



# 2020 Alabama Breastfeeding Report



**Human milk feeding is a proven primary prevention strategy, building a foundation for life-long health and wellness for infants and parents.**

## Alabama Breastfeeding Rates

See how Alabama breastfeeding rates and other measures compare to national rates and targets set by the Healthy People 2020 (HP2020) initiative.

	<b>Breastfeeding Initiation Rate</b>	<b>Largest Disparity Between Racial/Ethnic Groups</b>
<b>Alabama</b>	69.6%	28.5%
<b>U.S. National</b>	84.1%	16.7%
<b>HP2020 Target</b>	81.9%	N/A

Source: [National Vital Statistics System birth certificate data](#), a census of all 2019 births and the largest collection of breastfeeding data. Breastfeeding initiation is measured as a percentage. Largest disparity in breastfeeding initiation between racial/ethnic groups is measured as a percentage difference.

	<b>Exclusive Breastfeeding at 6 Months</b>	<b>Any Breastfeeding at 12 Months</b>	<b>Formula Supplementation at 2 Days</b>	<b>mPINC Score</b>
<b>Alabama</b>	20.4%	21.6%	16.4%	78
<b>U.S. National</b>	25.6%	35.3%	19.2%	79
<b>HP2020 Target</b>	25.5%	34.1%	14.2%	N/A

Source: [CDC Breastfeeding Report Card](#), a biannual publication highlighting progress towards breastfeeding goals in the United States. Breastfeeding and supplementation rates are measured as a percentage. CDC's national Maternity Practices in Infant Nutrition and Care (mPINC) survey assesses maternity care practices that affect how babies are fed.

## WIC Program Breastfeeding Performance Measures

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. The WIC program serves approximately 53 percent of all infants born in the United States.

	<b>Fully Breastfed Rate</b>	<b>Partially Breastfed Rate</b>	<b>Total Breastfed Rate</b>	<b>Fully Formula Fed Rate</b>
<b>Alabama WIC Rates</b>	5.5%	7.2%	12.7%	87.3%
<b>National WIC Rates</b>	12.1%	21.9%	33.9%	66.1%

Source: [Fiscal Year 2020 WIC Breastfeeding Data Local Agency Report](#). Breastfeeding and formula feeding rates are measured as a percentage of participating children under one year of age.

## **Federally Funded Lactation Projects in Alabama During 2020**

Each year funding is allocated to a variety of federally funded programs that include infant feeding support through the federal appropriations process.

### **Centers for Disease Control and Prevention**

- The [CDC Hospitals Promoting Breastfeeding program](#) provides critical support to advance breastfeeding continuity of care and increase access to lactation-friendly environments in states, hospitals, and communities. In Fiscal Year 2020, this program was funded at \$9 million.
- [Racial and Ethnic Approaches to Community Health](#) (REACH) funding is used to reduce health disparities among racial and ethnic populations with the highest burden of chronic disease through culturally tailored interventions to address preventable risk behaviors. As part of the REACH program, the Montgomery Area Community Wellness Coalition is working to increase the number of workplaces and churches that support onsite breastfeeding and increase community-clinical linkages to existing health resources and programs through wellness navigators.

### **Health Resources & Service Administration, Maternal and Child Health Bureau (HRSA, MCHB)**

- The [Healthy Start program](#) strengthens the foundations at the community, state, and national levels to help women, infants, and families reach their fullest potential. The Healthy Start program implements community-based interventions to improve the health of mothers and children, including lactation education. Alabama received two Healthy Start Grants in 2020 totaling \$2,228,775: Birmingham Healthy Start Plus, Inc. was awarded \$1,165,343 and the Gift of Life Foundation in Montgomery was awarded \$1,063,432.

### **U.S. Department of Agriculture, Food and Nutrition Service**

- Each year, the Food and Nutrition Service (FNS), Special Supplemental Nutrition Program for Women, Infants and Children (WIC) presents the [WIC Breastfeeding Award of Excellence](#) to recognize local WIC agencies that have provided exemplary breastfeeding promotion and support activities. The following Alabama agency was awarded:
- *WIC Breastfeeding Awards of Excellence Gold Award 2019*: Dallas County, Walker County

### **Breastfeeding Coalitions Serving in Alabama**

The USBC supports an extensive network of state, tribal, territorial, local, and cultural breastfeeding coalitions working to create policy, systems, and environmental (PSE) interventions to better serve babies and families.

The following coalition serves in Alabama:

- Alabama Breastfeeding Committee: [www.alabamabreastfeeding.org](http://www.alabamabreastfeeding.org)