



# 2020 Iowa Breastfeeding Report



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

## Iowa Breastfeeding Rates

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

	Breastfeeding Initiation Rate	Largest Disparity Between Racial/Ethnic Groups
<b>Iowa</b>	83.1%	15.9%
<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.

	Exclusive Breastfeeding at 6 Months	Any Breastfeeding at 12 Months	Formula Supplementation at 2 Days	mPINC Score
<b>Iowa</b>	24.8%	32.5%	16.8%	72
<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.

	Fully Breastfed Rate	Partially Breastfed Rate	Total Breastfed Rate	Fully Formula Fed Rate
<b>Iowa WIC Rates</b>	14.3%	14.9%	29.2%	70.8%
<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 Iowa 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.

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

- The [Title V Maternal and Child Health \(MCH\) Block Grant](#) provides funding for states and jurisdictions to meet the unique health needs of their children and families. Iowa has chosen increasing the percentage of infants who are ever breastfed and infants who are breastfed exclusively through 6 months as one of their Title V Maternal and Child Health grant National Performance Measures.
- The [Children's Healthy Weight Collaborative Improvement and Innovation Network \(CHW-CollIN\)](#), coordinated by the Association of State Public Health Nutritionists, partners with and supports states in adopting evidence-based or evidence-informed policies and practices related to nutrition, physical activity, and breastfeeding. The Iowa CollIN team developed a four-pronged strategy aimed at helping breastfeeding WIC and Title V maternal health clients successfully return to work. Efforts included providing information on workplace breastfeeding rights, breastfeeding education for childcare providers, training for minority women to become lactation support providers, and establishment of a statewide WIC breast pump issuance policy.
- 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. In Iowa, Visiting Nurse Services in Des Moines was awarded a Healthy Start grant of \$1,165,343.

### **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 Iowa agencies were awarded:
  - *WIC Breastfeeding Awards of Excellence Gold Award 2020:* Siouxland District Health Department.
  - *WIC Breastfeeding Awards of Excellence Gold Award 2019:* Broadlawns Medical Center WIC Program.

### **Breastfeeding Coalitions Serving in Iowa**

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 coalitions serve in Iowa:

- Iowa Breastfeeding Coalition: <http://iabreastfeeding.org>;
- Northwest Iowa Breastfeeding Coalition: <http://nwiabreastfeedingcoalition.weebly.com/>