

# 2008 Georgia Data Summary:

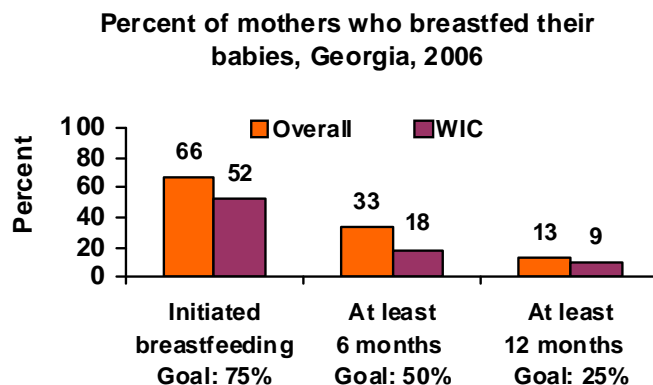
## BREASTFEEDING



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

### Breastfeeding Initiation

- **66%** 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 **33%** 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:** \* 2006 National Immunization Survey  
† 2006 Pediatric Nutrition Surveillance System (PedNSS)  
‡ 2005 Pregnancy Risk Assessment Monitoring System (PRAMS)

**Date updated:** July 2008

**Publication number:** DPH08.210HW

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