



2020 Washington Breastfeeding Report



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

Washington Breastfeeding Rates

See how Washington 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
Washington	94.6%	7.9%
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
Washington	28.9%	49.6%	14.9%	85
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
Washington WIC Rates	23%	18.9%	41.9%	58.1%
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 Washington 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, Public Health Seattle & King County is promoting breastfeeding in workplaces and expanding culturally appropriate breastfeeding services. They are working with pharmacists, community health workers, and other community-based organizations to strengthen referral patterns to culturally appropriate clinical and preventive care.
- 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, Washington is promoting best practices in nutrition, physical activity, and breastfeeding through: 1) training and technical assistance to early care and education providers; 2) updating and continuing to implement Breastfeeding Friendly Washington in hospitals and clinics; and 3) working with state agencies and insurers to implement the federal lactation accommodation 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. In Washington, the Washington State Department of Health (WSDOH) engaged African American community advocates in Pierce and King Counties in developing birthing hospital equity policies and providing anti-racism training to hospital staff. WSDOH collaborated with Mahogany Moms Community Coalition (MMCC), a Black-led community-based organization, to develop and lead a training for 30 hospital employees and birth workers on breastfeeding support for Black women. MMCC, WSDOH, and community advocates also developed recommendations for hospitals related to breastfeeding and maternity care policies.
- [**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 increase breastfeeding rates. In Washington, the Seattle Indian Health Board – UIHI 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. Washington 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 [**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 doula/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, Brown & Green Botanical received funding from ROSE to provide telehealth breastfeeding education classes, webinars, and facilitated breastfeeding support groups for families of color.



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Breastfeeding Coalitions Serving in Washington

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 Washington:

- Clark County Breastfeeding Coalition: <https://clark.wa.gov/public-health/clark-county-breastfeeding-coalition>
- Kitsap County Breastfeeding Coalition: <https://kitsapsupportsbreastfeeding.com>
- South Sound Breastfeeding Network: <http://www.southsoundbreastfeeding.org>