



2020 Pennsylvania Breastfeeding Report



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

Pennsylvania Breastfeeding Rates

See how Pennsylvania 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
Pennsylvania	82.2%	14.2%
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
Pennsylvania	25.9%	34.6%	14.5%	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
Pennsylvania WIC Rates	10.7%	8.4%	19%	81%
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 Pennsylvania 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, there are three funded communities in Pennsylvania. Allegheny County Health Department and multiple partners are collaborating to improve nutrition, physical activity, and community-clinical linkages for African Americans living in target communities through a variety of activities, ranging from expanding healthy food policies to implementing a pharmacist navigation and referral program. Geisinger Clinic and its partners will focus on Springboard Health's "Cambiamos- Transforming the Health of Scranton" to collaboratively design and implement improvements for important health and social outcomes for the Hispanic community in Scranton, Pennsylvania through nutrition and community clinical linkages strategies. Geisinger will utilize bilingual staff and community leaders to work directly in Scranton to help connect patients in this target population to medical care and community resources. Pennsylvania State University Hershey Medical Center is working to improve health outcomes for Hispanic Americans in Lebanon and Reading by establishing healthy nutrition standards across different sectors and creating bilingual hospital-based breastfeeding programming and support with the Women, Infant and Children (WIC) program.
- 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, Pennsylvania is implementing comprehensive strategies to increase settings that implement supportive breastfeeding interventions.
- 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 American Academy of Pediatrics, Pennsylvania Chapter (PAAAP) has formed an Equity Workgroup consisting of Black and Hispanic breastfeeding leaders in the state to identify breastfeeding gaps, barriers, and facilitators in breastfeeding support. The Equity Workgroup worked to identify barriers and facilitators to breastfeeding among Black and Hispanic women, as well as created an action plan to reduce disparities. After completing the action plan, the PA Innovation team organized a training series for physicians on implicit bias and racial equity in healthcare delivery and breastfeeding support.
- 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 Pennsylvania, NACCHO is supporting the Children's Hospital of Pennsylvania, Division of Neonatology to conduct a community assessment of African American families in Philadelphia.

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. Pennsylvania 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 **[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. Pennsylvania received six Healthy Start awards totaling \$6,991,995. The City of Philadelphia, the Foundation for Delaware County, the Hamilton Health Center, Inc. in Harrisburg, Healthy Start, Inc in Pittsburgh, and Maternity Care Coalition, Inc. in Philadelphia each received \$1,165,343. Albert Einstein Healthcare Network in Philadelphia was awarded \$1,165,280.
- The **[Maternal Telehealth Access Project](#)** (MTAP) is a one-time project funded through the CARES Act to increase access to quality maternity care and services via telehealth during (and beyond) the COVID-19 pandemic. The project focuses specifically on serving women at greatest risk of maternal mortality and morbidity, including women of color, Black women, Native American women, Latinx women, and women who live in rural and frontier communities. The MTAP **[Community Grant Program](#)** was designed to increase access to perinatal services and supports via telehealth, including clinical care, care coordination, support, and doulas/community health workers. The project was coordinated by the University of North Carolina at Chapel Hill (UNC), in partnership with Reaching Our Sisters Everywhere (ROSE) and the National Birth Equity Collaborative (NBEC). Through the MTAP program, Elephant Song Doula Services in Pittsburgh was awarded funding from NBEC to enable their doula and lactation support provider to conduct telehealth visits virtually on laptops and hotspots.

Breastfeeding Coalitions Serving in Pennsylvania

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 Pennsylvania:

- Pennsylvania Breastfeeding Coalition: <https://www.pabreastfeeding.org>
- Breastfeeding Resource Center: <http://www.BRC4Babies.com>
- La Leche League of Eastern Pennsylvania: <http://www.llofeasternpa.org/>