

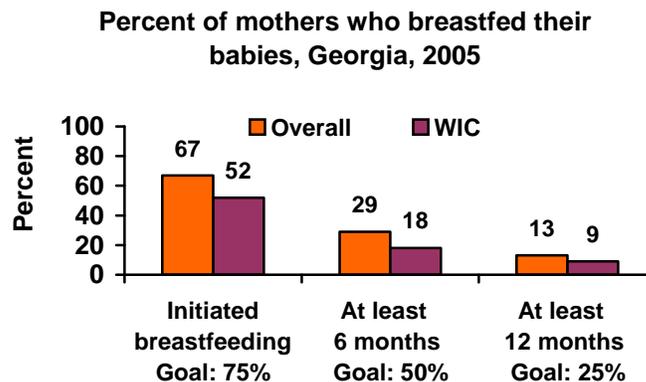
2007 Georgia Data Summary: BREASTFEEDING



Breastfeeding has many health benefits for both the mother and the baby.

Breastfeeding Initiation

- **67%** of all mothers* initiated breastfeeding with their babies.
- **52%** of mothers participating in the Women, Infants, and Children (WIC) program† initiated breastfeeding with their babies.
- The percentage of mothers who initiated breastfeeding with their babies in Georgia does not meet the Healthy People 2010 national goal (75%).



Breastfeeding Duration

- Only **29%** of all mothers* breastfed their babies at least 6 months.
- Only **18%** of mothers participating in the WIC program† breastfed their babies at least 6 months.
- Only **13%** of all mothers* breastfed their babies at least 12 months.
- Only **9%** of mothers participating in the WIC program† breastfed their babies at least 12 months.
- The percentages of mothers who breastfed their babies for at least 6 months and 12 months in Georgia were well below the Healthy People 2010 national goals for at least 6 months (50%) and 12 months (25%).

Barriers to Breastfeeding

- Didn't like breastfeeding (**46%**) and going back to work or school (**18%**) are the most common barriers to breastfeeding initiation.‡
- Difficulty with nursing (**42%**), milk doesn't satisfy baby (**38%**), sore nipples (**23%**), and going back to work or school (**21%**) are the most common barriers to continued breastfeeding reported by mothers.‡

Communities and Worksites Can Help Promote Breastfeeding

- Communities and worksites can help increase breastfeeding initiation and duration by adopting organizational policies and environmental features to support breastfeeding mothers.

Benefits of Breastfeeding

For Mother

- Minimizes postpartum bleeding
- Reduces risk for uterine, ovarian, premenopausal breast cancer

For Baby

- Enhances immune system
- Improves cognitive development
- Promotes physical contact and bonding

Data sources: * 2005 National Immunization Survey
† 2005 Pediatric Nutrition Surveillance System (PedNSS)
‡ 2005 Pregnancy Risk Assessment Monitoring System (PRAMS)

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Visit <http://health.state.ga.us/nutandpa/index.asp> for more information on breastfeeding in Georgia.