

Breastfeeding Beliefs, Attitudes, and  
Practices in the Texas WIC Population

State and Regional Findings  
from the 2009  
Infant Feeding Practices Survey



In 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 American Academy of Pediatrics and American College of Obstetrics and Gynecology as well as a large body of research findings. The Texas Department of State Health Services (DSHS) is committed to supporting a woman’s choice to breastfeed. DSHS has implemented, and continues to support programs that encourage breastfeeding friendly workplaces and a woman’s right to breastfeed in public. These programs are in addition to the breastfeeding promotion efforts of the Nutrition Services Section.

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 53 questions and was 8 pages in length, allowed primarily multiple choice (close ended) responses with two open ended questions. A total of 6,795 surveys were completed in 73 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 who did not receive WIC services during their pregnancy 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, who also received WIC services during their pregnancy. Skip patterns in the survey further limited responses. Questions and subsequent skip patterns are detailed on the following page. 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.

Questionnaires were administered as Scantron paper surveys. Respondents were asked to fill in the bubble for events or reasons that were most applicable to them. Blank responses were coded as missing data. Nearly all questions asked for a single response to allow for mutually exclusive results, with one exception of a question about who cared for the baby while the mother was at work. Respondents were

instructed to fill in all responses that applied. The table below shows which women responded to the categories of questions presented in this report, based on the skip patterns in the survey.

Survey Questions	All Women	Survey Population Subgroups		
		Ever Breastfed	Never Breastfed	Returned to work
Respondent Demographics	X			
Breastfeeding Duration		X		
Exclusive Breastfeeding		X		
Reasons for Introducing Formula		X		
Reasons for Never Breastfeeding			X	
Experiences with WIC Staff	X			
Hospital Infant Feeding Experiences	X			
Introduction of Complementary foods	X			
Work Experiences Regarding Breastfeeding				X
Beliefs and Attitudes Regarding Breastfeeding	X			

### Analysis

After eliminating non-biological mothers and women who did not receive WIC services while pregnant, the final sample size was 5,427. Exclusivity of breastfeeding was calculated from duration and introduction of formula and complementary foods questions. Although duration was only asked of women who breastfed, duration and exclusivity are reported among all women so prevalences are comparable to Healthy People 2010 goals. 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. Hospital experiences are reported among women who gave birth in a hospital or birth center and questions referring to work experiences are limited to women who responded that they returned to work after their child was born. *Don't know* responses were recoded as missing values unless *Don't know* responses are presented in this report.

This document contains data analyses at a state and regional level. Each level of analyses is presented with a different corresponding color – state is blue and regional is green. 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 this data is not presented in this report due to small sample sizes. These results are available in a separate file and should be utilized with caution.

## **WIC Local Agencies Analyzed Include:**

<b>Local Agency #</b>	<b>1</b>	<b>Austin/Travis County Health &amp; Human Services Department</b>
<b>Local Agency #</b>	<b>3</b>	<b>Cameron County Department of Health and Human Services</b>
<b>Local Agency #</b>	<b>4</b>	<b>Su Clinica Familiar</b>
<b>Local Agency #</b>	<b>5</b>	<b>Driscoll Children's Hospital</b>
<b>Local Agency #</b>	<b>7</b>	<b>City of Dallas Dept of Environmental &amp; Health Services</b>
<b>Local Agency #</b>	<b>10</b>	<b>Grayson County Health Department</b>
<b>Local Agency #</b>	<b>11</b>	<b>Galveston County Health District</b>
<b>Local Agency #</b>	<b>12</b>	<b>Hidalgo County Health &amp; Human Services Department</b>
<b>Local Agency #</b>	<b>13</b>	<b>Laredo (City of) Health Department</b>
<b>Local Agency #</b>	<b>17</b>	<b>University of Texas Health Science Center/Houston</b>
<b>Local Agency #</b>	<b>19</b>	<b>Vida Y Salud-Health Systems, Inc.</b>
<b>Local Agency #</b>	<b>20</b>	<b>Regence Health Network</b>
<b>Local Agency #</b>	<b>21</b>	<b>Wichita Falls-Wichita County Public Health District</b>
<b>Local Agency #</b>	<b>22</b>	<b>Waco-McLennan County Public Health District</b>
<b>Local Agency #</b>	<b>24</b>	<b>United Medical Center</b>
<b>Local Agency #</b>	<b>26</b>	<b>Houston Health and Human Services Department</b>
<b>Local Agency #</b>	<b>27</b>	<b>South Plains Community Action Association, Inc.</b>
<b>Local Agency #</b>	<b>28</b>	<b>Centro de Salud Familiar La Fe, Inc.</b>
<b>Local Agency #</b>	<b>29</b>	<b>Fort Bend Family Health Center, Inc.</b>
<b>Local Agency #</b>	<b>30</b>	<b>Port Arthur City Health Department</b>
<b>Local Agency #</b>	<b>31</b>	<b>Bell County Public Health District</b>
<b>Local Agency #</b>	<b>32</b>	<b>Brazos Valley Community Action Agency, Inc.</b>
<b>Local Agency #</b>	<b>33</b>	<b>City of El Paso Department of Public Health</b>
<b>Local Agency #</b>	<b>34</b>	<b>Abilene Public Health Department</b>
<b>Local Agency #</b>	<b>35</b>	<b>Denton County Health Department</b>
<b>Local Agency #</b>	<b>36</b>	<b>City of San Marcos</b>
<b>Local Agency #</b>	<b>37</b>	<b>Victoria City-County Health Department</b>
<b>Local Agency #</b>	<b>38</b>	<b>Corpus Christi-Nueces County Public Health District</b>
<b>Local Agency #</b>	<b>39</b>	<b>Northeast Texas Public Health District</b>
<b>Local Agency #</b>	<b>40</b>	<b>Beaumont Public Health Department</b>
<b>Local Agency #</b>	<b>41</b>	<b>San Antonio Metropolitan Health District</b>
<b>Local Agency #</b>	<b>42</b>	<b>Williamson County &amp; Cities Health District</b>
<b>Local Agency #</b>	<b>43</b>	<b>Community Health Centers of South Central Texas, Inc.</b>
<b>Local Agency #</b>	<b>44</b>	<b>City of Del Rio-WIC Program</b>
<b>Local Agency #</b>	<b>45</b>	<b>Cross Timbers Health Clinic, Inc.</b>
<b>Local Agency #</b>	<b>46</b>	<b>Brazoria County Health Department</b>
<b>Local Agency #</b>	<b>48</b>	<b>Harris County Public Health &amp; Environmental Services</b>
<b>Local Agency #</b>	<b>49</b>	<b>Frio County - WIC</b>
<b>Local Agency #</b>	<b>51</b>	<b>San Patricio County Health Department</b>
<b>Local Agency #</b>	<b>53</b>	<b>Atascosa (RHI) Health Clinic</b>
<b>Local Agency #</b>	<b>54</b>	<b>Tarrant County Health Department</b>
<b>Local Agency #</b>	<b>56</b>	<b>San Angelo-Tom Green County Health Department</b>
<b>Local Agency #</b>	<b>58</b>	<b>Angelina County &amp; Cities Health District</b>

Local Agency #	59	Barrio Comprehensive Family Health Care Center, Inc.
Local Agency #	60	Matagorda County Hospital District
Local Agency #	61	Jasper-Newton County Public Health District
Local Agency #	62	Paris-Lamar County Health Department
Local Agency #	63	Hardin County Health Department
Local Agency #	64	Medina County Health Department
Local Agency #	65	Texarkana-Bowie County Family Health Center
Local Agency #	67	Corsicana-Navarro County Public Health District
Local Agency #	69	Community Council of South Central Texas, Inc.
Local Agency #	70	Chambers County Health Department
Local Agency #	71	Collin County Health Care Services
Local Agency #	73	El Centro Del Barrio, Inc.
Local Agency #	74	Brownwood-Brown County Health Department
Local Agency #	76	North Texas Home Health Services Inc., dba Outreach Health Services
Local Agency #	77	UTMB Regional WIC Program at Galveston
Local Agency #	83	Health Service Regions 9/10
Local Agency #	84	Health Service Regions 6 & 5 South
Local Agency #	87	Health Service Regions 4/5
Local Agency #	88	HSR/11 Local Agency #88 WIC
Local Agency #	89	CHRISTUS Santa Rosa Health Care
Local Agency #	90	Los Barrios Unidos Community Clinic
Local Agency #	94	Texas Tech University Health Sciences Center/Permian Basin
Local Agency #	95	Hill Country Memorial Community Services-WIC
Local Agency #	100	City of Amarillo
Local Agency #	102	East Texas Medical Center WIC
Local Agency #	105	Milam County Health Department
Local Agency #	106	St. Joseph Regional Health Center
Local Agency #	107	Community Care Foundation, Inc.
Local Agency #	108	Longview Wellness Centers, Inc.
Local Agency #	109	Saint Mark's Medical Center

### **Contact Information**

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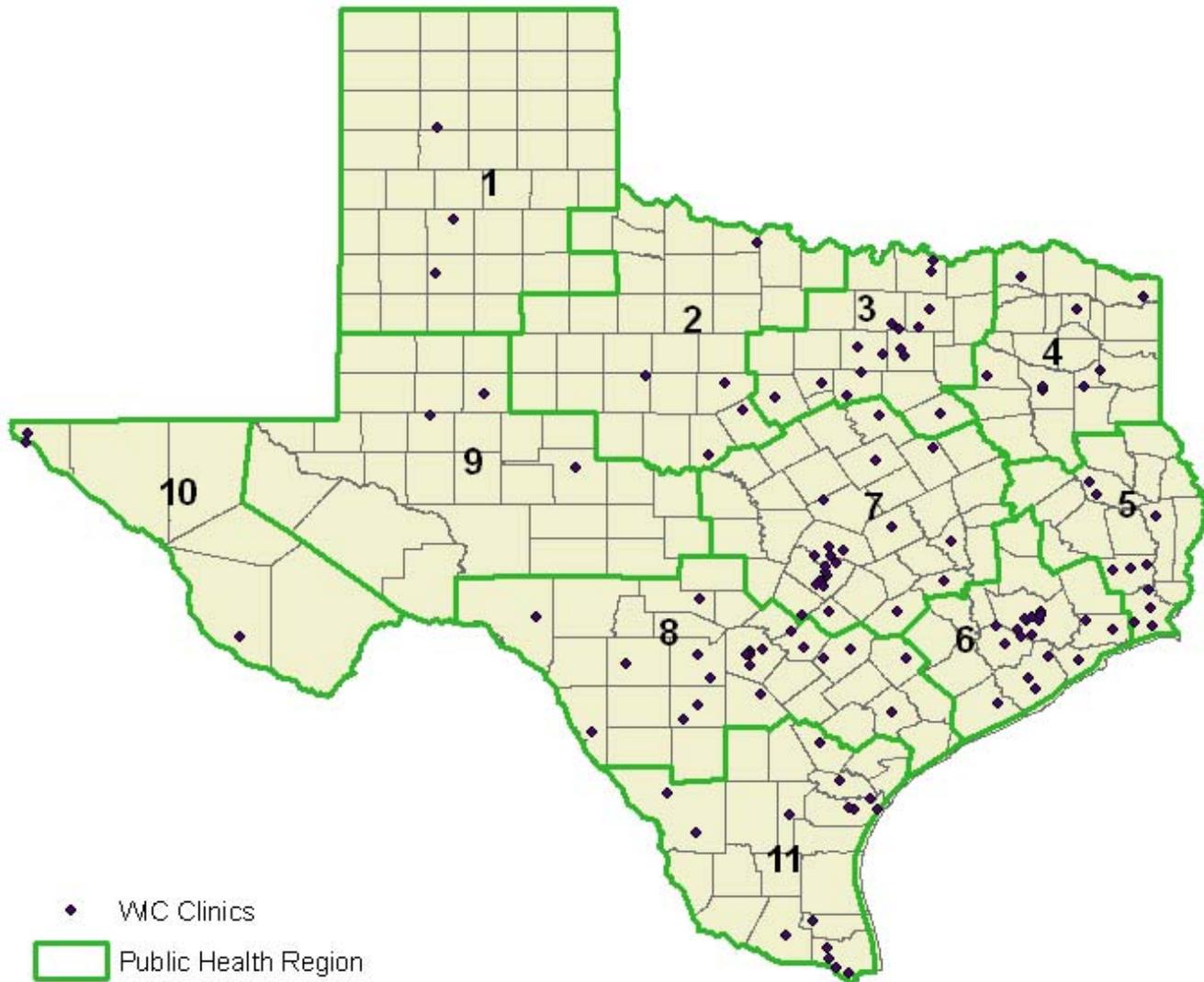
# WIC LOCAL AGENCIES PARTICIPATING IN THE 2009 INFANT FEEDING PRACTICES SURVEY, BY PUBLIC HEALTH REGION



PHR 1		PHR 2		PHR 3		PHR 4		PHR 5	
LA #20		LA #21		LA #7		LA #39		LA #30	
LA #27		LA #34		LA #10		LA #62		LA #40	
LA #76		LA #45		LA #35		LA #65		LA #58	
LA #100		LA #74		LA #54		LA #87		LA #61	
				LA #67		LA #102		LA #63	
				LA #71				LA #87	
				LA #76					
				LA #90					
PHR 6			PHR 7			PHR 8			
LA #11	LA #48	LA #1	LA #105	LA #19	LA #43	LA #64			
LA #17	LA #60	LA #22	LA #106	LA #24	LA #44	LA #69			
LA #26	LA #70	LA #31	LA #107	LA #36	LA #49	LA #73			
LA #29	LA #77	LA #32	LA #108	LA #37	LA #53	LA #89			
LA #46	LA #84	LA #36	LA #109	LA #41	LA #59	LA #95			
		LA #42							
PHR 9			PHR 10			PHR 11			
LA #56			LA #28			LA #3		LA #13	
LA #83			LA #33			LA #4		LA #38	
LA #94			LA #83			LA #5		LA #51	
						LA #12		LA #88	

Note: Some local agencies serve two regions, and are listed twice

# WIC CLINICS PARTICIPATING IN THE 2009 INFANT FEEDING PRACTICES SURVEY, BY PUBLIC HEALTH REGION



# KEY FINDINGS AT THE STATE AND REGIONAL LEVEL

## STATE

- Demographics
  - The majority of the client population is Hispanic women between the ages of 18 to 29 years.
- Breastfeeding Duration
  - 6.0% of all women breastfed exclusively for at least 6 months. 15.8% breastfed exclusively for at least 3 months.
  - 26.6% reported that they never breastfed.
  - 52.0% of women who breastfed reported that they had breastfed for as long as they wanted.\*
- Introduction of Complementary Foods
  - 11.8% of women introduced cereal or other baby foods and 4.4% introduced 100% fruit or vegetable juice before 4 months.
  - 41.1% of mothers have added cereal or other solids to their baby's bottle.
- Breastfeeding Experiences in Hospital
  - 83.6% of women reported that they received free samples of infant formula from the hospital or birth center
  - 37.6% reported breastfeeding their baby within the first hour after delivery
- Reasons for Never Breastfeeding
  - The most common reason cited for never breastfeeding was "I didn't think I would like breastfeeding." with 24.6% of women reporting this as the main reason.
  - Other common reasons were "I breastfed a previous child and didn't like it (22.4%) " and "I planned to go back to work/school" (20.4%).
- Reasons for Introducing Formula
  - The most commonly cited reason for introducing formula was "I didn't think I had enough milk", with 30.5% of breastfeeding women reporting this as the main reason.
  - "Baby had trouble sucking or latching on" (21.5%) and "I was going back to work/school outside of home" (15.7%) were other commonly cited reasons for introducing formula.
- Workplace Attitudes Towards Breastfeeding
  - Of women who returned to work after their baby was born, a similar proportion of women reported that their workplace was supportive of breastfeeding (36.3%) as those who reported an unsupportive workplace (36.5%).
- Knowledge and Awareness of Laws Protecting a Woman's Right to Breastfeed.
  - Almost as many women know about the Texas law that gives women the right to breastfeed in public (47.5%) as report that they don't know (49.0%).

## REGIONS

- Breastfeeding Duration
  - PHR 3 fared best in terms of breastfeeding initiation. Approximately 78.9% of women reported that they breastfed their child.
  - PHR 1 fared best in terms of long term breastfeeding with 11.7% of women responding they exclusively breastfed for at least 6 months.
  - PHR 6 had the highest proportion of breastfeeding women reporting that they breastfed as long as they wanted (57.1%). The lowest proportion of breastfeeding women reporting they breastfed as long as they wanted was in PHR 2 (34.3).\*
- Introduction of Complementary Foods
  - PHR2 had the highest prevalence of introduction of cereal or other baby foods before 4 months of age (21.0%). PHR 1 had the lowest prevalence at 7.5%.
- Breastfeeding Experiences in Hospital
  - PHR 5 had the highest prevalence of women who reported that they received free samples of infant formula from the hospital or birth center at 88.8%.
  - PHR 6 fared best in terms of women who reported that they breastfed their baby within the first hour after the baby was born (42.9%)
- Reasons for Never Breastfeeding
  - 44.7% of women in PHR 5 reported that they did not think they would like breastfeeding as the main reason why they never breastfed.
  - PHR11 had the lowest prevalence of women citing this as their main reason at 15.3%.
- Reasons for Introducing Formula
  - The main reason for introducing formula among WIC women in most PHRs was “I didn't think I had enough milk”.
  - Women in PHRs 2 and 5 reported “baby had trouble sucking or latching on” as the most common main reason.
  - Another commonly cited reason was “...going back to school or work outside the home.” PHR 10 had 21.8% of women cite this as their main reason for introducing formula.
- Workplace Attitudes Towards Breastfeeding
  - PHR 2 had the highest proportion of women returning to work after birth (52.9%) and about equal proportions of these women reported their workplace being supportive (36.3%) vs. unsupportive (35.4%) of breastfeeding.
- Knowledge and Awareness of Laws Protecting a Woman's Right to Breastfeed.
  - PHR 2 had the highest prevalence of women who were aware of the Texas law that gives women the right to breastfeed in public at 58.0%.
  - The range was a high of 58.0% in PHR 2 and a low of 41.9% in PHR 10.

\*Figures not presented in report tables



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY STATEWIDE (n=5427)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.3	White	18.9	Less than High School Diploma	31.5	14.0%
18-24	45.4	African-American	11.2	High School Diploma or GED	37.4	
25-29	26.6	Hispanic	68.0	Some College	23.8	
30-34	15.9	Other	1.9	Associate's Degree	3.9	
35-39	6.8			Bachelor's Degree	2.7	
40 and older	2.0			Postgraduate Degree	0.6	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 73.4%

## BREASTFEEDING DURATION

NEVER BREASTFED	FOR ≥ 6 MONTHS	FOR ≥ 12 MONTHS
Never breastfed 26.6%	Breastfed for 6 months or longer 29.3%	Breastfed for 12 months or longer 11.3%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>	
Breastfed exclusively for 3 months or longer 15.8%	Breastfed exclusively for 6 months or longer 6.0%	
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	32.4%	29.9%
		<b>Did not breastfeed or is still breastfeeding</b>
		37.7%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

## MAIN REASON FOR NEVER BREASTFEEDING

Reason	%
I breastfed previous child and didn't like it.	22.4
I planned to go back to work/school.	20.4
I was sick or taking medication.	14.3
I thought I wouldn't have enough milk.	9.3
I didn't think I would like breastfeeding.	24.6
I didn't know if I could get help with breastfeeding.	0.4
I didn't think my baby would be able to breastfeed.	1.8
People told me it was too hard to breastfeed.	2.5
I had too many other things to do.	4.3

## MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%
Baby had trouble sucking or latching on.	21.5
Baby lost interest in nursing/began to wean him/herself.	8.9
I felt I had breastfed long enough for baby to get benefits.	3.8
I didn't think I had enough milk.	30.5
I could not tell how much my baby ate.	6.3
A health professional said I should feed my baby formula.	4.1
Breastfeeding was too painful.	4.8
I was going back to work/school outside of home.	15.7
I did not want to breastfeed in public.	4.4

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			36.4%	Ever had tea or herbal drinks	22.3
100% fruit or vegetable juice	4.4%	49.0%		Ever added cereal or other solids to baby's bottle	41.1
Cereal or other baby foods	11.8%	77.9%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach/chest immediately after birth.	51.5	54.0	43.6
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	57.3	58.0	54.9
I breastfed my baby in the first hour after my baby was born.	37.6	48.6	8.1
My baby stayed in same room as me at all times.	53.3	53.3	52.8
My baby spent one night or more away from me in nursery.	42.4	40.4	47.3
My baby received breast milk at very first feeding.	45.9	60.3	7.9
My baby had only breast milk at the hospital.	22.4	29.4	4.0
My baby was given a pacifier while in the hospital.	73.2	71.1	78.1
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	77.2	77.7	75.8
... encourage you to give your baby only breast milk?	63.7	72.3	40.2
... tell you to breastfeed whenever your baby wanted?	61.1	72.9	28.7
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	67.2	80.4	31.4
... give you a phone number that you could call for help with breastfeeding once you left hospital?	58.9	67.9	34.8
... tell you to limit length of time your baby breastfed?	57.9	69.6	26.0
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	23.6	<b>Received free samples of infant formula...</b>	
Formula only	33.4	...from the hospital or birth center	83.6
Both breast milk and formula	42.6	...from a doctor or other healthcare provider outside of hospital	24.2
Not born in hospital/birth center	0.4	...through the mail	26.1

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	79.1
A WIC peer counselor visited me in the hospital.	12.2
I met with a WIC counselor after my baby was born.	76.0
WIC staff encouraged me to breastfeed.	87.5
WIC staff told me how to breastfeed my baby.	71.1
WIC staff told me about the benefits of the food package for breastfeeding mothers.	85.0
WIC staff told me that breast pumps are available from WIC.	76.6
WIC staff told me about the benefits of breastfeeding.	93.9
WIC staff told me about when to begin giving cereal and other foods.	93.0

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	47.3	22.6	30.0
Breastfed babies are less likely to develop diabetes.	46.4	17.9	35.7
Breastfed babies are less likely to die from SIDS.	38.8	21.8	39.3
Breastfeeding benefits children even after they stop nursing.	67.2	8.2	24.5
Mothers who breastfeed are less likely to get breast or ovarian cancer.	48.9	13.1	38.0
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	77.5	5.4	17.1
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	49.1	13.0	37.9
In Texas, there is a law that gives women the right to breastfeed their babies in public.	47.5	3.5	49.0

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	36.8	I kept baby with me	5.9
No	63.2	Baby's father	23.5
		Another family member	58.1
		Someone else not in family	18.2

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	2.4	1-9 hours/week	7.9
2-3 weeks	5.0	10-19 hours/week	9.6
4-6 weeks	10.8	20-29 hours/week	23.2
7 wks-3 months	30.7	30-40 hours/week	51.0
>3 months	51.2	More than 40 hours/week	8.3

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	25.0
Not very supportive	11.5
Neutral	27.1
Supportive	11.9
Very supportive	24.4

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	26.8	57.2	16.0
...allow break time to pump breast milk?	31.9	44.9	23.2

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 1 (n=212)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.4	White	36.5	Less than High School Diploma	23.2	15.3%
18-24	51.0	African-American	5.8	High School Diploma or GED	36.0	
25-29	27.9	Hispanic	56.7	Some College	33.6	
30-34	12.5	Other	1.0	Associate's Degree	2.8	
35-39	3.8			Bachelor's Degree	4.3	
40 and older	1.4			Postgraduate Degree	0.0	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 72.0%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u> Never breastfed 28.0%	<u>FOR ≥ 6 MONTHS</u> Breastfed for 6 months or longer 25.1%	<u>FOR ≥ 12 MONTHS</u> Breastfed for 12 months or longer 10.6%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u> Breastfed exclusively for 3 months or longer 26.4%	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u> Breastfed exclusively for 6 months or longer 11.7%	
<b>Mother breastfed as long as she wanted</b>	<b>Yes</b> 29.3%	<b>No</b> 33.7%
	<b>Did not breastfeed or is still breastfeeding</b> 37.1%	

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	21.1	Baby had trouble sucking or latching on.	28.7
I planned to go back to work/school.	15.8	Baby lost interest in nursing/began to wean him/herself.	8.9
I was sick or taking medication.	5.3	I felt I had breastfed long enough for baby to get benefits.	2.0
I thought I wouldn't have enough milk.	10.5	I didn't think I had enough milk.	29.7
I didn't think I would like breastfeeding.	36.8	I could not tell how much my baby ate.	3.0
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	2.0
I didn't think my baby would be able to breastfeed.	0.0	Breastfeeding was too painful.	4.0
People told me it was too hard to breastfeed.	5.3	I was going back to work/school outside of home.	18.8
I had too many other things to do.	5.3	I did not want to breastfeed in public.	3.0

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			33.3%	Ever had tea or herbal drinks	26.1
100% fruit or vegetable juice	2.2%	32.0%		Ever added cereal or other solids to baby's bottle	38.5
Cereal or other baby foods	7.5%	65.0%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	39.7	39.8	39.3
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	50.0	47.9	54.4
I breastfed my baby in the first hour after my baby was born.	37.6	48.9	10.5
My baby stayed in same room as me at all times.	53.7	52.5	56.1
My baby spent one night or more away from me in nursery.	39.1	40.3	34.5
My baby received breast milk at very first feeding.	52.8	74.3	3.4
My baby had only breast milk at the hospital.	30.9	43.3	3.4
My baby was given a pacifier while in the hospital.	77.3	73.0	89.5
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	82.3	81.0	83.9
... encourage you to give your baby only breast milk?	70.0	82.7	37.5
... tell you to breastfeed whenever your baby wanted?	59.8	73.6	22.0
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	71.3	89.6	26.8
... give you a phone number that you could call for help with breastfeeding once you left hospital?	69.4	84.1	29.4
... tell you to limit length of time your baby breastfed?	58.2	75.9	13.5
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	37.9	<b>Received free samples of infant formula...</b>	
Formula only	36.3	...from the hospital or birth center	75.6
Both breast milk and formula	25.8	...from a doctor or other healthcare provider outside of hospital	24.1
Not born in hospital/birth center	0.0	...through the mail	24.1

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	78.1
A WIC peer counselor visited me in the hospital.	30.5
I met with a WIC counselor after my baby was born.	72.7
WIC staff encouraged me to breastfeed.	83.9
WIC staff told me how to breastfeed my baby.	58.9
WIC staff told me about the benefits of the food package for breastfeeding mothers.	80.7
WIC staff told me that breast pumps are available from WIC.	73.7
WIC staff told me about the benefits of breastfeeding.	91.9
WIC staff told me about when to begin giving cereal and other foods.	93.0

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	49.0	21.0	30.0
Breastfed babies are less likely to develop diabetes.	47.8	16.4	35.8
Breastfed babies are less likely to die from SIDS.	43.0	22.0	35.0
Breastfeeding benefits children even after they stop nursing.	66.8	9.4	23.8
Mothers who breastfeed are less likely to get breast or ovarian cancer.	49.2	13.1	37.7
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	77.9	6.5	37.7
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	44.7	13.7	41.6
In Texas, there is a law that gives women the right to breastfeed their babies in public.	47.7	3.5	48.7

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	45.0	I kept baby with me	4.6
No	55.0	Baby's father	23.0
		Another family member	66.7
		Someone else not in family	16.1

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	3.5	1-9 hours/week	5.7
2-3 weeks	3.5	10-19 hours/week	9.1
4-6 weeks	11.8	20-29 hours/week	22.7
7 wks-3 months	41.2	30-40 hours/week	52.3
>3 months	40.0	More than 40 hours/week	10.2

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	21.3
Not very supportive	10.0
Neutral	25.0
Supportive	15.0
Very supportive	28.8

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	35.7	56.0	8.3
...allow break time to pump breast milk?	34.1	44.7	21.2

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 2 (n=257)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	2.4	White	57.8	Less than High School Diploma	19.0	14.5%
18-24	52.6	African-American	5.6	High School Diploma or GED	45.1	
25-29	28.5	Hispanic	31.7	Some College	30.0	
30-34	10.4	Other	4.8	Associate's Degree	2.8	
35-39	3.6			Bachelor's Degree	2.4	
40 and older	2.4			Postgraduate Degree	0.8	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 68.0%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 32.0%	Breastfed for 6 months or longer 20.3%	Breastfed for 12 months or longer 7.2%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 15.5%		Breastfed exclusively for 6 months or longer 6.0%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	19.9%	37.8%
		<b>Did not breastfeed or is still breastfeeding</b>
		42.3%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	21.7	Baby had trouble sucking or latching on.	39.7
I planned to go back to work/school.	25.0	Baby lost interest in nursing/began to wean him/herself.	5.2
I was sick or taking medication.	16.7	I felt I had breastfed long enough for baby to get benefits.	1.7
I thought I wouldn't have enough milk.	5.0	I didn't think I had enough milk.	19.8
I didn't think I would like breastfeeding.	25.0	I could not tell how much my baby ate.	2.6
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	6.0
I didn't think my baby would be able to breastfeed.	3.3	Breastfeeding was too painful.	4.3
People told me it was too hard to breastfeed.	1.7	I was going back to work/school outside of home.	16.4
I had too many other things to do.	1.7	I did not want to breastfeed in public.	4.3

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			40.0%	Ever had tea or herbal drinks	33.5
100% fruit or vegetable juice	2.3%	35.9%		Ever added cereal or other solids to baby's bottle	46.9
Cereal or other baby foods	21.0%	75.6%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	41.2	45.6	31.0
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	59.9	64.2	49.4
I breastfed my baby in the first hour after my baby was born.	32.9	47.0	6.5
My baby stayed in same room as me at all times.	49.0	48.1	48.7
My baby spent one night or more away from me in nursery.	46.8	45.2	52.0
My baby received breast milk at very first feeding.	43.2	63.6	2.6
My baby had only breast milk at the hospital.	23.9	36.7	2.6
My baby was given a pacifier while in the hospital.	81.3	77.1	88.2
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	74.3	73.2	75.6
... encourage you to give your baby only breast milk?	59.8	67.3	45.3
... tell you to breastfeed whenever your baby wanted?	55.6	70.2	25.4
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	62.0	78.3	28.0
... give you a phone number that you could call for help with breastfeeding once you left hospital?	62.6	77.9	33.3
... tell you to limit length of time your baby breastfed?	55.9	72.8	20.3
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	30.3	<b>Received free samples of infant formula...</b>	
Formula only	39.0	...from the hospital or birth center	81.1
Both breast milk and formula	30.7	...from a doctor or other healthcare provider outside of hospital	27.1
Not born in hospital/birth center	0.0	...through the mail	31.4

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	82.1
A WIC peer counselor visited me in the hospital.	5.7
I met with a WIC counselor after my baby was born.	81.2
WIC staff encouraged me to breastfeed.	89.7
WIC staff told me how to breastfeed my baby.	75.8
WIC staff told me about the benefits of the food package for breastfeeding mothers.	89.9
WIC staff told me that breast pumps are available from WIC.	84.5
WIC staff told me about the benefits of breastfeeding.	96.2
WIC staff told me about when to begin giving cereal and other foods.	92.2

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	58.7	16.9	24.4
Breastfed babies are less likely to develop diabetes.	55.1	14.4	30.5
Breastfed babies are less likely to die from SIDS.	49.6	18.6	31.8
Breastfeeding benefits children even after they stop nursing.	70.7	9.1	20.2
Mothers who breastfeed are less likely to get breast or ovarian cancer.	51.7	10.3	38.0
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	78.2	6.2	38.0
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	47.7	11.1	41.2
In Texas, there is a law that gives women the right to breastfeed their babies in public.	58.0	2.1	39.9

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	52.9	I kept baby with me	10.6
No	47.1	Baby's father	27.6
		Another family member	46.3
		Someone else not in family	18.7

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	5.0	1-9 hours/week	4.7
2-3 weeks	8.3	10-19 hours/week	6.3
4-6 weeks	10.7	20-29 hours/week	27.6
7 wks-3 months	35.5	30-40 hours/week	54.3
>3 months	40.5	More than 40 hours/week	7.1

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	25.7
Not very supportive	9.7
Neutral	28.3
Supportive	10.6
Very supportive	25.7

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	36.4	45.5	18.2
...allow break time to pump breast milk?	35.0	36.8	28.2

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 3 (n=859)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.1	White	15.7	Less than High School Diploma	41.4	13.2%
18-24	42.6	African-American	11.5	High School Diploma or GED	34.7	
25-29	26.3	Hispanic	71.2	Some College	18.8	
30-34	18.5	Other	1.7	Associate's Degree	3.1	
35-39	7.1			Bachelor's Degree	1.5	
40 and older	2.4			Postgraduate Degree	0.6	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 78.9%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 21.1%	Breastfed for 6 months or longer 36.6%	Breastfed for 12 months or longer 16.1%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 18.4%		Breastfed exclusively for 6 months or longer 7.0%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	34.8%	30.5%
		<b>Did not breastfeed or is still breastfeeding</b>
		34.7%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	20.6	Baby had trouble sucking or latching on.	17.3
I planned to go back to work/school.	22.9	Baby lost interest in nursing/began to wean him/herself.	7.7
I was sick or taking medication.	11.5	I felt I had breastfed long enough for baby to get benefits.	3.8
I thought I wouldn't have enough milk.	13.7	I didn't think I had enough milk.	36.5
I didn't think I would like breastfeeding.	21.4	I could not tell how much my baby ate.	6.0
I didn't know if I could get help with breastfeeding.	0.8	A health professional said I should feed my baby formula.	4.7
I didn't think my baby would be able to breastfeed.	1.5	Breastfeeding was too painful.	5.3
People told me it was too hard to breastfeed.	2.3	I was going back to work/school outside of home.	14.1
I had too many other things to do.	5.3	I did not want to breastfeed in public.	4.5

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			38.4%	Ever had tea or herbal drinks	19.2
100% fruit or vegetable juice	6.4%	58.6%		Ever added cereal or other solids to baby's bottle	35.8
Cereal or other baby foods	10.4%	80.7%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	57.3	58.8	50.7
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	62.7	62.2	66.2
I breastfed my baby in the first hour after my baby was born.	41.4	51.3	8.5
My baby stayed in same room as me at all times.	55.9	55.9	56.8
My baby spent one night or more away from me in nursery.	44.0	43.7	43.6
My baby received breast milk at very first feeding.	51.7	62.9	14.5
My baby had only breast milk at the hospital.	25.2	31.9	14.5
My baby was given a pacifier while in the hospital.	70.0	67.4	77.3
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	76.1	76.5	74.5
... encourage you to give your baby only breast milk?	69.8	77.2	44.4
... tell you to breastfeed whenever your baby wanted?	65.5	74.8	31.1
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	68.9	78.1	36.5
... give you a phone number that you could call for help with breastfeeding once you left hospital?	57.6	62.7	39.6
... tell you to limit length of time your baby breastfed?	61.1	69.7	31.4
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	24.4	<b>Received free samples of infant formula...</b>	
Formula only	29.7	...from the hospital or birth center	78.8
Both breast milk and formula	45.8	...from a doctor or other healthcare provider outside of hospital	22.3
Not born in hospital/birth center	0.0	...through the mail	25.5

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	78.0
A WIC peer counselor visited me in the hospital.	11.9
I met with a WIC counselor after my baby was born.	73.5
WIC staff encouraged me to breastfeed.	85.5
WIC staff told me how to breastfeed my baby.	65.6
WIC staff told me about the benefits of the food package for breastfeeding mothers.	81.8
WIC staff told me that breast pumps are available from WIC.	62.9
WIC staff told me about the benefits of breastfeeding.	91.7
WIC staff told me about when to begin giving cereal and other foods.	92.2

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	47.6	22.0	30.4
Breastfed babies are less likely to develop diabetes.	47.7	16.8	35.5
Breastfed babies are less likely to die from SIDS.	37.0	20.1	42.9
Breastfeeding benefits children even after they stop nursing.	72.0	5.5	22.5
Mothers who breastfeed are less likely to get breast or ovarian cancer.	52.0	10.9	37.0
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	77.4	4.1	37.0
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	51.2	11.0	37.8
In Texas, there is a law that gives women the right to breastfeed their babies in public.	45.3	3.0	51.7

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	32.4	I kept baby with me	6.0
No	67.6	Baby's father	26.4
		Another family member	54.8
		Someone else not in family	18.8

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	2.2	1-9 hours/week	10.4
2-3 weeks	3.9	10-19 hours/week	10.4
4-6 weeks	9.6	20-29 hours/week	19.1
7 wks-3 months	31.3	30-40 hours/week	53.0
>3 months	53.0	More than 40 hours/week	7.2

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	24.0
Not very supportive	13.8
Neutral	25.3
Supportive	10.7
Very supportive	26.2

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	24.4	59.9	15.7
...allow break time to pump breast milk?	29.1	47.8	23.0

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 4 (n=488)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.4	White	35.5	Less than High School Diploma	29.4	12.6%
18-24	50.7	African-American	21.4	High School Diploma or GED	38.1	
25-29	24.7	Hispanic	41.4	Some College	24.0	
30-34	13.2	Other	1.6	Associate's Degree	4.5	
35-39	6.1			Bachelor's Degree	3.0	
40 and older	1.9			Postgraduate Degree	0.9	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 75.5%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u> Never breastfed 24.5%	<u>FOR ≥ 6 MONTHS</u> Breastfed for 6 months or longer 30.9%	<u>FOR ≥ 12 MONTHS</u> Breastfed for 12 months or longer 7.9%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u> Breastfed exclusively for 3 months or longer 18.2%	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u> Breastfed exclusively for 6 months or longer 6.6%	
<b>Mother breastfed as long as she wanted</b>	<b>Yes</b> 33.9%	<b>No</b> 32.4%
		<b>Did not breastfeed or is still breastfeeding</b> 33.7%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	24.1	Baby had trouble sucking or latching on.	22.8
I planned to go back to work/school.	27.7	Baby lost interest in nursing/began to wean him/herself.	7.5
I was sick or taking medication.	7.2	I felt I had breastfed long enough for baby to get benefits.	4.1
I thought I wouldn't have enough milk.	8.4	I didn't think I had enough milk.	31.3
I didn't think I would like breastfeeding.	22.9	I could not tell how much my baby ate.	6.7
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	4.9
I didn't think my baby would be able to breastfeed.	0.0	Breastfeeding was too painful.	4.1
People told me it was too hard to breastfeed.	2.4	I was going back to work/school outside of home.	16.0
I had too many other things to do.	7.2	I did not want to breastfeed in public.	2.6

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			39.2%	Ever had tea or herbal drinks	25.8
100% fruit or vegetable juice	6.4%	48.2%		Ever added cereal or other solids to baby's bottle	56.7
Cereal or other baby foods	16.0%	80.3%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	53.2	54.3	49.0
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	64.7	65.0	62.2
I breastfed my baby in the first hour after my baby was born.	42.4	54.6	4.8
My baby stayed in same room as me at all times.	49.9	51.1	46.6
My baby spent one night or more away from me in nursery.	44.1	41.5	50.5
My baby received breast milk at very first feeding.	53.1	68.3	5.9
My baby had only breast milk at the hospital.	25.5	33.7	5.9
My baby was given a pacifier while in the hospital.	62.0	59.5	69.2
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	74.0	75.0	70.1
... encourage you to give your baby only breast milk?	64.0	71.7	40.2
... tell you to breastfeed whenever your baby wanted?	61.2	73.1	24.5
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	70.3	80.8	35.4
... give you a phone number that you could call for help with breastfeeding once you left hospital?	61.2	68.9	38.4
... tell you to limit length of time your baby breastfed?	56.2	65.8	25.5
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	29.5	<b>Received free samples of infant formula...</b>	
Formula only	30.2	...from the hospital or birth center	81.4
Both breast milk and formula	40.4	...from a doctor or other healthcare provider outside of hospital	23.3
Not born in hospital/birth center	0.0	...through the mail	26.1

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	79.5
A WIC peer counselor visited me in the hospital.	8.9
I met with a WIC counselor after my baby was born.	77.4
WIC staff encouraged me to breastfeed.	89.2
WIC staff told me how to breastfeed my baby.	73.8
WIC staff told me about the benefits of the food package for breastfeeding mothers.	85.3
WIC staff told me that breast pumps are available from WIC.	80.0
WIC staff told me about the benefits of breastfeeding.	93.1
WIC staff told me about when to begin giving cereal and other foods.	92.9

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	45.8	20.0	34.1
Breastfed babies are less likely to develop diabetes.	47.1	15.4	37.4
Breastfed babies are less likely to die from SIDS.	42.4	19.0	38.6
Breastfeeding benefits children even after they stop nursing.	66.3	7.9	25.8
Mothers who breastfeed are less likely to get breast or ovarian cancer.	46.0	11.8	42.2
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	74.6	7.7	42.2
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	47.5	10.8	41.7
In Texas, there is a law that gives women the right to breastfeed their babies in public.	44.3	4.3	51.5

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	43.3	I kept baby with me	5.1
No	56.7	Baby's father	23.2
		Another family member	63.6
		Someone else not in family	15.2

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	1.0	1-9 hours/week	5.9
2-3 weeks	3.1	10-19 hours/week	10.3
4-6 weeks	9.7	20-29 hours/week	22.1
7 wks-3 months	28.1	30-40 hours/week	52.5
>3 months	58.2	More than 40 hours/week	9.3

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%		
Not at all supportive	26.7		
Not very supportive	12.0		
Neutral	30.9		
Supportive	8.9		
Very supportive	21.5		

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	22.8	58.5	18.7
...allow break time to pump breast milk?	26.5	50.8	22.8

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 5 (n=136)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	1.5	White	42.2	Less than High School Diploma	21.2	11.1%
18-24	60.2	African-American	25.9	High School Diploma or GED	43.9	
25-29	24.8	Hispanic	31.1	Some College	29.5	
30-34	8.3	Other	0.7	Associate's Degree	2.3	
35-39	4.5			Bachelor's Degree	2.3	
40 and older	0.8			Postgraduate Degree	0.8	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 61.2%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 38.8%	Breastfed for 6 months or longer 18.1%	Breastfed for 12 months or longer 5.5%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 6.3%		Breastfed exclusively for 6 months or longer 2.4%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	24.0%	31.8%
		<b>Did not breastfeed or is still breastfeeding</b>
		44.2%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	18.4	Baby had trouble sucking or latching on.	24.1
I planned to go back to work/school.	13.2	Baby lost interest in nursing/began to wean him/herself.	12.1
I was sick or taking medication.	5.3	I felt I had breastfed long enough for baby to get benefits.	6.9
I thought I wouldn't have enough milk.	7.9	I didn't think I had enough milk.	20.7
I didn't think I would like breastfeeding.	44.7	I could not tell how much my baby ate.	6.9
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	5.2
I didn't think my baby would be able to breastfeed.	0.0	Breastfeeding was too painful.	3.4
People told me it was too hard to breastfeed.	5.3	I was going back to work/school outside of home.	13.8
I had too many other things to do.	5.3	I did not want to breastfeed in public.	6.9

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			46.6%	Ever had tea or herbal drinks	33.3
100% fruit or vegetable juice	5.9%	42.7%		Ever added cereal or other solids to baby's bottle	62.0
Cereal or other baby foods	17.4%	74.8%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	45.1	52.9	33.3
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	48.3	53.7	36.2
I breastfed my baby in the first hour after my baby was born.	25.4	39.4	4.2
My baby stayed in same room as me at all times.	33.1	36.4	27.1
My baby spent one night or more away from me in nursery.	60.8	51.5	77.1
My baby received breast milk at very first feeding.	37.9	59.4	8.3
My baby had only breast milk at the hospital.	13.4	20.9	8.3
My baby was given a pacifier while in the hospital.	74.4	71.0	77.1
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	77.2	79.2	72.3
... encourage you to give your baby only breast milk?	52.5	60.9	38.3
... tell you to breastfeed whenever your baby wanted?	47.8	65.7	21.4
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	60.8	82.6	25.5
... give you a phone number that you could call for help with breastfeeding once you left hospital?	52.2	63.1	34.1
... tell you to limit length of time your baby breastfed?	48.7	66.7	16.3
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	19.0	<b>Received free samples of infant formula...</b>	
Formula only	40.5	...from the hospital or birth center	88.8
Both breast milk and formula	40.5	...from a doctor or other healthcare provider outside of hospital	22.7
Not born in hospital/birth center	0.0	...through the mail	45.0

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	83.8
A WIC peer counselor visited me in the hospital.	7.1
I met with a WIC counselor after my baby was born.	71.7
WIC staff encouraged me to breastfeed.	90.2
WIC staff told me how to breastfeed my baby.	71.8
WIC staff told me about the benefits of the food package for breastfeeding mothers.	83.5
WIC staff told me that breast pumps are available from WIC.	81.5
WIC staff told me about the benefits of breastfeeding.	94.8
WIC staff told me about when to begin giving cereal and other foods.	88.4

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	51.2	18.7	30.1
Breastfed babies are less likely to develop diabetes.	50.8	12.3	36.9
Breastfed babies are less likely to die from SIDS.	39.0	18.7	42.3
Breastfeeding benefits children even after they stop nursing.	64.5	9.7	25.8
Mothers who breastfeed are less likely to get breast or ovarian cancer.	42.1	10.7	47.1
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	69.9	6.5	47.1
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	51.6	9.8	38.5
In Texas, there is a law that gives women the right to breastfeed their babies in public.	46.7	1.7	51.7

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	42.2	I kept baby with me	1.9
No	57.8	Baby's father	18.9
		Another family member	71.7
		Someone else not in family	18.9

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	0.0	1-9 hours/week	7.5
2-3 weeks	1.9	10-19 hours/week	7.5
4-6 weeks	1.9	20-29 hours/week	26.4
7 wks-3 months	38.5	30-40 hours/week	52.8
>3 months	57.7	More than 40 hours/week	5.7

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	30.0
Not very supportive	20.0
Neutral	30.0
Supportive	8.0
Very supportive	12.0

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	15.1	69.8	15.1
...allow break time to pump breast milk?	27.5	47.1	25.5

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 6 (n=741)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	2.7	White	13.0	Less than High School Diploma	33.8	15.8%
18-24	39.6	African-American	19.7	High School Diploma or GED	36.2	
25-29	29.6	Hispanic	65.4	Some College	21.5	
30-34	17.6	Other	1.9	Associate's Degree	4.3	
35-39	8.1			Bachelor's Degree	3.1	
40 and older	2.4			Postgraduate Degree	1.1	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 75.2%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u> Never breastfed 24.8%	<u>FOR ≥ 6 MONTHS</u> Breastfed for 6 months or longer 33.9%	<u>FOR ≥ 12 MONTHS</u> Breastfed for 12 months or longer 12.7%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u> Breastfed exclusively for 3 months or longer 15.0%	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u> Breastfed exclusively for 6 months or longer 6.7%	
<b>Mother breastfed as long as she wanted</b>	<b>Yes</b> 35.7%	<b>No</b> 27.0%
	<b>Did not breastfeed or is still breastfeeding</b> 37.3%	

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	22.9	Baby had trouble sucking or latching on.	18.4
I planned to go back to work/school.	15.7	Baby lost interest in nursing/began to wean him/herself.	10.4
I was sick or taking medication.	17.9	I felt I had breastfed long enough for baby to get benefits.	3.4
I thought I wouldn't have enough milk.	10.0	I didn't think I had enough milk.	31.7
I didn't think I would like breastfeeding.	25.7	I could not tell how much my baby ate.	8.8
I didn't know if I could get help with breastfeeding.	1.4	A health professional said I should feed my baby formula.	3.4
I didn't think my baby would be able to breastfeed.	2.1	Breastfeeding was too painful.	3.9
People told me it was too hard to breastfeed.	1.4	I was going back to work/school outside of home.	15.8
I had too many other things to do.	2.9	I did not want to breastfeed in public.	4.2

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			34.9%	Ever had tea or herbal drinks	17.9
100% fruit or vegetable juice	4.2%	58.5%		Ever added cereal or other solids to baby's bottle	47.0
Cereal or other baby foods	13.7%	80.7%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	57.9	59.8	50.4
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	58.7	59.4	56.0
I breastfed my baby in the first hour after my baby was born.	42.9	51.4	14.9
My baby stayed in same room as me at all times.	47.7	46.9	47.5
My baby spent one night or more away from me in nursery.	54.7	53.5	58.7
My baby received breast milk at very first feeding.	48.0	58.5	15.8
My baby had only breast milk at the hospital.	20.6	22.8	15.8
My baby was given a pacifier while in the hospital.	71.4	70.6	75.4
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	73.4	76.4	68.1
... encourage you to give your baby only breast milk?	62.1	70.1	39.3
... tell you to breastfeed whenever your baby wanted?	64.7	76.5	28.5
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	70.1	81.1	35.6
... give you a phone number that you could call for help with breastfeeding once you left hospital?	57.6	64.5	38.2
... tell you to limit length of time your baby breastfed?	61.9	72.4	30.9
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	19.3	<b>Received free samples of infant formula...</b>	
Formula only	26.7	...from the hospital or birth center	86.8
Both breast milk and formula	51.4	...from a doctor or other healthcare provider outside of hospital	29.0
Not born in hospital/birth center	2.6	...through the mail	33.3

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	78.8
A WIC peer counselor visited me in the hospital.	14.1
I met with a WIC counselor after my baby was born.	75.1
WIC staff encouraged me to breastfeed.	84.9
WIC staff told me how to breastfeed my baby.	71.2
WIC staff told me about the benefits of the food package for breastfeeding mothers.	83.1
WIC staff told me that breast pumps are available from WIC.	73.7
WIC staff told me about the benefits of breastfeeding.	92.0
WIC staff told me about when to begin giving cereal and other foods.	90.1

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	53.5	20.6	25.9
Breastfed babies are less likely to develop diabetes.	45.3	18.3	36.4
Breastfed babies are less likely to die from SIDS.	37.8	21.9	40.2
Breastfeeding benefits children even after they stop nursing.	69.0	9.1	21.9
Mothers who breastfeed are less likely to get breast or ovarian cancer.	51.3	13.0	35.7
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	73.9	8.1	35.7
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	55.0	13.1	31.9
In Texas, there is a law that gives women the right to breastfeed their babies in public.	48.6	5.7	45.7

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	33.9	I kept baby with me	3.6
No	66.1	Baby's father	20.9
		Another family member	57.3
		Someone else not in family	21.3

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	3.0	1-9 hours/week	9.0
2-3 weeks	5.4	10-19 hours/week	7.7
4-6 weeks	10.9	20-29 hours/week	25.2
7 wks-3 months	22.3	30-40 hours/week	50.0
>3 months	58.4	More than 40 hours/week	8.1

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	24.1
Not very supportive	8.0
Neutral	28.3
Supportive	18.4
Very supportive	21.2

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	27.4	59.2	13.5
...allow break time to pump breast milk?	33.7	48.1	18.3

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 7 (n=768)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.6	White	16.5	Less than High School Diploma	35.6	13.6%
18-24	41.9	African-American	18.0	High School Diploma or GED	37.6	
25-29	28.6	Hispanic	60.8	Some College	20.1	
30-34	16.7	Other	4.6	Associate's Degree	3.3	
35-39	7.9			Bachelor's Degree	2.9	
40 and older	1.2			Postgraduate Degree	0.5	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 76.4%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u> Never breastfed 23.6%	<u>FOR ≥ 6 MONTHS</u> Breastfed for 6 months or longer 30.5%	<u>FOR ≥ 12 MONTHS</u> Breastfed for 12 months or longer 11.1%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u> Breastfed exclusively for 3 months or longer 18.3%	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u> Breastfed exclusively for 6 months or longer 6.5%	
<b>Mother breastfed as long as she wanted</b>	<b>Yes</b> 35.1%	<b>No</b> 29.4%
		<b>Did not breastfeed or is still breastfeeding</b> 35.5%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	25.8	Baby had trouble sucking or latching on.	22.6
I planned to go back to work/school.	21.2	Baby lost interest in nursing/began to wean him/herself.	10.4
I was sick or taking medication.	11.4	I felt I had breastfed long enough for baby to get benefits.	4.9
I thought I wouldn't have enough milk.	5.3	I didn't think I had enough milk.	32.9
I didn't think I would like breastfeeding.	27.3	I could not tell how much my baby ate.	4.5
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	2.4
I didn't think my baby would be able to breastfeed.	2.3	Breastfeeding was too painful.	3.8
People told me it was too hard to breastfeed.	3.0	I was going back to work/school outside of home.	14.8
I had too many other things to do.	3.8	I did not want to breastfeed in public.	3.8

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			35.7%	Ever had tea or herbal drinks	19.3
100% fruit or vegetable juice	5.3%	49.9%		Ever added cereal or other solids to baby's bottle	36.5
Cereal or other baby foods	11.4%	78.4%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	54.7	56.7	45.2
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	64.4	65.3	60.4
I breastfed my baby in the first hour after my baby was born.	45.3	57.7	8.5
My baby stayed in same room as me at all times.	62.2	63.1	58.0
My baby spent one night or more away from me in nursery.	32.2	29.9	40.0
My baby received breast milk at very first feeding.	52.9	67.7	7.5
My baby had only breast milk at the hospital.	26.0	34.7	7.5
My baby was given a pacifier while in the hospital.	75.9	73.7	81.4
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	79.9	80.7	77.4
... encourage you to give your baby only breast milk?	68.2	76.9	39.1
... tell you to breastfeed whenever your baby wanted?	64.7	74.2	35.1
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	73.4	85.8	35.8
... give you a phone number that you could call for help with breastfeeding once you left hospital?	62.6	70.6	36.8
... tell you to limit length of time your baby breastfed?	63.5	73.8	34.0
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	28.0	<b>Received free samples of infant formula...</b>	
Formula only	29.1	...from the hospital or birth center	85.0
Both breast milk and formula	42.5	...from a doctor or other healthcare provider outside of hospital	25.7
Not born in hospital/birth center	0.5	...through the mail	27.8

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	77.3
A WIC peer counselor visited me in the hospital.	9.8
I met with a WIC counselor after my baby was born.	77.7
WIC staff encouraged me to breastfeed.	87.1
WIC staff told me how to breastfeed my baby.	69.3
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.	77.1
WIC staff told me about the benefits of breastfeeding.	94.0
WIC staff told me about when to begin giving cereal and other foods.	93.1

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	45.4	23.1	31.5
Breastfed babies are less likely to develop diabetes.	46.0	17.2	36.8
Breastfed babies are less likely to die from SIDS.	38.3	22.1	39.6
Breastfeeding benefits children even after they stop nursing.	65.8	7.9	26.4
Mothers who breastfeed are less likely to get breast or ovarian cancer.	50.4	12.6	37.1
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	77.9	5.0	37.1
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	49.0	12.9	38.1
In Texas, there is a law that gives women the right to breastfeed their babies in public.	45.5	2.8	51.6

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	38.1	I kept baby with me	7.4
No	61.9	Baby's father	24.4
		Another family member	55.0
		Someone else not in family	20.3

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	1.9	1-9 hours/week	6.9
2-3 weeks	3.9	10-19 hours/week	10.5
4-6 weeks	12.0	20-29 hours/week	25.4
7 wks-3 months	36.3	30-40 hours/week	50.0
>3 months	45.9	More than 40 hours/week	7.2

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%		
Not at all supportive	26.8		
Not very supportive	8.6		
Neutral	24.5		
Supportive	11.7		
Very supportive	28.4		

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	24.5	52.5	23.0
...allow break time to pump breast milk?	33.2	38.6	28.2

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 8 (n=774)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	4.8	White	13.4	Less than High School Diploma	31.2	13.7%
18-24	45.0	African-American	3.5	High School Diploma or GED	38.4	
25-29	25.5	Hispanic	82.1	Some College	24.2	
30-34	15.4	Other	0.9	Associate's Degree	3.9	
35-39	6.9			Bachelor's Degree	2.3	
40 and older	2.2			Postgraduate Degree	0.0	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 68.4%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 31.6%	Breastfed for 6 months or longer 26.8%	Breastfed for 12 months or longer 9.9%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 13.6%		Breastfed exclusively for 6 months or longer 5.1%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	32.1%	26.9%
		<b>Did not breastfeed or is still breastfeeding</b>
		41.0%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	21.5	Baby had trouble sucking or latching on.	20.2
I planned to go back to work/school.	16.0	Baby lost interest in nursing/began to wean him/herself.	10.9
I was sick or taking medication.	15.5	I felt I had breastfed long enough for baby to get benefits.	4.0
I thought I wouldn't have enough milk.	12.7	I didn't think I had enough milk.	26.9
I didn't think I would like breastfeeding.	27.1	I could not tell how much my baby ate.	7.7
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	2.7
I didn't think my baby would be able to breastfeed.	1.1	Breastfeeding was too painful.	5.3
People told me it was too hard to breastfeed.	1.7	I was going back to work/school outside of home.	16.2
I had too many other things to do.	4.4	I did not want to breastfeed in public.	6.1

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			34.8%	Ever had tea or herbal drinks	26.5
100% fruit or vegetable juice	3.2%	49.4%		Ever added cereal or other solids to baby's bottle	37.7
Cereal or other baby foods	8.4%	76.6%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	45.3	48.7	37.4
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	52.2	52.5	52.1
I breastfed my baby in the first hour after my baby was born.	31.7	43.3	6.2
My baby stayed in same room as me at all times.	55.4	54.3	58.2
My baby spent one night or more away from me in nursery.	38.6	35.3	45.3
My baby received breast milk at very first feeding.	38.7	54.5	4.3
My baby had only breast milk at the hospital.	19.1	25.4	4.3
My baby was given a pacifier while in the hospital.	79.6	79.6	80.6
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	78.8	78.9	77.7
... encourage you to give your baby only breast milk?	60.9	70.9	38.5
... tell you to breastfeed whenever your baby wanted?	59.2	72.7	27.5
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	61.9	77.7	27.2
... give you a phone number that you could call for help with breastfeeding once you left hospital?	51.7	62.6	27.0
... tell you to limit length of time your baby breastfed?	50.7	63.4	22.2
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	19.1	<b>Received free samples of infant formula...</b>	
Formula only	40.9	...from the hospital or birth center	84.2
Both breast milk and formula	40.1	...from a doctor or other healthcare provider outside of hospital	17.8
Not born in hospital/birth center	0.0	...through the mail	17.5

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	78.2
A WIC peer counselor visited me in the hospital.	5.8
I met with a WIC counselor after my baby was born.	73.1
WIC staff encouraged me to breastfeed.	87.5
WIC staff told me how to breastfeed my baby.	70.0
WIC staff told me about the benefits of the food package for breastfeeding mothers.	84.4
WIC staff told me that breast pumps are available from WIC.	78.9
WIC staff told me about the benefits of breastfeeding.	95.4
WIC staff told me about when to begin giving cereal and other foods.	95.2

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	40.2	24.6	35.2
Breastfed babies are less likely to develop diabetes.	39.9	21.0	39.1
Breastfed babies are less likely to die from SIDS.	35.8	23.1	41.1
Breastfeeding benefits children even after they stop nursing.	61.9	9.3	28.9
Mothers who breastfeed are less likely to get breast or ovarian cancer.	42.8	15.8	41.4
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	78.4	4.7	41.4
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	48.9	15.1	36.0
In Texas, there is a law that gives women the right to breastfeed their babies in public.	45.3	4.0	50.7

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	32.5	I kept baby with me	5.6
No	67.5	Baby's father	28.8
		Another family member	53.2
		Someone else not in family	18.0

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	1.3	1-9 hours/week	8.6
2-3 weeks	4.5	10-19 hours/week	11.6
4-6 weeks	11.6	20-29 hours/week	21.0
7 wks-3 months	30.8	30-40 hours/week	47.2
>3 months	51.8	More than 40 hours/week	11.6

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	22.3
Not very supportive	12.7
Neutral	30.0
Supportive	11.4
Very supportive	23.6

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	29.6	58.0	12.4
...allow break time to pump breast milk?	36.7	42.1	21.3

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 9 (n=175)



**BREAST MILK**  
EVERY OUNCE COUNTS

## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.1	White	24.3	Less than High School Diploma	25.9	16.3%
18-24	52.8	African-American	7.7	High School Diploma or GED	34.7	
25-29	28.2	Hispanic	67.5	Some College	31.8	
30-34	12.3	Other	0.6	Associate's Degree	4.7	
35-39	3.1			Bachelor's Degree	2.4	
40 and older	0.6			Postgraduate Degree	0.6	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 68.6%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 31.4%	Breastfed for 6 months or longer 11.0%	Breastfed for 12 months or longer 5.2%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 16.3%		Breastfed exclusively for 6 months or longer 2.6%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	26.9%	36.9%
		<b>Did not breastfeed or is still breastfeeding</b>
		36.3%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

## MAIN REASON FOR NEVER BREASTFEEDING

## MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	18.8	Baby had trouble sucking or latching on.	19.0
I planned to go back to work/school.	21.9	Baby lost interest in nursing/began to wean him/herself.	8.9
I was sick or taking medication.	9.4	I felt I had breastfed long enough for baby to get benefits.	3.8
I thought I wouldn't have enough milk.	3.1	I didn't think I had enough milk.	35.4
I didn't think I would like breastfeeding.	34.4	I could not tell how much my baby ate.	5.1
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	11.4
I didn't think my baby would be able to breastfeed.	3.1	Breastfeeding was too painful.	3.8
People told me it was too hard to breastfeed.	6.3	I was going back to work/school outside of home.	12.7
I had too many other things to do.	3.1	I did not want to breastfeed in public.	0.0

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			42.7%	Ever had tea or herbal drinks	28.8
100% fruit or vegetable juice	4.8%	21.7%		Ever added cereal or other solids to baby's bottle	31.2
Cereal or other baby foods	11.9%	72.7%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	43.0	40.2	43.2
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	60.0	52.6	73.3
I breastfed my baby in the first hour after my baby was born.	34.9	44.3	11.4
My baby stayed in same room as me at all times.	56.2	52.0	62.2
My baby spent one night or more away from me in nursery.	40.5	39.6	40.9
My baby received breast milk at very first feeding.	46.6	58.8	14.0
My baby had only breast milk at the hospital.	28.0	38.1	14.0
My baby was given a pacifier while in the hospital.	78.7	76.3	82.2
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	74.8	76.8	68.9
... encourage you to give your baby only breast milk?	62.9	74.0	37.2
... tell you to breastfeed whenever your baby wanted?	53.1	65.2	27.9
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	67.5	82.2	32.6
... give you a phone number that you could call for help with breastfeeding once you left hospital?	68.0	78.8	43.2
... tell you to limit length of time your baby breastfed?	66.0	79.6	30.2
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	34.7	<b>Received free samples of infant formula...</b>	
Formula only	40.3	...from the hospital or birth center	83.5
Both breast milk and formula	25.0	...from a doctor or other healthcare provider outside of hospital	30.1
Not born in hospital/birth center	0.0	...through the mail	31.8

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	81.1
A WIC peer counselor visited me in the hospital.	6.8
I met with a WIC counselor after my baby was born.	77.0
WIC staff encouraged me to breastfeed.	89.1
WIC staff told me how to breastfeed my baby.	78.0
WIC staff told me about the benefits of the food package for breastfeeding mothers.	87.3
WIC staff told me that breast pumps are available from WIC.	87.9
WIC staff told me about the benefits of breastfeeding.	94.3
WIC staff told me about when to begin giving cereal and other foods.	91.6

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	43.6	21.8	34.6
Breastfed babies are less likely to develop diabetes.	45.5	14.7	39.7
Breastfed babies are less likely to die from SIDS.	42.3	21.2	36.5
Breastfeeding benefits children even after they stop nursing.	64.7	9.0	26.3
Mothers who breastfeed are less likely to get breast or ovarian cancer.	42.6	15.5	41.9
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	76.8	3.2	41.9
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	31.6	15.5	52.9
In Texas, there is a law that gives women the right to breastfeed their babies in public.	53.8	0.6	45.5

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	41.7	I kept baby with me	10.3
No	58.3	Baby's father	14.7
		Another family member	58.8
		Someone else not in family	20.6

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	1.6	1-9 hours/week	7.4
2-3 weeks	6.3	10-19 hours/week	4.4
4-6 weeks	10.9	20-29 hours/week	30.9
7 wks-3 months	28.1	30-40 hours/week	51.5
>3 months	53.1	More than 40 hours/week	5.9

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	18.3
Not very supportive	10.0
Neutral	31.7
Supportive	13.3
Very supportive	26.7

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	35.8	47.8	16.4
...allow break time to pump breast milk?	31.8	42.4	25.8

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 10 (n=229)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	2.7	White	4.4	Less than High School Diploma	26.9	20.8%
18-24	50.5	African-American	3.1	High School Diploma or GED	32.0	
25-29	23.9	Hispanic	92.1	Some College	29.7	
30-34	13.5	Other	0.4	Associate's Degree	6.4	
35-39	6.3			Bachelor's Degree	4.1	
40 and older	3.2			Postgraduate Degree	0.9	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 75.6%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u> Never breastfed 24.4%	<u>FOR ≥ 6 MONTHS</u> Breastfed for 6 months or longer 24.0%	<u>FOR ≥ 12 MONTHS</u> Breastfed for 12 months or longer 11.3%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u> Breastfed exclusively for 3 months or longer 15.9%	<u>EXCLUSIVE FOR ≥ 6 MONTHS</u> Breastfed exclusively for 6 months or longer 4.5%	
<b>Mother breastfed as long as she wanted</b>	<b>Yes</b> 28.8%	<b>No</b> 35.3%
	<b>Did not breastfeed or is still breastfeeding</b> 35.8%	

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	25.6	Baby had trouble sucking or latching on.	20.2
I planned to go back to work/school.	30.8	Baby lost interest in nursing/began to wean him/herself.	12.9
I was sick or taking medication.	10.3	I felt I had breastfed long enough for baby to get benefits.	3.2
I thought I wouldn't have enough milk.	12.8	I didn't think I had enough milk.	25.0
I didn't think I would like breastfeeding.	15.4	I could not tell how much my baby ate.	4.8
I didn't know if I could get help with breastfeeding.	0.0	A health professional said I should feed my baby formula.	3.2
I didn't think my baby would be able to breastfeed.	0.0	Breastfeeding was too painful.	5.6
People told me it was too hard to breastfeed.	2.6	I was going back to work/school outside of home.	21.8
I had too many other things to do.	2.6	I did not want to breastfeed in public.	3.2

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			39.0%	Ever had tea or herbal drinks	19.9
100% fruit or vegetable juice	3.6%	48.4%		Ever added cereal or other solids to baby's bottle	30.6
Cereal or other baby foods	10.4%	80.6%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	51.5	54.8	42.0
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	52.4	53.0	46.2
I breastfed my baby in the first hour after my baby was born.	30.9	38.8	5.9
My baby stayed in same room as me at all times.	53.9	60.8	36.0
My baby spent one night or more away from me in nursery.	34.5	30.1	47.1
My baby received breast milk at very first feeding.	39.9	51.1	5.9
My baby had only breast milk at the hospital.	21.8	27.9	5.9
My baby was given a pacifier while in the hospital.	57.2	56.7	57.4
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	81.5	81.2	80.0
... encourage you to give your baby only breast milk?	65.2	71.5	47.1
... tell you to breastfeed whenever your baby wanted?	60.2	69.2	32.7
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	69.8	81.4	35.4
... give you a phone number that you could call for help with breastfeeding once you left hospital?	63.5	70.6	41.2
... tell you to limit length of time your baby breastfed?	53.5	61.8	27.1
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	21.2	<b>Received free samples of infant formula...</b>	
Formula only	34.0	...from the hospital or birth center	87.1
Both breast milk and formula	44.8	...from a doctor or other healthcare provider outside of hospital	21.0
Not born in hospital/birth center	0.0	...through the mail	25.7

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	77.4
A WIC peer counselor visited me in the hospital.	14.4
I met with a WIC counselor after my baby was born.	76.9
WIC staff encouraged me to breastfeed.	89.3
WIC staff told me how to breastfeed my baby.	77.0
WIC staff told me about the benefits of the food package for breastfeeding mothers.	86.4
WIC staff told me that breast pumps are available from WIC.	83.6
WIC staff told me about the benefits of breastfeeding.	97.6
WIC staff told me about when to begin giving cereal and other foods.	97.1

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	49.3	27.2	23.5
Breastfed babies are less likely to develop diabetes.	48.1	20.6	31.3
Breastfed babies are less likely to die from SIDS.	36.0	22.0	42.1
Breastfeeding benefits children even after they stop nursing.	72.0	8.5	19.4
Mothers who breastfeed are less likely to get breast or ovarian cancer.	56.2	11.4	32.4
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	83.6	3.7	32.4
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	43.9	14.6	41.5
In Texas, there is a law that gives women the right to breastfeed their babies in public.	41.9	3.3	54.9

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	32.6	I kept baby with me	0.0
No	67.4	Baby's father	20.3
		Another family member	71.0
		Someone else not in family	11.6

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	6.1	1-9 hours/week	5.6
2-3 weeks	4.5	10-19 hours/week	16.9
4-6 weeks	15.2	20-29 hours/week	14.1
7 wks-3 months	22.7	30-40 hours/week	54.9
>3 months	51.5	More than 40 hours/week	8.5

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%
Not at all supportive	31.4
Not very supportive	14.3
Neutral	17.1
Supportive	11.4
Very supportive	25.7

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	28.6	67.1	4.3
...allow break time to pump breast milk?	32.9	51.4	15.7

Note: Among women who returned to work after their baby was born.



# FINDINGS FROM THE 2009 INFANT FEEDING PRACTICES SURVEY PUBLIC HEALTH REGION 11 (n=788)



## RESPONDENT DEMOGRAPHICS

Age	%	Race/Ethnicity	%	Educational Level	%	Current Student
<18	3.1	White	7.2	Less than High School Diploma	27.5	12.2%
18-24	45.0	African-American	1.5	High School Diploma or GED	38.7	
25-29	24.2	Hispanic	90.5	Some College	24.9	
30-34	18.0	Other	0.8	Associate's Degree	4.9	
35-39	7.7			Bachelor's Degree	3.2	
40 and older	1.9			Postgraduate Degree	0.8	

## BREASTFEEDING INITIATION

Initiated Breastfeeding 71.4%

## BREASTFEEDING DURATION

<u>NEVER BREASTFED</u>	<u>FOR ≥ 6 MONTHS</u>	<u>FOR ≥ 12 MONTHS</u>
Never breastfed 28.6%	Breastfed for 6 months or longer 29.9%	Breastfed for 12 months or longer 13.0%
<u>EXCLUSIVE FOR ≥ 3 MONTHS</u>		<u>EXCLUSIVE FOR ≥ 6 MONTHS</u>
Breastfed exclusively for 3 months or longer 11.0%		Breastfed exclusively for 6 months or longer 4.8%
	<b>Yes</b>	<b>No</b>
<b>Mother breastfed as long as she wanted</b>	31.7%	27.1%
		<b>Did not breastfeed or is still breastfeeding</b>
		41.2%

Note: Time intervals shown reflect Healthy People 2010 goals for any and exclusive breastfeeding. Current AAP recommendations encourage exclusive breastfeeding for 6 months.

### MAIN REASON FOR NEVER BREASTFEEDING

### MAIN REASON FOR STARTING FORMULA FEEDING

Reason	%	Reason	%
I breastfed previous child and didn't like it.	22.4	Baby had trouble sucking or latching on.	22.3
I planned to go back to work/school.	21.2	Baby lost interest in nursing/began to wean him/herself.	6.0
I was sick or taking medication.	22.9	I felt I had breastfed long enough for baby to get benefits.	3.3
I thought I wouldn't have enough milk.	7.1	I didn't think I had enough milk.	28.1
I didn't think I would like breastfeeding.	15.3	I could not tell how much my baby ate.	7.3
I didn't know if I could get help with breastfeeding.	0.6	A health professional said I should feed my baby formula.	5.5
I didn't think my baby would be able to breastfeed.	3.5	Breastfeeding was too painful.	6.3
People told me it was too hard to breastfeed.	2.4	I was going back to work/school outside of home.	15.5
I had too many other things to do.	4.7	I did not want to breastfeed in public.	5.8

Note: Women who chose *other* or selected multiple options have been excluded and are not represented in the above results.

## INTRODUCTION OF COMPLEMENTARY FOODS

	<4 months	<6 months	<12 months		%
Cow's milk			32.2%	Ever had tea or herbal drinks	19.2
100% fruit or vegetable juice	3.0%	47.0%		Ever added cereal or other solids to baby's bottle	39.6
Cereal or other baby foods	10.0%	77.0%			

Note: Time points shown are based on current USDA and AAP recommendations for introduction of complementary foods. Introduction before these time points is not recommended.

## BREASTFEEDING EXPERIENCES IN BIRTH HOSPITAL

Experiences	All Women %	Reported Ever Breastfeeding	
		Yes %	No %
My baby was placed on my stomach or chest immediately after birth.	51.6	54.4	44.6
I was able to hold my baby after delivery for at least 30 minutes in the first hour after birth.	48.3	49.8	44.9
I breastfed my baby in the first hour after my baby was born.	31.0	41.1	6.9
My baby stayed in same room as me at all times.	50.7	48.7	55.7
My baby spent one night or more away from me in nursery.	41.6	39.7	44.5
My baby received breast milk at very first feeding.	36.3	50.0	5.0
My baby had only breast milk at the hospital.	16.3	21.6	5.0
My baby was given a pacifier while in the hospital.	74.9	73.4	77.1
<b>While you were in the hospital or birth center, did someone...</b>			
... tell you how to know when your baby is hungry?	78.4	77.5	80.9
... encourage you to give your baby only breast milk?	57.9	66.0	38.6
... tell you to breastfeed whenever your baby wanted?	58.8	70.9	29.1
... help you with breastfeeding by showing you how or talking to you about breastfeeding?	61.3	76.1	26.5
... give you a phone number that you could call for help with breastfeeding once you left hospital?	57.0	67.6	32.0
... tell you to limit length of time your baby breastfed?	55.6	68.7	22.8
<b>What was your baby being fed when he/she left the hospital/birth center?</b>			
Breast milk only	15.8	<b>Received free samples of infant formula...</b>	
Formula only	36.0	...from the hospital or birth center	86.3
Both breast milk and formula	48.1	...from a doctor or other healthcare provider outside of hospital	26.8
Not born in hospital/birth center	0.1	...through the mail	21.9

## BREASTFEEDING EXPERIENCES WITH WIC

Experiences	%
I met with a WIC peer counselor during pregnancy.	81.3
A WIC peer counselor visited me in the hospital.	19.7
I met with a WIC counselor after my baby was born.	78.9
WIC staff encouraged me to breastfeed.	89.9
WIC staff told me how to breastfeed my baby.	76.0
WIC staff told me about the benefits of the food package for breastfeeding mothers.	88.9
WIC staff told me that breast pumps are available from WIC.	79.9
WIC staff told me about the benefits of breastfeeding.	95.0
WIC staff told me about when to begin giving cereal and other foods.	94.0

## BELIEFS REGARDING BREASTFEEDING

Statement	% Agree	% Disagree	% Don't Know
Breastfed babies are less likely to become obese children.	46.9	26.2	26.9
Breastfed babies are less likely to develop diabetes.	48.0	20.1	31.9
Breastfed babies are less likely to die from SIDS.	38.1	25.6	36.4
Breastfeeding benefits children even after they stop nursing.	66.5	8.7	24.8
Mothers who breastfeed are less likely to get breast or ovarian cancer.	49.3	15.4	35.3
Breastfeeding mothers burn more calories making it easier to lose pregnancy weight.	81.0	4.1	35.3
Breastfeeding mothers get more food on WIC than non-breastfeeding mothers.	49.4	14.7	35.9
In Texas, there is a law that gives women the right to breastfeed their babies in public.	51.6	3.5	44.9

## BREASTFEEDING AT WORK

Mother worked for pay after baby was born.	%	Who took care of your baby while you were working?*	%
Yes	34.5	I kept baby with me	6.7
No	65.5	Baby's father	19.4
		Another family member	61.9
		Someone else not in family	16.7

\*Note: Not mutually exclusive categories. Respondents were instructed to select all applicable responses. Proportions are among women who returned to work after giving birth.

## BREASTFEEDING AT WORK

Age of baby when mother returned to work	%	Hours/week mother worked for pay after returning to work	%
<2 weeks	2.5	1-9 hours/week	9.5
2-3 weeks	8.1	10-19 hours/week	9.1
4-6 weeks	11.4	20-29 hours/week	24.1
7 wks-3 months	28.0	30-40 hours/week	49.4
>3 months	50.0	More than 40 hours/week	7.9

Note: Among women who returned to work after their baby was born.

## WORKPLACE ATTITUDES TOWARD BREASTFEEDING

How supportive of breastfeeding was workplace?	%		
Not at all supportive	25.9		
Not very supportive	13.4		
Neutral	26.3		
Supportive	10.5		
Very supportive	23.9		

Did the place where you work...	% Yes	% No	% Don't Know
...have a private place to pump breast milk?	23.4	59.4	17.2
...allow break time to pump breast milk?	30.0	46.3	23.8

Note: Among women who returned to work after their baby was born.