b>	32.1	6.7	61.2

**Q57. Have you visited the website [breastmilkcounts.com](http://breastmilkcounts.com)?**

<b>Client has visited breastmilkcounts.com</b>	<b>Total %</b>	<b>Born-to-WIC %</b>	<b>Ever Breastfed %</b>
<b>Yes</b>	7.8	8.2	8.5
<b>No</b>	89.6	89.3	88.5
<b>I don't know</b>	2.6	2.5	3.0