BREASTFEEDING in South Dakota

WHO IS MORE LIKELY TO breastfeed?

- Older mothers
- More educated mothers
- Married mothers
- Mothers with household incomes greater than $25,000/year

PERCENT OF MOTHERS who have ever breastfed

<table>
<thead>
<tr>
<th>Race</th>
<th>2014</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHITE</td>
<td>91%</td>
<td>92%</td>
</tr>
<tr>
<td>AMERICAN INDIAN</td>
<td>76%</td>
<td>78%</td>
</tr>
<tr>
<td>OTHER RACES</td>
<td>84%</td>
<td>87%</td>
</tr>
</tbody>
</table>

CDC 2016 REPORT CARD: US NATIONAL 81% CDC 2016 REPORT CARD: SOUTH DAKOTA 84% 2016 SD PRAMS-LIKE SURVEY 89% HEALTHY PEOPLE 2020 TARGET 82%

TOP 3 REASONS for stopping breastfeeding

1. Thought they were not producing enough milk
2. Breast milk alone did not satisfy the baby
3. Baby had difficulty latching or nursing

* Ever breastfed refers to mothers breastfeeding their current baby.

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Breastfeeding strategies:

1. Ensure that maternity care practices across South Dakota are fully supportive of breastfeeding.
2. Provide education and training in breastfeeding for all health professionals who care for women and infants.
3. Educate women prenatally, about breastmilk production and supply as well as infant cues of hunger and satiety.
4. Offer breastfeeding support in the form of breastfeeding experts, peer counseling and breastfeeding support groups.

Learn more:
- sdwic.org
- healthysd.gov
- forbabysakesd.com