



2020 Texas Breastfeeding Report

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

Texas Breastfeeding Rates

See how Texas 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
Texas	88.5%	13.7%
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
Texas	23.9%	31.3%	22.5%	77
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
Texas WIC Rates	7.6%	49.1%	56.7%	43.3%
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 Texas 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 Texas. The American Heart Association/American Stroke Association (AHA/ASA) is working collaboratively with health coalitions in the county of El Paso, Texas, to strengthen health systems and accelerate improvements across tobacco, nutrition, and physical activity. San Antonio Metropolitan Health District is expanding upon the current areas and strategies in use by Metro Health's Healthy Neighborhoods program to implement the tobacco, nutrition, and community-clinical linkage strategies to reduce health disparities among African Americans and Hispanic Americans. Faith Formula Human Services is working to increase access to healthy nutrition resources through education and a food pantry. They are also working to increase breastfeeding support and provide health and prevention outreach to underserved populations through community health workers and patient care navigators.
- 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, Texas is supporting breastfeeding in 1) healthcare systems through the Texas Ten Step Star Achiever Hospital Initiative, 2) communities by providing lactation support training to clinical staff in outpatient settings, and 3) worksites by building the Texas Mother-Friendly Worksite program in state agencies.

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. Texas 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. Texas received five Healthy Start awards totaling \$5,640,256 in funding. The BCFS Health and Human Services in San Antonio, Dallas County Hospital District, and the University of Houston System each were awarded \$1,165,343. The City of San Antonio was awarded \$980,000 and the University of North Texas Health Science Center at Fort Worth received \$1,164,227.
- 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, Latched Support in San Antonio received funding from ROSE to offer virtual breastfeeding support services, prenatal educator services, and establish a clinical doula at the hospital to support mothers delivering alone. The funding also supported the purchase of hot spots, iPads and training aids.

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 Texas agencies were awarded:
- *WIC Breastfeeding Awards of Excellence Gold Award*
2020: Brazoria County, Driscoll Children's Hospital, Hidalgo County, Houston Health Department, Williamson County
- *WIC Breastfeeding Awards of Excellence Gold Award*
2019: City of Laredo WIC Program, Camero

Breastfeeding Coalitions Serving in Texas

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 Texas:

- Binational Breastfeeding Coalition: <http://www.borderbreastfeeding.org>
- Central Texas Breastfeeding Coalition: <http://keepaustinbreastfeeding.org/>
- Dallas Area Breastfeeding Alliance: <http://www.dallasbreastfeeding.org>
- Tarrant County Breastfeeding Coalition: <https://www.tarrantbfcoalition.org/>
- Texas Breastfeeding Coalition: <https://texasbreastfeedingcoalition.org>