



2020 Ohio Breastfeeding Report



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

Ohio Breastfeeding Rates

See how Ohio 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
Ohio	76%	18.3%
U.S. National	84.1%	16.7%
HP2020 Target	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
Ohio	21.6%	31.1%	16.3%	78
U.S. National	25.6%	35.3%	19.2%	79
HP2020 Target	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
Ohio WIC Rates	11.9%	4.4%	16.3%	83.7%
National WIC Rates	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 Ohio 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, Cuyahoga County District Board of Health is implementing and reinforcing nutrition standards and increasing timely, accessible, and culturally appropriate lactation support. Cuyahoga is training and deploying community health workers certified in evidence-based chronic disease self-management programs in target neighborhoods while also building a robust two-way electronic health record program with United Way 2-1-1 for real-time resource referrals.
- 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, Ohio is providing training and technical assistance to worksites on adopting breastfeeding policies and adhering to the federal law.
- 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 Ohio Department of Health (ODH) conducted four focus groups with Black/African American and Appalachian communities. ODH plans to use findings to inform strategies and activities in the state Title V workplan. The agency will complete a final report in Spring 2021 that summarizes mixed methods findings tailored to partner audiences. The reports will include focus group results, supporting data from a survey, and reflection and planning questions to assist ODH and partner organizations in creating action plans.

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. Ohio has chosen increasing 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 [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. Ohio received five Healthy Start awards totaling \$5,764,005. The Children's Hospital Medical Center in Cincinnati, City of Columbus, Lucas County, and Five Rivers Health Centers in Dayton each received \$1,165,343. The City of Cleveland was awarded \$1,102,633.

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 Ohio agencies were awarded:
 - *WIC Breastfeeding Awards of Excellence Gold Award 2020:* Clermont County, Madison County.
 - *WIC Breastfeeding Awards of Excellence Gold Award 2019:* Sandusky County Health Department WIC.

Breastfeeding Coalitions Serving in Ohio

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 Ohio:

- Appalachian Breastfeeding Network: <http://www.appalachianbreastfeedingnetwork.org>
- Ohio Breastfeeding Alliance: <http://www.ohiobreastfeedingalliance.org/>

U.S. Breastfeeding Committee • www.usbreastfeeding.org