



*In 2005 and 2006, 65% of new mothers in Arkansas began breastfeeding. The Healthy People 2010 target is 75%.*

*Black mothers were less likely than White or Hispanic mothers to breastfeed.*



# ARKANSAS PRAMS NOTES

## Pregnancy Risk Assessment Monitoring System

### BREASTFEEDING IN ARKANSAS, 2005-2006

Because of its positive effects on their health and well-being, breastfeeding is considered by national and international health experts to be the most beneficial method to feed infants. The American Academy of Pediatrics (AAP) has recommended that infants be breastfed for at least the first year of life and as long as mutually desired by mother and child.

#### For infants, the benefits of breastfeeding include:

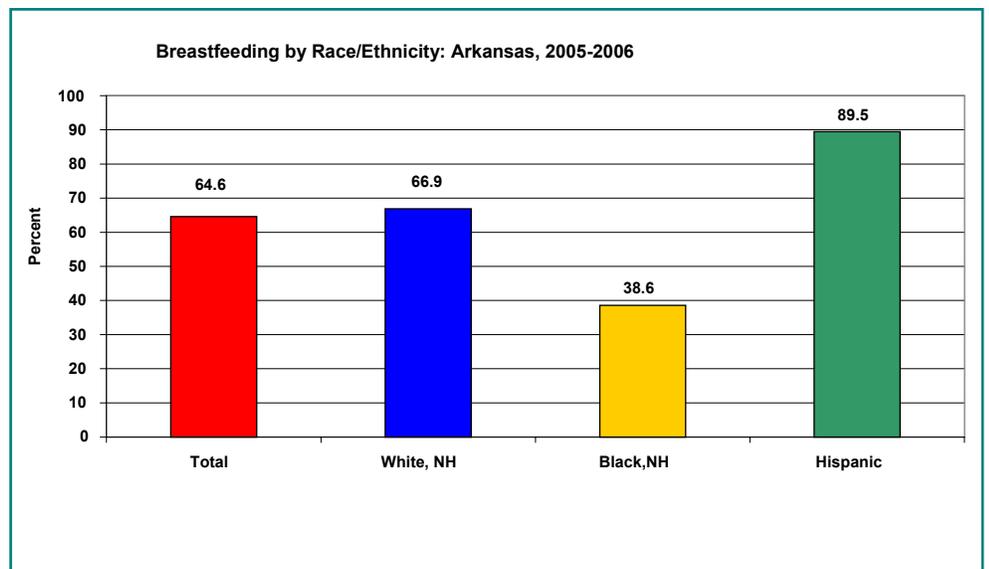
- Lower risk of infectious illness and long-term and short-term diseases such as diarrhea, lower respiratory infection, ear infections, and bacterial meningitis
- A decreased risk of infant death
- Fewer visits to the doctor's office, fewer prescriptions, and fewer days in the hospital

#### The benefits of breastfeeding for the mother may include:

- Less risk of having ovarian and premenopausal breast cancer
- Less bleeding after childbirth
- Lower risk of hip fractures after menopause
- A healthier relationship between the mother and infant
- Less money spent for formula

#### RACE

- Black mothers (39%) were less likely than White (67%) or Hispanic mothers (90%) to breastfeed.



## Sources of Information on Breastfeeding:

Breastfeeding.com - [www.breastfeeding.com](http://www.breastfeeding.com)

The African American Breastfeeding Alliance – [www.abaonline.com](http://www.abaonline.com)

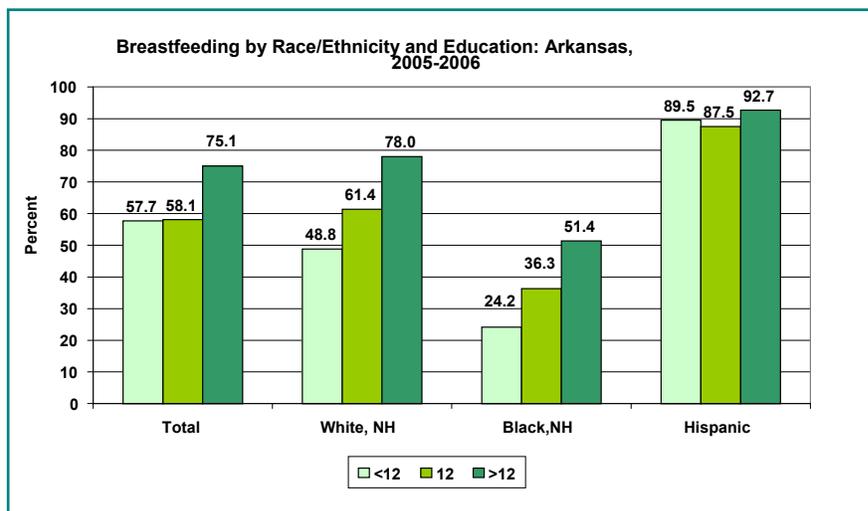
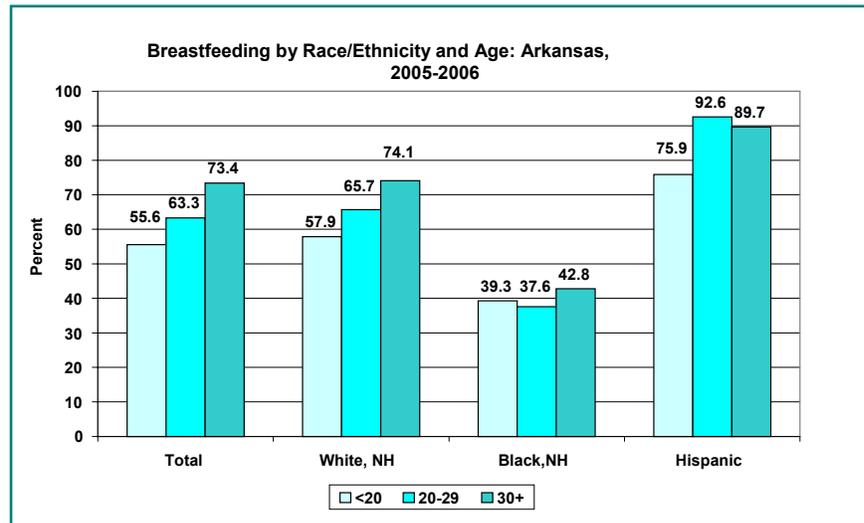
Information about legislation that promotes, protects, and supports the rights of breastfeeding women – [www.ncsl.org/programs/health/breast50.htm](http://www.ncsl.org/programs/health/breast50.htm)

The Pregnancy Risk Assessment Monitoring System (PRAMS) is an on-going, population-based surveillance system sponsored by the Centers for Disease Control and Prevention (CDC). The PRAMS survey is designed to capture information on maternal behaviors and experiences that occur before, during, and after pregnancy among women who had a live birth.

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## AGE AND EDUCATION

- Overall, breastfeeding increased as the age and educational level of the mother increased.



## OTHER

- Compared to their respective counterparts, breastfeeding rates were higher for women who:
  - Were married
  - Were not on Medicaid or WIC
  - Had intended pregnancies
  - Had no previous births
  - Received prenatal care in first trimester

## RECOMMENDATIONS

- Further develop peer counseling support programs
- Use different media to promote breastfeeding
- Educate employers to increase understanding of the benefits of breastfeeding
- Provide information about legislation that promotes, protects, and supports the rights of breastfeeding women