



# 2020 Minnesota Breastfeeding Report



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

## Minnesota Breastfeeding Rates

See how Minnesota 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>Minnesota</b>	89.7%	24.4%
<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>Minnesota</b>	38.7%	49.8%	13.1%	82
<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>Minnesota WIC Rates</b>	12.8%	25.3%	38.1%	61.9%
<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 Minnesota 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 Minneapolis Health Department (MHD) will collaborate with community partners to reduce chronic disease risk factors in the African American/East African and American Indian communities by implementing nutrition and community-clinical linkage strategies. Combining a people-approach (supporting individuals through education and engagement) with a place-approach (creating environments that foster good health), MHD and partners will work with multi-unit housing properties and community-based cultural organizations to improve healthy food options and connect Native food producers to congregate meal settings, work with the Division of Indian Works and the Indigenous Breastfeeding Network to expand breastfeeding support, and with housing partners to increase the delivery of chronic disease prevention programs, and link residents to clinics and other services.
- The [State Physical Activity and Nutrition](#) (SPAN) program funds recipients to implement evidence-based strategies at state and local levels to improve nutrition and physical activity. As part of the SPAN program, Minnesota's Office of Statewide Health Improvement Initiatives are implementing evidence-based strategies that are state- and locally-led with a focus on advancing health equity. Locally-led strategies in worksites, maternity centers, and parks and recreation areas are conducted by local public health agencies through Minnesota's Statewide Health Improvement Partnership program and community partners.
- With funding from the CDC, the Association of State and Territorial Health Officials awarded [innovation grants to support SPAN recipients](#) to implement innovative projects that advance breastfeeding initiatives and health equity. The Minnesota Department of Health (MDH) is subcontracting with the Minnesota Breastfeeding Coalition (MBC) and partnering with other community organizations to improve support for breastfeeding among families experiencing food insecurity in the Twin Cities. MDH and MBC will engage partner organizations and community members in implementing systemic changes to increase access to pasteurized human donor milk (PHDM) and skilled lactation support in food pantries. This effort will include: an environmental scan of food pantries and survey of food pantry clients, training of food pantry staff, and ultimately the establishment of a pilot PHDM distribution site at a food pantry.
- With funding from the CDC, the National Association of County and City Health Officials supported organizations to conduct a [community assessment of the lactation landscape](#) at the local level with the intent to utilize findings to improve breastfeeding rates in communities with historically low rates of breastfeeding. In Minnesota, NACCHO is supporting the Hmong Breastfeeding Coalition to conduct a community assessment of Hmong families in the Minneapolis-St. Paul area.
- [State perinatal quality collaboratives](#) (PQCs) are state or multi-state networks of teams working to improve the quality of care for mothers and babies, including improvements in breastfeeding rates. CDC's Division of Reproductive Health is currently providing support for the Minnesota Perinatal Quality Collaborative.

### **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. Minnesota 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.

### ***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 Minnesota agencies were awarded:
- *WIC Breastfeeding Awards of Excellence Gold Award 2020*: Anoka County, Freeborn County WIC/Peer Breastfeeding Support Program.
- *WIC Breastfeeding Awards of Excellence Gold Award 2019*: Meeker-Mcleod-Sibley Community Health Services.
- *WIC Breastfeeding Awards of Excellence Premiere Award 2020*: Carlton County, Fillmore County.

### ***Breastfeeding Coalitions Serving in Minnesota***

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 Minnesota:

- Minnesota Breastfeeding Coalition: <https://mnbreastfeedingcoalition.org>
- Crow River Area Breastfeeding Coalition: <https://www.mmshealthycommunities.org/crow-river-area-breastfeeding-coalition/>