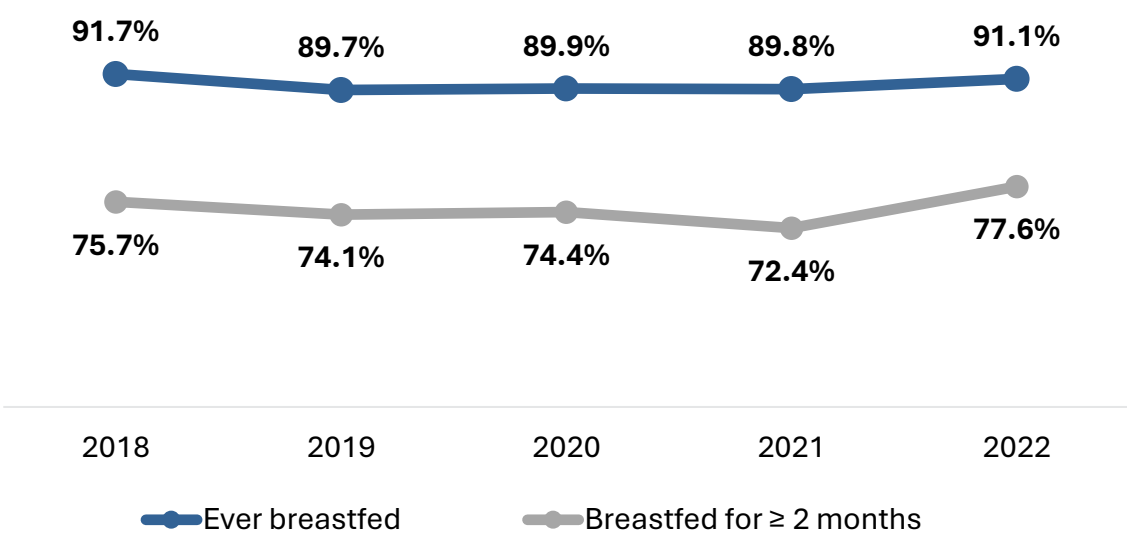


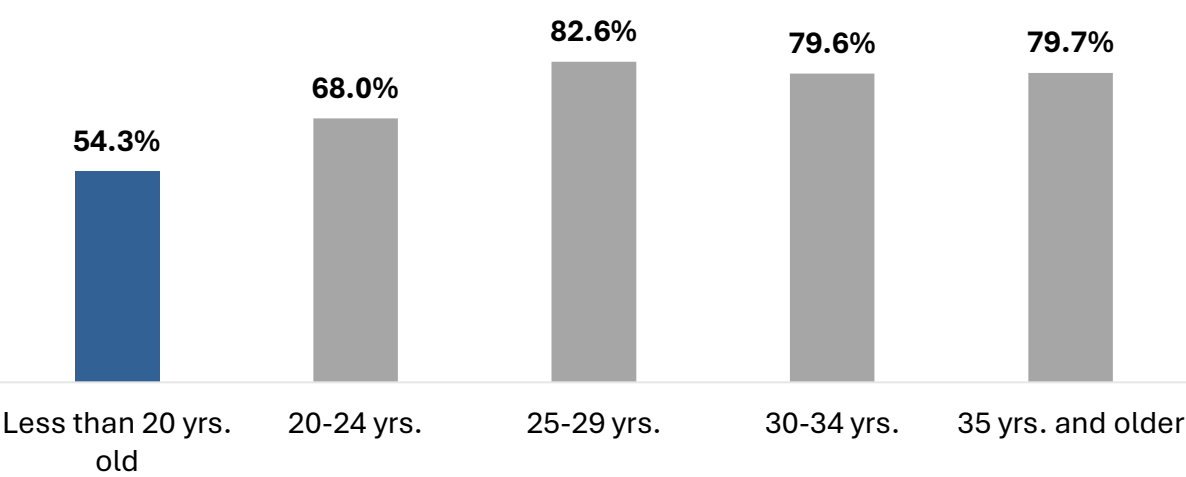
Dietary guidelines recommend that a new mother should exclusively breastfeed for six months, with continued breastfeeding for up to one year, while other foods are introduced.<sup>a</sup> Infants breastfed for at least two months experience a significant reduction in the risk of sudden infant death syndrome (SIDS).<sup>b</sup>

For mothers, continued breastfeeding contributes to a decreased risk of breast and ovarian cancers, type 2 diabetes, and high blood pressure.<sup>b</sup>

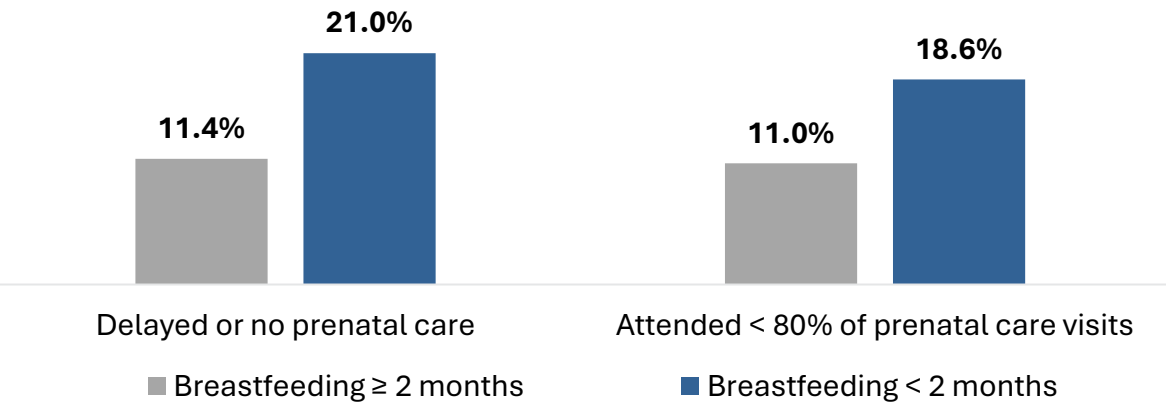
In the last five years, the percentage of mothers who ever breastfed and breast fed for at least two months **has not changed**.



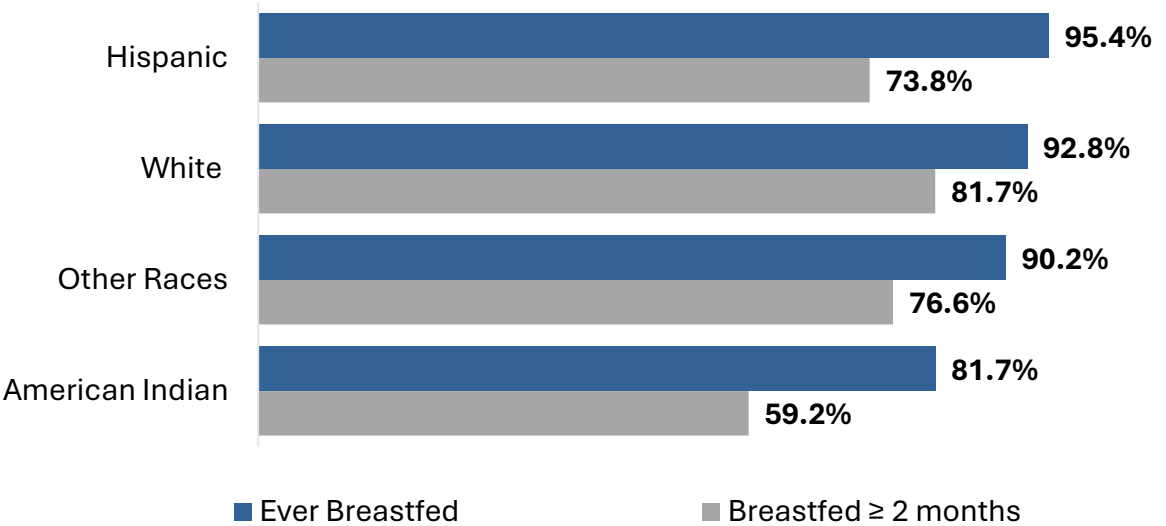
**Younger moms (<25 years)** were less likely to report breastfeeding for at least 2 months (p<0.001)



Moms with delayed prenatal care and those who attended fewer than the recommended number of prenatal care visits were less likely to report breastfeeding for at least two months (p<0.05).



**American Indian mothers** are less likely to report ever breastfeeding and breastfeeding for at least two months than other racial groups (p<0.001).



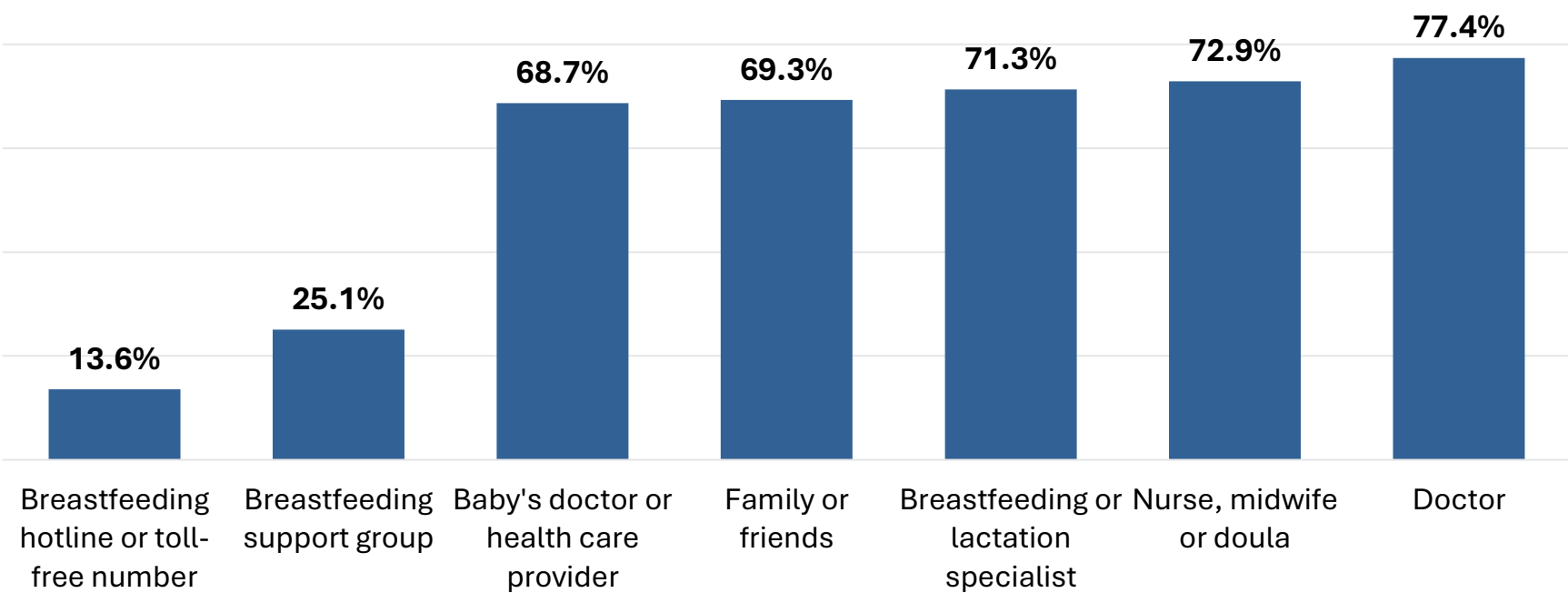
**Significant differences were found between women who breastfed for at least two months compared to those who did not:**

	Breastfed for...	
	< 2 months	≥ 2 months
Depression during pregnancy	36.3%	17.8%
ACE Score 4+	33.3%	22.8%
Smoked in the 3 months before pregnancy	28.4%	12.0%
Illicit drug use in the 3 months before pregnancy	21.6%	11.3%
Diabetes during pregnancy	21.4%	12.8%
Delayed or no prenatal care	21.0%	11.4%
Attend less than 80% of the recommended prenatal care visits	18.6%	11.0%
Not insured before pregnancy	15.6%	7.3%
Baby was preterm	13.0%	5.9%
Emotional abuse during pregnancy	7.3%	3.4%

**Moms with an income under \$28,000** were less likely to report breastfeeding for at least two months.

Sources of Information about Breastfeeding

Moms were asked who, if anyone, provided information about breastfeeding before or after the baby was born. Healthcare providers were a common response, followed by family or friends. Few women reported breastfeeding support groups or informational lines.

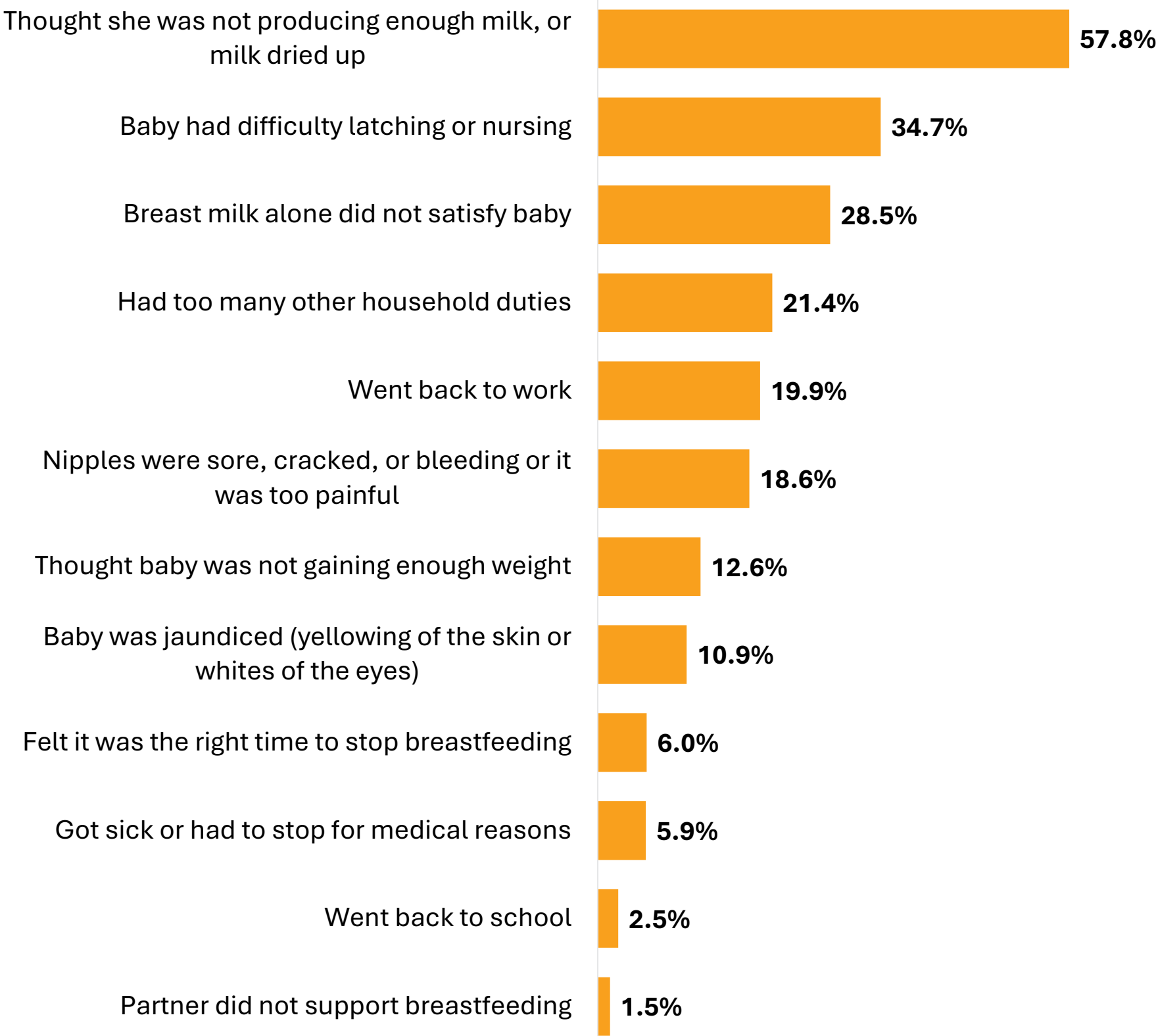


In 2022, 13.5% of mothers who started breastfeeding had stopped before the baby was 2 months old.

Reasons to Stop Breastfeeding

Moms who breastfed even for a short time and were not breastfeeding at the time of the survey, approximately 2 months after birth, were asked their reasons for stopping breastfeeding.

The most common reason was that the mom felt she was not producing enough milk, followed by difficulty with nursing.



a. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).  
b. Centers for Disease Control and Prevention. (2021). *Breastfeeding Benefits Both Babies and Mothers*. Available at <https://www.cdc.gov/breastfeeding/features/breastfeeding-benefits.html>

This data brief was created in February 2025 by Tingting He, Jenny Kerkvliet, and Howard Wey in the Population Health Evaluation Center at South Dakota State University through an interagency agreement with the SD Department of Health. Further information about the SD PRAMS can be obtained by contacting the Office of MCH Data Analytics and Insights at [DOH.MCHdata@state.sd.us](mailto:DOH.MCHdata@state.sd.us).