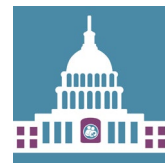




# 2020 Utah Breastfeeding Report



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

## Utah Breastfeeding Rates

See how Utah 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>Utah</b>	86.2%	19.7%
<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>Utah</b>	26.3%	42.4%	19.8%	73
<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>Utah WIC Rates</b>	22.9%	18%	40.9%	59.1%
<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 Utah 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.
- 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, Utah is supporting breastfeeding interventions in the workplace and at birthing facilities.
- 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 Utah Department of Health (UDOH), in partnership with local health departments, assisted 17 worksites in improving lactation accommodations through grants, training, and technical assistance. UDOH required participating worksites to participate in site visits to confirm compliance with federal lactation accommodation law and disseminate a survey where employees could provide feedback on lactation accommodations. After development and implementation of lactation accommodations and receipt of employee feedback, UDOH developed a report on recommendations for improving workplace lactation accommodations.
- [\*\*Good Health and Wellness in Indian Country\*\*](#) (GHWIC) is the CDC's largest investment to improve American Indian and Alaskan Native (AI/AN) tribal health and is focused on health promotion and chronic disease prevention, including increased breastfeeding rates. In Utah, the Urban Indian Center of Salt Lake received support through the GHWIC program.

### ***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. Utah 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 Utah agency was awarded:
- *WIC Breastfeeding Awards of Excellence Premiere Award 2019: Tooele County.*

### ***Breastfeeding Coalition Serving in Utah***

The USBCC 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 coalition serves in Utah:

- Utah Breastfeeding Coalition: <http://www.utahbreastfeeding.org>